



# GROUP EXERCISE SCHEDULE

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:10am-7:55am	Crippen Wellness Studio	<b>Cycling</b> Russ 5:10am-5:55am	<b>Kettlebells</b> Danni 5:20-6:00am	<b>Cycling</b> Russ 5:10am-5:55am		<b>Cycling</b> Russ 5:10am-5:55am	
	Crippen Wellness Studio		<b>Cycling</b> Ramie 6:00 am- 6:55 am		<b>Cycling</b> Brittany 6:00 am- 6:55 am		
	Flanagan Gym	<b>Boot Camp</b> Danni 6:00am-6:55am		<b>Boot Camp</b> Tricia 6:00am-6:55am	<b>Group Power</b> Ramie 5:20am-6:30am	<b>Boot Camp</b> Danni 6:00am-6:55am	
	Dance Studio		<b>Stability Ball Class</b> Prudy 7:00 am-7:55 am		<b>Stability Ball Class</b> Prudy 7:00 am-7:55 am		
8am-11:55am	Health Studio	<b>Silver Fitness<sup>B</sup></b> Berte 8:00am-8:55am	<b>Chair Pilates &amp; Stretch<sup>B</sup></b> Patricia 8:00am-8:55am	<b>Silver Fitness<sup>B</sup></b> Berte 8:00am-8:55am	<b>Chair Yoga</b> Keziah 8:00am-8:55am	<b>Zumba Gold<sup>B</sup></b> Berte 8:00am-8:55am	
	Atwell-Link Cardio Studio		<b>Kickboxing</b> Naomi 9:00am-9:55am		<b>Kickboxing</b> Tricia 9:00-10:00am		
	Crippen Wellness Studio	<b>Cycling</b> Terry 7:30 am- 8:25am	<b>Zumba<sup>@</sup></b> Tawnya 8:30-9:25 am	<b>Cycling</b> Terry 7:30 am- 8:25am		<b>Cycling</b> Terry 7:30 am- 8:25am	<b>Cycling</b> Lyndsay 8am-9am
	Crippen Wellness Studio	<b>Cycling</b> Lyndsay 9:00 am- 10:00am		<b>Cycling</b> Lyndsay 9:00 am- 10:00am		<b>Cycling</b> Lyndsay 9:00 am- 10:00am	<b>OULA</b> Maria 9:05 am- 9:55 am
	Flanagan Gym	<b>Boot Camp</b> Danni 9:00 am-9:55 am	<b>Muscle Evolution</b> Lyndsay 9:00-10:00am	<b>Boot Camp</b> Jackie 9:00- 10:00am	<b>Group Power</b> Naomi 9:00-9:55 am	<b>Boot Camp</b> Jackie 9:00-10:00am	<b>Muscle Evolution</b> Lyndsay 9:05am -10:05am
	Health Studio	<b>Pilates</b> Lacey 9:00 am- 9:55 am	<b>Functional Fitness</b> Berte 9:00-9:55 am	<b>Pilates</b> Arica 9:00-9:55 am	<b>Yoga Fusion</b> Pam 9:00-9:55 am	<b>Pilates</b> Cece 9:00-9:55 am	<b>Yoga Challenge</b> Deidra 9am-10:30am
	Health Studio		<b>Moving On!</b> Berte 10:00-10:50am		<b>Moving On!</b> Prudy 10:00-10:50am		<b>Nia<sup>B</sup></b> Sheri 10:45am-11:45am
	Crippen Wellness Studio	<b>Ab-Solution</b> Lyndsay 10:05-10:35am		<b>Ab-Solution</b> Lyndsay 10:05-10:35am		<b>Ab-Solution</b> Lyndsay 10:05-10:35am	<b>POUND<sup>@</sup></b> Troy 10am-11am
	Flanagan Gym	<b>Stroller Fitness<sup>S</sup></b> Keziah 10:05am-10:55am		<b>Stroller Fitness<sup>S</sup></b> Keziah 10:05am-10:55am		<b>Stroller Fitness<sup>S</sup></b> Keziah 10:05am-10:55am	
	Health Studio	<b>Enhance Fitness<sup>@</sup></b> Berte 10:45am-11:45am	<b>TRX<sup>S</sup></b> Chantel 11:00am-11:55am	<b>Enhance Fitness<sup>@</sup></b> Berte 10:45am-11:45am	<b>TRX<sup>S</sup></b> Chantel 11:00am-11:55am	<b>Enhance Fitness<sup>@</sup></b> Berte 10:45am-11:45am	
