



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Group Fitness Schedule July 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Core Strong</b> w/ Bonnie 8:15am	<b>Pound Pro®</b> w/ Sara 9am	<b>Yoga Flow</b> w/ Leah 7am	<b>SilverSneakers® Yoga Stretch</b> w/ Vickie 8:15am	<b>Gentle Yoga</b> w/ Vickie 8:10am	<b>Kettlebell or Core</b> w/ Various 8:15am
<b>SilverSneakers® Yoga Stretch</b> w/ Vickie 8:15am	<b>Group Cycling</b> w/ Chris 9am	<b>Chair Yoga</b> w/ Leah 8am	<b>Group Cycling</b> w/ Chris 9am	<b>Zumba®</b> w/ Kiersten 9am	<b>Group Cycling</b> w/ Donna 9am
<b>Group Cycling</b> w/ Ed 9am	<b>Pilates</b> w/ Rebecca 10am	<b>Core Strong</b> w/ Bonnie 8:15am	<b>Pound Pro®</b> w/ Sara 9am	<b>Group Cycling</b> w/ Crystal 9am	<b>Zumba®</b> w/ Chris 10am
<b>Basic Step</b> w/ Amy 9am	<b>SilverSneakers® Classic</b> w/ Judy 10:15am	<b>Group Cycling</b> w/ Ed 9am	<b>Pilates</b> w/ Rebecca 10am	<b>XYZ</b> w/ Barb 10am	
<b>XYZ</b> w/ Barb 10am	<b>Cardio Muscle Pump</b> w/ Lisa 5pm	<b>Zumba® Gold</b> w/ Bonnie 9am	<b>SilverSneakers® Classic</b> w/ Judy 10:15am	<b>HIIT</b> w/ Joelle 10am	
<b>Simply Yoga</b> w/ Jorga 10am	<b>Group Cycling</b> w/ Crystal 5pm	<b>Muscle Pump</b> w/ Jacqui 9am	<b>Basic Step</b> w/ Melody 5pm	<b>ALL GROUP FITNESS CLASSES: FREE FOR MEMBERS \$8 PER NON-MEMBER</b>  <b>LECTURE AND COFFEE EVERY 3<sup>RD</sup> FRIDAY REGISTER AT FRONT DESK</b>  <b>PLEASE BRING WATER TO CLASS!!!</b>	
<b>Group Cycling</b> w/ Jolene 5pm	<b>Tai Chi</b> w/ Ron 6pm	<b>XYZ</b> w/ Barb 10am	<b>Group Cycling</b> w/ Jolene 5pm		
<b>Hardbodies</b> w/ Angie 5pm	<b>Fat Blast Cardio</b> w/ Amanda 6pm	<b>Simply Yoga</b> w/ Jorga 10am	<b>Zumba®</b> w/ Chris 7pm		
<b>Core &amp; More</b> w/ Amanda 6pm	<b>Gentle Yoga</b> w/ Vickie 7pm	<b>Pound Pro®</b> w/ Donna 5pm			
<b>HIIT</b> w/ Joelle 7pm		<b>Zumba®</b> w/ Chris 6pm			

## GROUP FITNESS SCHEDULE AT NEW LEAF CHURCH IN CONNEAUT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Tai Chi</b> w/ Ron 10:30am		<b>SilverSneakers® Circuit</b> w/ Shannon 10am	<b>Tai Chi</b> w/ Ron 10:30am	<b>SilverSneakers® Circuit</b> w/ Shannon 10am
	<b>SilverSneakers® Circuit</b> w/ Denise 4pm		<b>SilverSneakers® Circuit</b> w/ Denise 4pm	

**Basic Step:** An easy to follow step class with a lot of fun choreography. A great way to burn calories and tone your body. All fitness levels are welcome.

**Pilates:** Learn and practice gentle yet challenging non-impact strength and toning exercises using strength training equipment on the floor and/or standing.

**Muscle Pump:** Put a little muscle into your workout, and join us for a class designed to build muscle strength and endurance with low to medium weights and high repetitions.

**Cardio Muscle Pump:** Challenge your cardio, your strength and your endurance. Paired with fun music, the hour goes by quickly.

**Kettlebell:** A great overall workout. Use kettle bells and bands to help focus on strength and flexibility as well as working on your cardiovascular.

**Cardio Sculpt:** A variety of aerobic and strength exercises such as cardio work on the step and the use of weights and/or bands for toning and conditioning.

**Group Cycling:** Set to music, this workout takes you through an intense ride. Every fitness level is welcome!!

**Pound Pro®:** A pair of Ripstix, fun upbeat music, and great choreography make this work out one you won't want to miss out on!

**PLUS:** Pushing Limits for Ultimate Success. Program committed to fostering a supportive community of plus sized women, who will come together to participate in open discussion regarding personal experiences, challenges and victories. Attendees will also engage in 25 minutes of active fitness by which each attendee will follow her own pace.

**HIIT:** The most common excuse why people do not exercise is lack of time. HIIT (High Intensity Interval Training) is a method for which that excuse cannot be used. With only a few minutes per session, you can improve your fitness and also lose some pounds.

**Hardbodies:** An adventurous fitness experience! May include cardio, strength training HIIT, plyometrics, core conditioning. For all levels of fitness.

**Fat Blast Cardio:** 35-40 minute series of cardio and strength bursts that challenge endurance, balance and strength aiming to decrease overall body fat.

**Core Strong:** Strengthen, tighten and shape your abs.

**Core & More:** Strengthen, tighten and so much more! This is a leg, core and entire upper body workout.

**XYZ 'Extra Years of Zest':** A class designed for active seniors to improve strength, cardio, and flexibility. All fitness levels may participate. Class contains no high impact moves.

**SilverSneakers® Yoga Stretch:** This class will move your body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement, while also promoting stress reduction with restorative breathing exercises.

**SilverSneakers® Classic:** This is designed for our seniors to have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic bands with handles and a ball are offered for resistance, and a chair is used for seated and/or standing support.

**SilverSneakers® Circuit:** A class consisting of standing low-impact choreography alternated with standing upper body work with hand-held weights, elastic tubing with handles and the SilverSneakers ball.

**Zumba®:** An exhilarating, effective, easy to follow Latin inspired, calorie burning dance fitness party.

**Zumba® Gold:** Based on the same dance moves used in the original Zumba® class. The Gold class, however, is less intense, with dance routines designed for beginners and older adults using modified movements.

**Tai Chi/Chi Kung/Tai Chi Ruler (Chinese Yoga):** These are mind/body exercises that integrate slow gentle movements, breathing and a variety of cognitive components such as focused attention and multi tasking.

**Gentle Yoga:** This class will relax, unwind and release stress through yoga poses and stretches to soothing music. Calming and peacefulness will help ease your stress with meditation as well.

**Simply Yoga:** This yoga class has something for everyone. A variety of poses, both seated and standing, will improve flexibility, balance, and strength while easing stress and promoting relaxation.

**Deep Stretch Yoga:** A quiet practice that uses long holds to warm muscles and target deeper tissues that lay beneath the muscle layer. This allows you to tap into the "sweet spots" often neglected in traditional workouts and vigorous yoga classes while improving flexibility. This class is designed to free muscle tissue stagnation and lubricate joints. Poses will be held for 1-5 minutes, allowing you to fully stretch and release the targeted muscle groups.