



Group Workout Schedule ~

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------|------------|-------------------|-------------|-------------------|--------------|----------|
| 8:00 am | | | | | | |
| 10:00 am | Seniorcize | Mat Pilates | Seniorcize | Total Tone | Mat Pilates | |
| 11:00 am | | Pain Relief | | Pain Relief | | |
| 11:30 am | | Seniorcize | | Seniorcize | | |
| NOON | | | Mat Pilates | | Line Dancing | |
| 1:00 pm | Total Tone | Strength Training | | Strength Training | | |
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Arms/Abs: Upper body toning followed by complete core.

Cardio Express: A variation of different cardiovascular exercises ranging from traditional aerobics to line dancing.

Core and more: All exercises dedicated to the midsection.

Lower Body: Lower body exercises for the thighs, hamstrings, gluts and more.

Pain Relief: Focusing on your body and what areas need more attention. This class will use stretching, pressure point release and other techniques to relieve pain and tension. **30 minutes**

Power Hour: A full body workout blending a variation of exercises including weights, balls, bands, and TRX ending with 15 minute stretch.

Mat Pilates: Each class will work to balance all muscle groups while working on strength and flexibility. Emphasis on challenging the core muscles with each movement. Classes will blend the classical Pilates Method with exercise variations by using props and light weights.

Seniorcize: Have fun and move to the music through a variety of exercises designed to increase muscular and cardiovascular conditioning, range of movement and activities for daily living. Handheld weights, elastic tubing with handles and an exercise ball are offered for resistance. Most exercises will be done seated in a chair. Standing exercises may be assisted by the chair.

Strength Training: A mixture of weights and TRX which stands for Total Body Resistance Exercises will build strength, coordination, core and joint stability.

Super Stretch: 30 minutes of stretching and flexibility.

Total Tone: A full body workout focusing on strength, flexibility and balance. Class will use weights, bands, balls and your body for a complete toning workout.

Yoga Variations: Strength Yoga - it has many of the same qualities and benefits, including building internal heat, increased stamina, strength, and flexibility. Gentle Yoga: more emphasis on flexibility and stress reduction. General Yoga blends both styles.