12:10pm-12:50pm	Atwell-Link Cardio Studio	<b>Kettlebells</b> Danni 12:10pm-1pm		<b>Kickboxing</b> Naomi 12:10pm-12:55pm	<b>Kickboxing</b> Naomi 12:10-12:55pm	<b>Kickboxing</b> Naomi 12:10-12:55 pm	
	Crippen Wellness Studio	<b>Cycling</b> Chris 12:10 pm- 12:55pm	<b>Cycling</b> Lyndsay 12pm-1pm		<b>Cycling</b> Chris 12:10-12:55 pm		<b>Sunday</b>
	Flanagan Gym	<b>Boot Camp</b> Chantel 12:05-12:55 pm	<b>Power Pump</b> Grace 12pm-1pm	<b>Boot Camp</b> Chantel 12:05-12:55 pm	<b>Muscle Evolution</b> Lyndsay 12 pm- 1pm	<b>Boot Camp</b> Chantel 12:05-12:55pm	<b>Yoga Mindfulness</b> Deidra 12pm-1:30pm
	Health Studio	<b>Functional Yoga</b> Elizabeth 12 pm- 1pm	<b>PiYo™ Strength</b> Naomi 12:10-1:00pm	<b>Yoga Core</b> Pam/Julie 12pm-1pm	<b>PIYO</b> Lacey 12:10pm-12:55pm	<b>Yoga</b> Tania 12pm-1pm	
1pm-3pm	Health Studio	<b>Enhance Fitness<sup>@</sup></b> Prudy 1:15am-2:15am		<b>Enhance Fitness<sup>@</sup></b> Prudy 1:15am-2:15am		<b>Enhance Fitness<sup>@</sup></b> Prudy 1:15am-2:15am	
	Flanagan Gym	<b>Pickleball</b> 1:05pm-3pm	<b>Pickleball</b> 1:05pm-3pm	<b>Pickleball</b> 1:05pm-3pm	<b>Pickleball</b> 1:05pm-3pm		
4:30pm-7:25pm	Atwell-Link Cardio Studio	<b>Kickboxing</b> Tricia 4:30pm-5:25pm	<b>Kickboxing</b> Chantel 4:30-5:25pm		<b>Kickboxing</b> Chantel 4:30-5:25pm		
	Crippen Wellness Studio	<b>Cycling Express</b> Rachel 4:30pm-5:20pm		<b>Cycling Express</b> Rachel 4:30pm-5:20pm			
	Flanagan Gym	<b>Turbo Kick™</b> Jackie 4:30pm-5:25pm	<b>Turbo Kick™</b> Jackie 4:30-5:25pm	<b>Turbo Kick™</b> Jackie 4:30-5:25pm	<b>Boot Camp</b> Tricia 4:30-5:25pm	<b>Active 6*</b> 4:00pm-6:00pm	
	Atwell-Link Cardio Studio	<b>OULA</b> Jenna 5:30-6:25pm	<b>Swim Team Land Training</b> Kristen 5:30pm-6:25pm		<b>Swim Team Land Training</b> Kristen 5:30pm-6:25pm	<b>Zumba</b> Tawnya 5:30pm-6:25pm	
	Crippen Wellness Studio	<b>Cycling</b> Brenda 5:30-6:25pm	<b>POUND</b> Troy 5:30-6:25pm	<b>Cycling</b> Brenda 5:30-6:25pm	<b>Turbo Kick™</b> Jackie 5:30-6:25pm	<b>Cycling</b> Brittany 5:30-6:25pm	
	Flanagan Gym	<b>Interval Body Blast</b> Stacey 5:30pm-6:25pm	<b>Group Power</b> Jackie 5:30-6:30 pm	<b>Interval Body Blast</b> Stacey 5:30-6:25pm	<b>Group Power</b> Ramie 5:30-6:30 pm		
	Health Studio	<b>Nia</b> Sheri 4:30pm-5:25pm					
	Health Studio		<b>Yoga</b> Keziah 5:30-6:30pm	<b>Beginner Yoga</b> Keziah 5pm-5:50pm	<b>Yoga</b> Keziah 5:30-6:30pm	<b>Nia</b> Sheri 5:30pm-6:25pm	
	Lobby		<b>Walk-n-Talk w/ the Doc<sup>B</sup></b> 5:30pm-6pm				
	Crippen Wellness Studio		<b>OULA Express</b> Jenna 6:30-7:00pm		<b>OULA</b> Jenna 6:30-7:25pm		
	Health Studio	<b>Karate<sup>S</sup></b> 6pm-8pm		<b>Karate<sup>S</sup></b> 6pm-8pm			
	Crippen Wellness Studio		<b>OULA One</b> Jenna 7:00-8:00pm	<b>OULA Power</b> Maria 6:30-7:25pm			
	Flanagan Gym	<b>Zumba<sup>@</sup></b> Tawnya 6:30-7:25 pm				<b>Pickleball</b> 6 pm-9pm	

