



Drop In Group Fitness Classes November-December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:00am-7:00am	6:00am-7:00am	6:00am-7:00am		
		Total Body Sculpt Melissa	Cardio Spin Melissa	Total Body Sculpt Melissa		
		7:45am-8:45am		7:45am-8:45am		
		Weight Bar Aimee		Weight Bar Aimee		
	9:00am-10:00am	9:00am-10:00am	9:00am-10:00am	9:00am-10:00am	9:00am-10:00am	
	Zumba® Fitness Dakotah	Senior Fitness Aimee	Zumba® Fitness Dakotah Deep Water Kim	Senior Fitness Aimee	Zumba® Fitness Dakotah	
		10:15am-11:15am		10:15am-11:15am		
		Total Toning Noel		Total Toning Noel		
10:30am-11:30am	10:45am-11:45am	10:30am-11:30am	10:30am-11:30am	10:30am-11:30am	10:45am-11:45am	
Zumba® Fitness Kamala	Gentle Yoga Deb	Deep Water Kathy	Classical Hatha Yoga Julia	Deep Water Kathy	Gentle Yoga Deb	
		11:30am-12:15pm	11:30am-12:15pm	11:30am-12:15pm		10:45am-11:45am
		Arthritis Foundation Kathy	Water Fitness For Everyone Kathy	Arthritis Foundation Kathy		Yoga Mix Deb
	12:00pm-12:45pm	12:00pm-1:00pm	12:00pm-1:00pm	12:00pm-1:00pm	12:00pm-12:45pm	12:00pm-1:00pm
	Senior Strength Deb	World Dance Noel	Gentle Yoga Sheryl (Kainoa)	World Dance Noel	Senior Strength Deb	World Dance Noel
	1:30pm-2:30pm	1:30pm-2:30pm	1:30pm-2:30pm	1:30pm-2:30pm		
	World Dance Noel	Silver Sneakers® Classic Noel	World Dance Noel	Silver Sneakers® Classic Noel		
	5:30pm-6:30pm	5:30pm-6:30pm	5:30pm-6:30pm	5:30pm-6:30pm		
	World Dance Noel Cardio Spin Nancy	Zumba® Fitness Kamala	World Dance Noel Cardio Spin Nancy	Zumba® Fitness Kamala		

Fitness Class Descriptions

Silver Sneakers Classic—Variety of exercises to increase muscular strength, range of movement and daily living activities. Hand-held weights, elastic tubing with handles and a SS ball offered for resistance. Chair available for needed support.

Senior Fitness — This class is a combination of strength training and basic movements utilizing bands and hand weights to improve range of motion, balance and flexibility. Chairs are utilized for support as needed. The class is designed for those that prefer a workout without the added impact to joints. No previous experience required.

Total Body Sculpt—Fast-paced class; challenges, motivates and utilizes a variety of total body strengthening in addition to core strengthening exercises and light cardio. Load-bearing exercises that produce stronger, leaner, and more flexible muscles.

Weight Bar — Strengthen all your major muscles in an inspiring, motivating group environment with this barbell program. With simple athletic movements such as squats, lunges, presses, and curls, this class is appropriate for all ages and fitness levels.

Total Toning—Challenging, fun, full body toning experience using a chair, hand weights, body weight, and mat work. Improves muscular strength, endurance, balance, flexibility, and coordination while keeping to the beat of the music

World Dance—A one hour aerobic dance fitness class utilizing music, rhythms, and dance styles from Africa, India, Latin America, and all over the world. All levels welcome. Just have fun and move your body!

Zumba® Fitness— Perfect for everybody! Each class is designed to bring people together for a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy, and a serious dose of awesome! We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval style dance fitness party. Once the Latin & World rhythms are over, you will see why Zumba® Fitness classes are often called exercise in disguise. Appropriate for all fitness levels. No experience necessary.

Cardio Spin—fun, fast-paced workout. High-energy music and an energizing 60-minute workout.

Gentle Yoga— Perfect class for beginning students and those with movement, joint or balance challenges. We will work on poses that heal and nurture good body mechanics, good breathing habits, stretching the muscles of the shoulders and hips, and better balance.

Senior Strength—Science tells us that the body begins to lose muscle mass after middle age unless we exercise the muscles. This class is designed to work the arms legs and core (the back and belly) muscles to keep them strong. Using elastic bands and hand weights, in both sitting and standing positions, (your instructor will help you find your personal level) we will move through the body challenging the muscles to work. Sometime will also be spent safely practicing balance and concentration as well.

Yoga Mix—(For stronger yoga students) Class starts with 5 minutes of pranayama (yogic breathing practice to strengthen and relax). Then moves on to a high energy flow of movement combined with the appropriate breath, called Surya namaskar or sun salutations. This includes forward and backward bends, standing and balance poses all taught with attention to alignment of the body. We finish the hour with challenging core work and seated and restorative poses.

Classical Hatha Yoga— Incorporate meditation and breathing while building strength, flexibility, and balance. Alignment is taught so the body is balanced. Best suited for intermediate and advanced yoga students.

Arthritis Foundation—A warm-water exercise program shown to reduce joint pain and improve overall health by increasing strength and flexibility. This class will improve your day-to-day life and is suitable for every fitness level.

Deep Water Aerobics—Low-impact, fast-paced, cardiovascular workout. Utilizes buoyancy and resistance equipment.

Water Fitness for Everyone—Gentle exercise program. You'll work on balance, cardiovascular endurance, strength and flexibility. Help decrease pain and stiffness while improving overall physical health.