



# FITNESS CLASS SCHEDULE

JULY 29, 2024 - AUGUST 30, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>HIIT</b> 5:15-6:05AM Diane S.		<b>HIIT</b> 5:15-6:05AM Diane S.		
	<b>Sunrise Yoga</b> 6:15-7:15AM Vickie G.		<b>Sunrise Yoga</b> 6:15-7:15AM Vickie G.		<b>HIIT</b> 6:45-7:35AM Diane S.
<b>Circuit</b> 8:30-9:20AM Mira L.	<b>TRX</b> 8:30-9:20AM Annette J.	<b>Total Body Strength</b> 8:30-9:20am Mira L.	<b>BARRE Fusion</b> 8:30-9:20AM Stephanie P.		
<b>Silver &amp; Fit®</b> 9:30-10:20AM Jayne S.	<b>Hatha Yoga</b> 9:30-10:30AM Vickie G.	<b>Silver &amp; Fit®</b> 9:30-10:20AM Jayne S.	<b>Hatha Yoga</b> 9:30-10:30AM Vickie G.	<b>Silver &amp; Fit®</b> 9:30-10:20AM Jayne S.	
	<b>SS Classic®</b> 10:00-10:50AM Chrissie S.		<b>SS Classic®</b> 10:00-10:50AM Chrissie S.		
	<b>Chair Yoga</b> 11:00-11:45AM Chrissie S.		<b>Chair Yoga</b> 11:00-11:45AM Chrissie S.	<b>Gentle Yoga</b> 11:30am-12:15pm Chrissie S.	
<b>Pilates</b> 4:30-5:15PM Stephanie P.			<b>Dance Fitness</b> 4:30-5:20pm Debbie C.		
<b>Zumba®</b> 5:30-6:20PM Jennifer J.	<b>Total Body Strength</b> 5:30-6:20PM Dionne S.	<b>Yoga Fusion</b> 5:30-6:20pm Julie D.	<b>Mind-Body Fusion</b> 5:30-6:30PM Julie D.		
<b>Strengthen &amp; Lengthen</b> 6:30-7:20pm Dionne S.					

**Color Key**

- Cardio
- Strength Training
- Mind/Body
- Active Aging

Reservations are highly recommended & can be made from 7 days in advance up to 1-hour prior to start of class. Spots are limited with drop-ins available if space allows beyond pre-registered guests. A minimum of 3 participants must be registered by the close of registration (1-hour prior to class) for class to run each day. This excludes Active Adult classes.

Cardio, Mind & Body, and Strength Training classes take place in the Fitness Studio unless otherwise specified. Active Aging classes will be held in the East Gym.

\*Offered intermittently – please check caprd.com Fitness Calendar.

# Class Descriptions

## ACTIVE AGING

**Silver Sneakers Classic**® – Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers® ball are offered for resistance. A chair is available if needed for seated or standing support. \*Low Impact, Moderate Intensity

**Silver Sneakers Stability**® – Strengthen the muscles of the core (hips, pelvis, obliques, abdominals, and low back) while improving your balance using a variety of exercises and equipment. As an added bonus you'll improve overall posture and balance. \*Low Impact, Low-Moderate Intensity.

**Silver & Fit** – This class offers progressive levels of group fitness programming designed to meet the needs of the wide variety of older adult fitness levels and abilities—from the de-conditioned or new exerciser who requires in chair programming to the athletic, fitter older adult who has continued to stay active. \*Low Impact, Low-Moderate Intensity

**Silver Cycle** – Focus on riding to better cardiovascular health with our 60+ indoor cycling class. Geared toward the aging population, this 45 minute class will build better muscle tone while simultaneously keeping your heart healthy in a fun and energetic way!

\*Low-Moderate Impact, Low-Moderate Intensity

## CARDIO

**Circuit** – Circuit class is a heart pumping and strength-based circuit training class. This class gets your heart rate up and strengthens your muscles at the same time. You'll move quickly through a few different exercise stations, where each station has a different exercise group. This class will use a variety of equipment and is for all levels of physical ability. \*Low to High Impact, Low to High Intensity.