Effective: 9/1/17

Subject to change; \$ Fee Based Class; B Ideal Class for Beginners; \*Registration Required; \*\*Experience Required

# GROUP EXERCISE CLASS DESCRIPTIONS

Pickleball	Pickleball is a fun tennis-like game using paddles, whiffle balls and a tennis height net. All equipment is provided.
Walk-n-Talk with the Doc <sup>B</sup>	Take a walk with Dr. Cheryl Cook from St. Vincent Healthcare, she will answer questions regarding skin health, nutrition, and other health interests as you walk your way to a healthier you.
<b>Spirit, Mind and Body</b>	
Advanced Yoga	This class is a holistic form of exercise and mental discipline that restores health and peace of mind. The relaxation and breathing techniques enable one to release tension and increase flexibility. This class incorporates advanced poses and is recommended for participants with previous Yoga experience.
Beginner Yoga <sup>B</sup>	This class will start with and explain the basic moves and positions for Yoga. Great for beginners.
FitAlign	Breathe your way into a good posture through practical, natural movement and bio-mechanically sound alignment doing pain free exercises with a focus on inner core strength, joint stability and balance.
Fitness Fundamentals	Fitness Fundamentals - Sustainable strength, flexibility and self treatment training with focus on proper body mechanics and healthy movement through awareness.
Nia <sup>B</sup>	A fun, low-impact aerobic workout, combining simple dance moves, martial and healing arts. No Prior experience needed, Nia is user friendly for everyone. Cardio conditioning, stress relief, joint mobility and increased strength and energy.
Pilates	Focuses on core postural muscles which are essential to providing support for the spine. Pilates exercises retrain proper movement patterns, rebalance, muscle strength and flexibility, and realign the spine.
PiYo	PiYo is a unique combination of Pilates, Yoga, strength conditioning, flexibility and dynamic balance. Learn movements that elongate muscles, strengthen the core, release tension, deepen breath and improve posture.
Yoga	This class is a holistic form of exercise and mental discipline that restores health and peace of mind. The relaxation and breathing techniques enable one to release tension and increase flexibility.
Yoga Challenge	Focuses on strength and stamina building. Moving from breath to breath and pose to pose, we invite energy and flexibility in and enjoy meditation. Knowledge of poses is helpful. Be prepared to sweat. Not recommended for children or pregnant women.
Yoga Core	Introduces elements of modern exercise science and physical fitness regimens into a traditional yoga setting. This class can reshape the entire body, while gaining strength and toning. There are traditional yoga poses and core-specific used as well.
Yoga Fusion	This class offers you a full body workout that will improve your strength, flexibility and core strength. This class incorporates yoga series of Vinyasa flow moves that ends with Savasana.
<b>Active Older Adult Fitness</b>	
Chair Pilates <sup>B</sup>	This class incorporates the use of chairs, dumbbells and bands to increase your strength all while working out your heart as you gaining endurance and flexibility for life.
Silver Fitness <sup>B</sup>	A low-impact workout designed for active older adults. Incorporates strength training, cardio and stretching. It is never too late to start exercising and this class is guaranteed to make you feel young again.
Stretching Class <sup>B</sup>	Increase your flexibility and circulation with this class that will focus on stretching. Flexible muscles can improve your daily performance, daily tasks, increase range of motion, relieves stress and will keep you in better balance.
Zumba® Gold	This class takes the Zumba formula and modifies the move and pacing to suit the needs of the active older participants, as well as those just starting their fitness journey.
<b>Muscular Strength/Endurance</b>	
Ab-Solution	Medicine balls, stability equipment and your own body weight are used to build core strength and endurance.
