

**AQUAFIT:** M 10 AM with Elaine Gunnink

A high energy aqua cardio class that combines high and low impact moves. All fitness levels welcome!

**AQUA FITNESS:** T, TH 2 PM with Stacey Bogar

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.

**BARBELL:** M, W 8 AM TH 1 PM. Elaine Gunnink (M) & Lisa DeFalco (W,TH)

is a full-body barbell workout that builds strength and endurance using light to moderate weights and high repetitions, all set to motivating music. Bring a mat, all fitness levels.

**BEGINNER TAI CHI:** M 2PM & CONTINUOUS TAI CHI: W 2PM with Marty Finkelstein

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.

**BODY BLAST:** T,TH 10 AM with Lorraine Beaver

Work all muscle groups using high volume reps & low resistance with hand weights & resistance bands - a great workout geared to improving muscle tone & definition. Bring your mat and water.

**CLASSIC FITNESS:** T TH 11 AM with 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.

**CYCLE WITH LISA:** T, TH 10 AM *RESERVATION REQUIRED*

A high energy rhythm based cycling class set to the beat of motivational music. Riders move in sync with the tempo while incorporating upper body exercises and powerful leg work. Build cardio fitness and tone muscles. Bring water!

**CYCLE WITH STEPH:** T, TH 3:15 PM with Stephenie Sacca *RESERVATION REQUIRED*

Music guides you through this high intensity, low impact workout. All levels can enjoy this class; you control your ride with how much resistance you decide. Bring lots of water and a towel.

**FIT & STRONG:** T, TH 8 AM with Mari Palenzuelos

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.

**FITNESS INTERVAL TRAINING:** SA 7 AM with 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 AM with 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.

**HATHA YOGA:** M, W 8 AM with 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 – WEIGHTS:** F 10 AM with Karie Delos Santos

High intensity interval training using dumbbells & kettlebells. Short bursts of strength exercises with brief recovery periods, blending cardio and resistance training for maximum efficiency.

**KARATE,** M 4 PM T 2 PM, TH, F 3 PM with 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 with Carla Espinosa

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. Bring a mat.

**POWER PUNCH:** W 3:30 PM with Sharon Ryan

This class focuses on those with Parkinson's or other disabilities. Non-contact boxing drills, strength and balance exercises to enhance agility, coordination and confidence

**SENIOR STRENGTH & BALANCE:** M, W 9 AM F, 11 AM with 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,

**SIT & GET FIT:** T, TH 12 PM with 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.

**SOFT FLOW YOGA:** F 8 AM with Paula Beacom

Traditional Yoga poses with moderate effort and without strain. Variations to suit all levels while focusing on alignment, breathing and developing flexibility and stamina. Bring a mat.

**SPIN WITH MARI:** M, W 11 AM with Mari Palenzuelos *RESERVATION REQUIRED*

Intervals of intense pedaling consisting of sprints, climbs and recovery. Instructor guides resistance levels and pace to simulate outdoor riding. Improve cardio fitness, endurance and leg strength. Bring water and a towel.

**SPORTS CONDITIONING:** W 3 PM with 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 a towel.

**STEP:** TH 9 AM with Karie Delos Santos

Step aerobics with targeted strength training and low impact cardio using a step platform, resistance bands and hand weights. A workout with 20-30 minutes of sustained cardio.

**TOTAL BODY WORK-OUT:** M 9 AM with Lois Bossert

Low impact HIIT class features a total body workout using a variety of moves set to invigorating music. Moves using weights, bands and balls are done in intervals of 50 seconds with a ten second rest in between. Bring a mat.

**TRX 45:** T, TH 9AM, M, W 10:15 AM with Mari Palenzuelos *RESERVATION REQUIRED*

TRX 45 uses suspension straps to leverage body weight to build core and stability. Bring a mat.

**VINYASA YOGA:** M 12 NOON with Mari Palenzuelos

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.

**YOGA STRETCH:** TU 4 PM, SA 8 AM with Jill Shea

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.