

ADULT FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spinning	**Spinning**	Fit-Spiration	**Spinning**	Powerbody	Hatha Flow Yoga
8:00 - 8:45 am 441849-C 16+ Marcie B. 9/12 - 1/16 ex. 9/19, 12/26 17 classes \$111	5:40 - 6:35 am 441889-A 16+ Anne Marie C. 9/13 - 1/17, ex. tba 18 classes \$117	5:50 - 6:40 am 441852-A 16+ Lin F. 9/7 - 1/11, ex. 10/19, 12/28 17 classes \$94	5:40 - 6:35 am 441889-B 16+ Anne Marie C. 9/15 - 1/19, ex. 11/24 18 classes \$117	9:15 - 10:15 am 441865-A 14+ Marcie N. 9/9 - 1/20, ex. tba 19 classes \$105	7:45 - 8:45 am 441841-B 18+ Cathy A. XX 9/10 - 1/21, ex. 12/24, 12/31, 2 tba 16 classes \$88
Monday Movers	All About Strength	*Spinning*	All About Strength	Yoga	Boot Camp
8:55 - 9:40 am 441874-A Adult Nancy W. X to XXX 9/26 - 12/5, ex. 3 tba 8 classes \$44	9:00 - 9:45 am 441875-A Adult Nancy W. X to XX 9/20 - 11/29, ex. 2 tba 9 classes \$50	8:00 - 8:45 am 441849-D 16+ Marcie B. 9/7 - 1/18 ex. 9/14, 12/28 18 classes \$117	8:45 - 9:30 am 441875-B Adult Nancy W. X to XXX 9/15 - 12/1 ex. 11/24, 2 tba 9 classes \$50	11:00 - 11:50 am 441823-A 14+ Therese B. 9/16 - 1/20, ex. 11/25, 12/30, 1/6, tba 15 classes \$83	7:45 - 8:45 am 441866-A 18+ Marcie N. XX to XXX 9/10 - 1/21 ex. tba 19 classes \$105
All Flex-ability	AM Blend	All Aerobics	Barre		Spinning
9:45 - 10:30 am 441877-A Adult Nancy W. X to XXX 9/26 - 11/28, ex. 2 tba 8 classes \$44	9:50 - 10:35 am 441872-A Adult Nancy W. X to XX 9/20 - 11/22, 2 tba 8 classes \$44	8:45 - 9:30 am 441876-A Adult Nancy W. 9/14 - 11/23 ex. 3 tba 8 classes \$44	10:30 - 11:15 am 441824-A 14+ Therese B. 9/15 - 1/19 ex. 11/24, 12/29, 1/5, tba 15 classes \$83		9:00 - 9:45 am 441849-B 16+ Marcie B. 9/10 - 1/21 ex. 9/17, 12/24, 12/31 17 classes \$111
		Tight & Toned			Zumba Toning
		9:15 - 10:15 am 441867-A 14+ Marcie N. X to XX 9/7 - 1/18, ex. tba 19 classes \$105			10:00 - 11:00 am 441810-C 14+ Lisa V. 9/10 - 1/21, ex. 11/26, 12/24, 12/31 17classes \$94
		Silver Spin			
		10:15 - 11:00 am 441848-A 55+ Marcie B. 9/7 - 1/18, ex. tba 19 classes \$105	Fit-Spiration		
Absolutely Abs	Fit-Spiration		4:30 - 5:30 pm 441852-B 16+ Lin F. 9/8 - 1/12, ex. 10/20, 11/24, 12/29 16 classes \$88	Combo Spinning Classes	
5:30 - 6:30 pm 441822-A 14+ Therese B. 9/12 - 1/9, ex. 10/10, 12/26, 1/2 15 classes \$83 XX	4:30 - 5:30 pm 441857-A Adult Dylan M. XX 9/6 - 1/17, ex. 10/11, 12/27, 1/3 17 classes \$94	Beginner Yoga		441849-BC - Register for Mon/Wed at 8:00am - \$205	
		10:45 - 11:45 am 441825-A 14+ Therese B. 9/14 - 1/18, ex. 11/23, 12/28, 1/4, tba 15 classes \$83	Zumba	441889-AB - Register for Tues/Thur at 5:40am - \$211	
Boot Camp	Spinning		6:00 - 7:00 pm 441810-A 14+ Lisa V. XXX 9/8 - 1/19, ex. 11/24, 12/29 18 classes \$99	Drop In	
6:45 - 7:45 pm 441866-B 18+ Marcie N. XX to XXX 9/12 - 1/16, ex. tba 18 classes \$99	5:30 - 6:15 pm 441849-A 16+ Marcie B. 9/6 - 1/17 ex. 12/27 19 classes \$124	Thighs & Tris		Available for classes without a full roster: Resident: \$6.50 Exercise / \$7.50 Spin Non Resident: \$7.50 Exercise / \$8.50 Spin	
	Zumba Toning	6:00 - 7:00 pm 441885-A 14+ Anne Marie C. XX 9/7 - 1/18, ex. 11/23 19 classes \$105	Spinning	Instructors	
	6:00 - 7:00 pm 441810-E 14+ Lisa V. XXX 9/6 - 1/17, ex. 12/27 19 classes \$105		6:15 - 7:05 pm 441889-C 16+ Anne Marie C. 9/15 - 1/19, ex. 11/24 18 classes \$117	Cathy Ames - AFAA, Pi-Yo, Yoga Alliance Therese Bason - Pilates, Yoga Fit, Arthritis Marcie Bartolotta - ACE, AEA, YMCA Group Ex Anne Marie Cyerman - AFAA Lin Falzano - ACE, NASM, Silver&Fit Dylan Mariah - AFAA, Silver & Fit, YMCA Marcie Nicastro - ACE, AFAA, AEA Jennifer Ortenberg - YMCA Group Ex, NASM PT Lisa Valcore - Zumba, YMCA Group Ex. Nancy Waniewski - ACE, Arthritis	
	Mixed Level Yoga	Hatha Flow Yoga		Child Care	
	5:45 - 7:00 pm 441858-A Adult Dylan M. 9/6 - 1/17, ex. 10/11, 12/27, 1/3 17 classes \$94	6:00 - 7:00 pm 441841-A 18+ Cathy A. XX 9/7 - 1/18, ex. 11/23, 2 tba 17 classes \$94		Mon - Fri 8:30am - 1:00pm See page 8 of brochure for more information.	
Intensity Level	Zumba Gold Toning				
Low X Moderate XX Vigorous XXX Scalable X to XXX	7:15 - 8:00 pm 441810-D 14+ Lisa V. XX 9/6 - 1/17, ex. 12/27 19 classes \$105				



