



## Group Exercise Winter Schedule

The schedule will start December 3rd and run until March 2nd.

### Main Aerobic Room

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am	Cycling-3 (Andrea)	High Fit-2 (Paula)	Cycling-3 (Andrea)	High Fit-2 (Paula)	Cycling-3 (Andrea)	Body Blast 2 (Shauna) 7:00 AM
6:30 am						Body Blast 2 (Shauna) 8:00 AM
12:00 pm	Forever Fit—1 (Erin)		Forever Fit—1 (Erin)		Forever Fit—1 (Erin)	
5:00 pm	Body Blast 3 (Shauna)		Body Blast 3 (Shauna)		Core More 3 (Shauna)	
6:00 pm	Body Blast 3 (Shauna)	HIIT-3 (Julie)	Body Blast 3 (Shauna)	HIIT-3 (Julie)		
7:00 pm	Zumba-2 (Dori)	Kickboxing-2 (Chandler)	Zumba-2 (Dori)	Kickboxing (Chandler)		

### Upstairs Aerobic Room

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 am	Cardio/Weight-3 (Chandler)	HIIT-3 (Julie) 5:30 AM	Cardio/Weight-3 (Chandler)	HIIT-3 (Julie) 5:30 AM	Cardio/Weight-3 (Chandler)	
6:00 pm		Tai Chi (Dave)		Mat Pilates 1 (Wendy) 6:15 PM		
7:30 pm		Yoga-1 (Wendy)		Yoga-1 (Wendy)		

### Water Aerobic

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 am	Water Aerobic-1 (Lea)	Water Aerobic-1 (Lea)	Water Aerobic-1 (Lea)	Water Aerobic-1 (Lea)	Water Aerobic-1 (Lea)	
12:00 pm		Water Walking-1 (Erin)		Water Walking-1 (Erin)		
6:00 pm		Aqua Body Strong-2 (Sarah)		Aqua Body Strong-2 (Sarah)		
7:00 pm		Aqua Zumba-2 (Sarah)		Aqua Zumba-2 (Sarah)		

*Instructors list and class description is on the other side*

# Group Fitness

350 East 200 South  
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# Class Description

**Aqua Body Strong**—Put your fitness to the test with ABS Strength, the new, balance-and-strength based water workout that challenges you to maintain proper postural control and alignment while performing Yoga, HIIT, Pilates and resistance band exercises on the Aqua Body Strong water fitness board. You'll burn calories, increase strength, balance, endurance, and focus while having the time of your life!

**Aqua Zumba**—Move the party to the pool. Aqua Zumba blends the Zumba philosophy with water resistance, for one pool party you shouldn't miss! Benefits. There is less impact on your joint during an Aqua Zumba class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

**Body Blast**—Weight lifting that's fun. Tone your body and bring definition to your muscles. Great for all athletes in all sports, or if you just want to look good and feel great. Geared to the beginner as well the more advanced.

**Core and More**—A class that incorporates multiple muscles while concentrating on the core muscles. It is a class that is great for athletes, or just people wanting to get fit. It will strengthen the core muscles making you stronger and less susceptible to injuries. It is great for beginners as well as the more advanced fitness enthusiast. It is a fun workout that you will defiantly see results from. This is a hour and a half class.

**Cycling**—Pedal your way to the best shape of your life by working out on high-performance stationary bikes. This workout will take you though a variety of rides including flat roads, hills, jumps, and sprinting. It's an awesome cardio workout that will get your legs moving, your heart rate pumping, your fat burning, and your energy flowing. Our Cycling 45 will be for 45 minutes and our Cycling 60 will be an hour long class.

**High Fitness**—HIGH Fitness is an emerging leader in group Fitness, inspiring people from all walks of life to a lifestyle to better health and overall wellness. HIGH transforms old school aerobics into a highly addictive new experience that combines simple, modern fitness techniques (i.e. HIIT, plyometrics, ect.) with music you know and love, resulting in a high energy, INTENSE and crazy fun workout that leaves participants feeling HIGH and wanting more. Our formula alternates between cardio peaks and toning tracks that will take your heart rate to the sky and strength to the next level. Beyond the workout, the HIGH Fitness culture embodies a lifestyle of empowering people to maximize their health and the best version of themselves. GET ADDICTED TO FITNESS!!

**Forever Fit**—Low impact, easy to follow exercises for all fitness levels ages 55 and over. There is an emphasis on strengthening and stretching the body to help build bone density and improve balance. It's never too late to start feeling great!

**H.I.I.T.**—High Intensity Interval Training. This high energy, fast paced class is made up of brief all-out exercises, separated by rest periods that you'll wish were just a little longer. We will use full body movement and many incorporate weights, kettlebells and resistance bands for optimal results. In this HIIT class we will be working to utilize our bodies metabolic system to cut as much fat as possible to stay lean and conditioned while adding muscle. This class is great for improving your aerobic and anaerobic endurance for both beginners as well as performance-focused athletes. Be prepared to "BRING IT ALL, AND LEAVE IT ON THE MAT". This is a 45 minute class.

**Pilates**—Every Mat Pilates class will work to balance all muscle group's strength and flexibility, with an emphasis on challenging the core muscles while integrating full body movement. Classes will blend the classical Pilates Method with variations and modifications for all levels. Mat Pilates is a challenging yet safe method to tone your body and to feel increased agility in your every day movements.

**Tai Chi**—This is a great way to keep movement and active.

**Water Aerobics**—This class will incorporate use of exercise equipment (water noodles, aqua dumbbells, and aqua jogger floatation belts). A calorie burning exercise program that is an ideal cardiovascular workout for men and women.

**Water Walking**—This is a great way to change up your work out. Aerobics executed in a low impact water environment. Routine set for seniors. Come out and get your work out in the water and have a great time.

**Yoga**—Are you looking to strengthen, tone, and improve the flexibility of your muscles while creating balance in your body and mind? Come try our new yoga. The result of this is a complete workout that strengthens the body while calming the mind.

**Zumba**—"Ditch the workout-join the party!" Zumba is a high energy, Latin based dance fitness class that will have you begging for more! This effective cardio workout is designed to sculpt the entire body from top to bottom. Zumba has something to offer for all fitness levels, with no previous dance experience required. The most fun that you will ever have in a fitness class!

**1-Low Intensity Class    2-High Intensity Class    3-High Intensity Class**

## SSAFC Fitness Classes Instructors

Paula Avery	Wendy Galovich	Dave Gardner
Andrea Gordon	Alison Memit	Sarah Ray
Chandler Smith	Dori Snyder	Erin Watson
Julie Winter	Shauna Woolstenhulme	