Muscle Evolution	A dedicated total body training that incorporates body weight training, resistance training, core-work, balance and flexibility training in a non-stop results-oriented sequence.
Power Pump	Muscle conditioning using various equipment such as the bands, dumbbells, and plated barbells that will help to tone, strengthen, sculpt, and increase endurance in all of your muscles.
<b>Cardio Fitness</b>	
Group Cycling	This is a unique group stationary cycling class that simulates outdoor road racing. This class is great for all fitness levels as you control the amount of resistance and pedal speed. Bring your water!
Kickboxing	A moderate to high intensity workout that is great for fat burning and cardio conditioning with lots of toning. Participants will be guided through basic moves to advance moves while incorporating the kickboxing bags. This class performs various drills and combinations of boxing, with punching and kicking. This class is modifiable to all fitness levels.
OULA	Dance mania for the soul! This fun, high impact cardio dance class will teach dance technique and choreography that will inspire anyone! Join on our Friday night dance party for anyone 16 and up!
Turbo Kick™	This class includes all the great moves of cardio kickboxing plus incorporates a high intensity anaerobic segment. Classes are choreographed in rounds giving you a chance to improve your form and work on intensity.
Zumba®	Combines high energy and motivating music with unique moves and combinations that allow you to dance away your worries. This class utilizes the principals of fitness interval training and resistance training in order to maximize caloric output, fat burning and total body toning.
<b>Combination Classes</b>	
Boot Camp	This is a high intensity, military style workout class. It will incorporate cardio and strength training. This class routine will vary from obstacle courses to circuit training. Each participant will experience progress according to his/her own level fitness. This class can be modified for all fitness levels.
Functional Fitness	This class welcomes friends over 40 as well as beginner. Learn body mechanics to improve daily function using a variety of resistance tools, light cardio workout and a rejuvenating stretch.
Insanity®	Packed with cardio and plyometric drills with intervals of strength, power, resistance, and core training. No equipment or weights are needed, and you don't have to be in extreme shape to do it.
Interval Body Blast	Interval Training can supercharge your fitness routine, boost your metabolism, burn calories and build strength. This class will mix high intensity bursts of exercise with moderate intensity recovery periods and with strength training.
Kettlebells	This is a unique format of training that incorporates weight training exercises, along with ballistic training. There is high, fast repetitions. This is a quick workout, you will be in and out in 30 minutes.
P90X	This is an instructor led class to the P90X DVD. This incorporates Cardiovascular Endurance, muscular strength, and flexibility. All equipment is provided.
PiYo™ Strength	This is a unique class designed to build strength & gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that's fun, challenging and will make you sweat. Think sculpted abdominals, increased overall core strength, and greater stability.
Stability Ball	Improve your balance, strengthen your core, and get a full body, low impact workout. This class includes cardio, strength training, upper and lower body target workouts.
Step'n Sculpt Interval Training	This is a great cross training workout to challenge and strengthen your muscles using the BOSU Ball or Step. Intense cardio with intervals of functional strength, balance and endurance trainings. Plus a 10minute core workout, exercises your entire body.
Y Barre	A total body workout that lifts your seat, tones your thighs and burns fat. Utilizing the ballet barre to perform small isometric movements set to fantastic music, our Barre Class is very effective, yet one of safest way to change your body.

All classes can be modified to all fitness levels, unless otherwise noted.  
Classes labeled with a <sup>B</sup> are ideal for beginner participants, \$ fee based classes