



FITNESS CLASS SCHEDULE

October 10, 2024 - DECEMBER 21, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	HIIT 5:15-6:05AM Diane S.		HIIT 5:15-6:05AM Diane S.		
	Sunrise Yoga 6:15-7:15AM Vickie G.		Sunrise Yoga 6:15-7:15AM Vickie G.		HIIT 6:45-7:35AM Diane S.
Circuit 8:30-9:20AM Mira L.	TRX 8:30-9:20AM Annette J.	Total Body Strength 8:30-9:20am Mira L.	TRX 8:30-9:20AM Annette J.	Band Burn 8:30-9:00am Mira L.	Total Body Strength 8:00-8:50am Dionne S.
Silver & Fit® 9:30-10:20AM Jayne S.	Hatha Yoga 9:30-10:30AM Vickie G.	Silver & Fit® 9:30-10:20AM Jayne S.	Hatha Yoga 9:30-10:30AM Vickie G.	Silver & Fit® 9:30-10:20AM Jayne S.	
SS Stability® 10:40-11:20AM Jim A.	SS Classic® 10:00-10:50AM Chrissie S.	SS Stability® 10:40-11:20AM Jim A.	SS Classic® 10:00-10:50AM Chrissie S.	SS Stability® 10:40-11:20AM Jim A.	
Total Body Strength 12:00-12:50pm Stephanie F.	Chair Yoga 11:00-11:45AM Chrissie S.	BOOTCAMP 12:00-12:50pm Stephanie F.	Chair Yoga 11:00-11:45AM Chrissie S.	Gentle Yoga 11:30am-12:15pm Chrissie S.	
			Dance Fitness 4:30-5:20pm Debbie C.	Silver Cycle 12:00-12:50pm Andy N.	
Strengthen & Lengthen 5:30-6:20pm Dionne S.	Total Body Strength 5:30-6:20PM Dionne S.	Yoga Fusion 5:30-6:20pm Julie D.	Circuit Fusion 5:30-6:30PM Julie D.	Strengthen & Lengthen 5:30-6:20pm 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, Low to 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 Intensity. 🟡

Silver & Fit – This class offers progressive levels of group fitness programming designed to be a higher level than Silver Sneakers for the athletic, fitter older adult who has continued to stay active and seeks to make improvements. *Low-Moderate Impact, 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. 🟢

Active Aging Intensity Zones

Red Light- Requires guests to be able to balance with and without a chair while doing more fast paced exercises. May require bending over, jogging, and other exercises that require more agility. 🔴

Yellow Light- May require some light balance without the chair, but will not be as fast paced as red light classes. This class will still be low intensity and low impact. 🟡

Green Light- This style of class is for all levels, but allows guest to work at a slower pace and have the chair or other surface readily available to assist guests when necessary. These classes have seated exercise portions. 🟢

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.

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.

Energy Ride – Ride and SHINE with our all-levels indoor cycling class! Geared toward boosting cardiovascular health and building lower-body muscle ride your way to a great start to your day. *Low-Moderate Impact, Moderate-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.

Gentle Yoga – A calming end of week refresher this 45-minute, all-levels yoga class will focus on restoration and relaxation. Postures offered in this practice will aim to improve upon mobility and flexibility, while incorporating breathwork and connecting the mind to the body. *Low Intensity, Low Impact.

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.

Rebuild & Recover – Rebuild & Recover is a restorative fitness class designed to enhance muscle recovery and flexibility through a blend of gentle strength exercises, stretching, and deep tissue work. Ideal for all fitness levels, this class helps participants rejuvenate their bodies, reduce soreness, and improve overall mobility. *Low to Moderate Impact, Low to Moderate Intensity.

Dance Fitness – 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. *Low to Moderate Impact, Low to Moderate Intensity.

Yoga Fusion – Yoga fusion is a class that blends yoga poses with other fitness types, such as Pilates, strength training, or even kickboxing. Pairing yoga with other disciplines lets you burn more calories than doing yoga alone, while still getting the benefits of a yoga practice. *Low to Moderate Impact, Low to Moderate Intensity.

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.

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. *Moderate-High Impact, Moderate-High Intensity.

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. *Moderate-High Impact, Moderate-High Intensity.

Circuit Fusion – Circuit Fusion is a dynamic group fitness class that combines high-intensity interval training (HIIT), Pilates, yoga, and BARRE with circuit-style exercises to target strength, endurance, and agility. Participants rotate through a series of stations, blending cardio, resistance, and core workouts for a full-body burn. *Moderate-High Impact, Moderate-High Intensity.