

<b>AQUA FITNESS</b> T, TH 2 PM	<b>Stacey Bogar</b>	High energy low impact class uses water resistance, resistance bands and upbeat music to boost strength, balance and cardio - all in a supportive social environment. Perfect for all fitness levels.
<b>BANDS &amp; CORE</b> T 8 AM	<b>Lisa DeFalco</b>	A fun, full-body session focused on building strength, stability and flexibility using resistance bands and core-focused movements. Suitable for all fitness levels.
<b>MOVEMENT LABORATORY</b> T 2PM	<b>John Evans</b>	Designed to improve balance, coordination, and ease of movement in everyday life. Using controlled, low-impact exercises, participants explore fluid transitions and walking mechanics.
<b>BEGINNER TAI CHI</b> M 2PM <b>CONTINUOUS TAI CHI</b> W 2PM	<b>Marty Finkelstein</b>	Beginner Tai Chi is a low-impact exercise that combines slow, flowing movements, deep breathing and mindfulness to improve balance, flexibility and strength. Continuous Tai Chi practices Tai Chi 10 Form.
<b>BODY BLAST</b> M 3 PM T, TH 10 AM	<b>Lorraine Beaver</b>	Work all muscle groups using high volume reps & low resistance with hand weights - a great workout geared to improving muscle tone & definition. Bring your mat and water.
<b>BOOT CAMP</b> M 8 AM	<b>Lisa DeFalco</b>	This class combines strength, endurance and agility exercises to help you build muscle, burn fat and improve overall fitness.
<b>CLASSIC FITNESS</b> T TH 11 AM	<b>Lois Bossert</b>	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.
<b>FIT &amp; STRONG</b> T, TH 8 AM	<b>Mari Palenzuelos</b>	This class is ideal for beginners. 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.
<b>FITNESS INTERVAL TRAINING</b> SA 7 AM	<b>Jill Shea</b>	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.
<b>GENTLE YOGA</b> SA 9 AM	<b>Gail Johnson</b>	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.
<b>GOLF STRETCH/MOBILITY</b> TH 9 AM, 3PM	<b>Nick Siebert</b>	Learn proper movement and stretching techniques to reduce injury risk, improve rotational mobility in the hips, spine and trail arm and increase club head speed for better drives and distance.
<b>HATHA YOGA</b> M, W 8 AM	<b>Todd Combs</b>	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.
<b>HIIT - WEIGHTS</b> F 10 AM	<b>Karie Delos Santos</b>	High intensity interval training using dumbbells & kettlebells. Short bursts of strength exercises with brief recovery periods, blending cardio and resistance training for maximum efficiency.
<b>KARATE</b> M 4 PM T, TH, F 3 PM	<b>Stan Herum</b>	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.
<b>MAT PILATES FITNESS</b> M, W 10 AM, F, 7AM	<b>Carla Espinosa</b>	Pilates is a strengthening, lengthening form that focuses on core muscles and improving stability. Bands, exercise balls, sliders and small weights may be used to level-up your Pilates experience.
<b>MOVEMENT LABORATORY</b> T 2PM	<b>John Evans</b>	Improve balance, coordination, focus & overall well-being. No experience needed-we start with simple movements and gradually build toward precision, flow, confidence & protection from stumbles & falls.
<b>PICKLEBALL STRETCH/MOBILITY</b> TH 2 PM	<b>Nick Siebert</b>	Focus on improving mobility and flexibility in hips, shoulders and back to prevent injury and enhance performance. Learn proper warm-up and recovery techniques to take your game to the courts while reducing wear on your body.
<b>SENIOR STRENGTH &amp; BALANCE</b> M, W 9 AM F, 11 AM	<b>Todd Combs</b>	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.
<b>SIT &amp; GET FIT</b> T, TH 12 PM	<b>Lois Bossert</b>	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.
<b>SOFT FLOW YOGA</b> F 8 AM	<b>Paula Beacom</b>	Traditional Yoga poses with moderate effort and without strain. Variations to suit all levels while focusing on alignment, breathing and developing flexibility and stamina.
<b>SPORTS CONDITIONING</b> W 3 PM	<b>Lorraine Beaver</b>	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.
<b>STEP &amp; CORE</b> TH 8 AM	<b>Lisa DeFalco</b>	This dynamic class blends step aerobics with targeted strength training & low-impact cardio using a step platform and transitions to core exercises using body weight, resistance bands or light weights.
<b>TOTAL BODY WORK-OUT</b> M, W 9 AM	<b>Lois Bossert</b>	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.
<b>TRX 45 T, TH 9AM</b> <b>TRX HYBRID</b> M, W 10:15 AM	<b>Mari Palenzuelos</b>	TRX-45 uses suspension straps to leverage body weight to build core & stability. Great for all fitness levels. The "Hybrid" approach also uses other equipment to target overall strength, endurance & fitness. Bring your mat!
<b>VINYASA YOGA</b> M, W 11 AM	<b>Mari Palenzuelos</b>	Vinyasa Flow Yoga is faster paced & focuses on linking poses together in a fluid way. Settle into therapeutic poses that encourage meditative movement and breathing techniques to release tension and quiet the mind.
<b>YOGA STRETCH</b> TU 4 PM, SA 8 AM	<b>Jill Shea</b>	Experience a slow-paced gentle yoga practice focusing on improving mobility, flexibility, releasing tension, and create space for deeper breathing and a calm, focused mind.
<b>ZUMBA</b> T, F 9 AM	<b>Mae Weraetz</b>	Zumba is a FUN interval dance workout Latin & contemporary rhythms to tone and increase muscle endurance. Get your heart rate up & boost cardio endurance. All fitness levels welcome!
<b>ZUMBA TONING</b> M, 12 PM	<b>Karie Delos Santos</b>	Dance fitness that blends traditional Zumba rhythms with strength training using light weight toning sticks to sculpt and tone muscles in the arms, core and legs while burning calories in a fun, party-like work-out.