## MIND/BODY

**Hatha Yoga** – Center the mind & body by using breathing exercises, poses to circulate the blood & gain strength, balance & flexibility. Yoga practice will assist in creating a healthy body & peaceful mind. \*Low Impact, Low to Moderate Intensity

**Chair Yoga** – Brings the best of a yoga practice to those who require or prefer the support of a chair. Students will explore versions of twists, hip stretches, forward bends and mild backbends. The class helps participants stay healthy, vibrant and confident by focusing on developing small and large muscle groups, stretching, balancing [beside or behind the chair] and strength building. Chair yoga classes help maintain mobility, improve flexibility, cultivate mindfulness and increase body awareness. \* Low Impact, Low Intensity

**Yin Yoga** – Is a slow-paced style of yoga with poses, or asanas, that are held for longer periods of time (typically 3-5 minutes) in a nourishing and supportive manner. Perfect for relaxation and renewal, Yin Yoga targets the connective tissue and meridians to release long held injuries and stress. Yin yoga is a great compliment to all styles of yoga and level of students.

**BARRE** – Delivers a fusion of ballet, Pilates, yoga and strength training in each workout. Designed for wide range of fitness levels, ages and bodies, complete with progressions so those new to fitness feel successful their first time and seasoned Barre enthusiasts will always feel challenged.

**BARRE Fusion** – Is a low impact strength workout that enhances your muscle tone, posture, flexibility and confidence in a class that blends ballet, dance, Pilates, yoga, functional strength and mind-body inspired movement. \*Low to Moderate Impact, Low to Moderate Intensity.

**Body Sculpt Yoga** – Is a low impact strength workout that enhances your muscle tone, posture, flexibility and confidence in a class that blends ballet, dance, Pilates, yoga, functional strength and mind-body inspired movement. \*Low to Moderate Impact, Low to Moderate Intensity.

**Pilates Mat** – Lengthen, strengthen, and unwind in this core-centered Pilates® class offered every other week! Perfect for all fitness levels for a full workout of for muscle recovery and mobility. \*Low Impact, Low to Moderate Intensity.

**Mind-Body Fusion** – Welcome to Mind-Body Fusion, where we blend the power of the mind with the strength of the body for a holistic fitness experience like no other. Join us in this invigorating class that seamlessly integrates elements of yoga, BARRE, Pilates, and mindfulness techniques to enhance your physical and mental well-being. Whether you're a beginner or a seasoned practitioner, Mind-Body Fusion offers a supportive environment to explore and deepen your mind-body connection. Get ready to awaken your senses, energize your spirit, and leave feeling refreshed and revitalized. \*Low to Moderate Impact, Low to Moderate Intensity.

**Strengthen & Lengthen** – Strengthen & Lengthen delivers a fusion of core work, mobility, flexibility, stability and strength training in each workout. Designed for wide range of fitness levels, ages and bodies, complete with progressions so those new to fitness feel successful their first time and seasoned fitness enthusiasts will always feel challenged. \*Low to Moderate Impact, Low to Moderate Intensity.

**Zumba** - Zumba takes the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. No dance skills required! Fitness shoes with low traction soles are highly recommended but also not required.

**Dance Fitness** -Take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. No dance skills required!

## STRENGTH TRAINING

**BOOTCAMP** – One of our most challenging classes, you'll be pushed to your limit and empowered all in one with this beast of a BOOTCAMP class! \*Moderate-High Impact, Moderate-High Intensity

**H.I.I.T.** – One of the biggest bangs for your buck, our H.I.I.T. class focuses on a fast-paced cardio workout with high intensity interval strength training. The benefits of H.I.I.T include improved athletic capacity, metabolism & fat burning. \*High Impact, High Intensity

**TRX** –TRX suspension training bars are integrated into the ceiling, developed for workouts geared to develop strength, balance, flexibility and core stability all at once. This class uses TRX straps, body weight and free weight exercises, which all contribute to excellent cross training experience! All levels welcome.

**Total Body Strength** – Delivers a fusion of core work, mobility, flexibility, stability and strength training in each workout. Designed for wide range of fitness levels, ages and bodies, complete with progressions so those new to fitness feel successful their first time and seasoned fitness enthusiasts will always feel challenged.