

ADV WATER AEROBICS	Stacey Bogar T TH 2PM	A fun low-impact cardio work-out in the water!
BODY BLAST M 3 PM T,TH 10 AM	Lorraine Beaver	Work all muscle groups using high volume reps & low resistance with dumbbell weights - a great workout geared to improving muscle tone & definition and cardio vascular fitness.
BEGINNER TAI W 2PM	Marty Feldstein	Tai Chi is often described as moving meditation and mindful awareness. Learn the basics of Tai Chi and coordinate the hands, feet, body, mind and breath while staying present and slowing down.
CLASSIC FITNESS T, TH 11 AM	Lois Bossert	Low impact aerobics set to music, with 20 minutes of muscle toning using hand weights and/or stretch resistance bands, followed by stretch and relaxation. Chairs can be used if desired.
FIT & STRONG TU, TH 8 AM	Mari Palenzuelos	This class is ideal for beginners who want to increase strength, agility, balance, coordination and range of motion. We use hand weights, resistance bands and balls. Chairs can be used to assist with balance.
FITNESS INTERVAL TRAINING SAT 7 AM	Jill Shea	FIT delivers a dynamic full-body session with easy-to-follow cardio and strength intervals, followed by targeted core work and finishing with stretching. It's the perfect combination for an effective and balanced work-out.
GENTLE YOGA SA - 9:15 AM	Gail Johnson	Experience a slower paced Hatha Yoga practice, which is not intense or strenuous on the body and is appropriate for men and women. The session is followed by a guided deep relaxation.
GENTLE YOGA STRETCH F, SA - 8 AM	Mark Mandel	Experience a slower paced, disciplined & comfortable effort of Yoga and stretching. This Yoga session is 55 minutes and is appropriate for both men and women and all fitness levels.
HATHA YOGA M, W 8 AM	Todd Combs	Hatha Yoga is a simpler Yoga practice with more static postures to unite and balance the body and mind. Our focus will be core, balance and stretching to leave you invigorated.
HIIT-FIT T, TH 7 AM	Laura McMurtry	High Intensity Interval Training: 35-45 minute class focusing on a full range of activities that will tone and provide a great cardio workout.
KARATE M 4 PM T, TH, F 3 PM	Stan Herum	Gain physical, psychological and emotional benefits, including breathing, power, stretching and self defense in progressive classes. Class is taught by Black Belt Sensei, Stan Herum.
MAT PILATES FITNESS M, W 10 AM, F, 7AM	Carla Espinosa	Pilates is a strengthening and lengthening form of exercise that focuses on the core muscles while training the arms and improves stability. Bands, exercise balls, sliders and small weights may be used to level-up your Pilates experience.
SENIOR STRENGTH & BALANCE M, W 12 PM	Todd Combs	Target audience is adults 60+ concerned about falling or those who may have fallen in the past and have restricted their activities due to concerns about falling. Improve strength, coordination & balance.
SILVER SNEAKERS T, TH 12 PM	Lois Bossert	A variety of exercises, using hand weights & resistance bands, designed to increase muscular strength, range of movement, & activity for daily living skills. A chair is used for seated and/or standing support.
SPORTS CONDITIONING W 3 PM	Lorraine Beaver	Transform and challenge your muscles with STRETCH - FLEX - ABS - BALANCE. See an improvement in your golf, pickleball, tennis and softball abilities. Bring a yoga mat and water.
STEP & STRENGTH TH 9 AM	Lisa DeFalco	A blend of step aerobics with targeted strength training & low-impact cardio which transitions to strength exercises using body weight, resistance bands or light hand weights and 20-30 minutes of sustained cardio.
TOTAL BODY WORK-OUT M, W 9 AM	Lois Bossert	A total body work-out for all set to invigorating music. This class uses hand weights and resistance bands, along with low impact aerobic movements for full body toning. Bring a yoga mat & water!
VINYASA YOGA M, W 11:15 AM	Mari Palenzuelos	Vinyasa Flow Yoga is a more fast-paced Yoga that focuses on linking poses together in a fluid, smooth way. Settle into therapeutic poses that encourages meditative movement and breathing techniques to release tension and quiet the mind. All levels welcome! Bring a mat & water.
ZUMBA T, F 9 AM	Mae Weravetz	Zumba is a FUN interval easy-to-follow dance workout to high energy Latin and contemporary rhythms to tone, enhance and increase muscle endurance. Get your heart rate up and boost cardio endurance.