ADULT FITNESS

Absolutely Abs – The ultimate body sculpting workout experience! This class is an intense, mat workout that will challenge your core. You will build stamina, develop superior core muscular power and postural endurance, to help optimize physical performance. Joint stabilization, back strength, and hip flexibility are just a few of the many benefits you will receive. This class will take you to the next level!! Beginners are welcome. **S F B C**

All About Strength – Improve bone density and stay strong. Become stronger and more flexible. Work that core. Emphasis on correct form. **S F B**

All Aerobics – All levels welcome! This dynamic class changes constantly. Bear your body weight to strengthen your bones. Boost mid-week energy. Covers the core and total body.

All Flex-ability – Youthful flexibility prevents injury – you will combine strength with resistive stretches to achieve your goals. Constant variety make it fun!

AM Blend – Simply thrive while doing this amazing class which blends strength, Pilates, and yoga moves. This unique technique provides many fitness benefits. Close with a relaxing flex segment. **S F C**

Barre – The Barre workout is a fusion program that uses Ballet Barre, Pilates, and Yoga exercises to strengthen and develop long, lean muscles. This total body conditioning technique has been intertwined to create an intense workout, guaranteed to transform and sculpt your entire body. No experience is necessary. Beginners are welcome!

NEW!! Beginner Yoga – This is the perfect class for anyone new to yoga or wanting a slower pace. Learn Yoga basics and beyond, including proper alignment of postures, breathing techniques, modification options, prop usage, and body awareness. You will improve flexibility, strength, and balance, reduce stress and find a deeper connection to self in a supportive, non-competitive environment.

Boot Camp – Back to “basics” exercises including cardio, interval and weight training to get you into the fighting shape you want! **C/RE S E**

Fit-Spiration – Fit-Spiration is a full body multi-level workout incorporating cardio, strength, abdominal strengthening, balancing, and stretching exercises. We will use a variety of dance and fitness moves, equipment and music to enhance your workout. You are welcome to move at your own pace in this energizing multi-level class. **C/RE S B F E**

Hatha Flow Yoga – This class is for a new student looking for a more challenging option or as an experienced yogi looking to advance their practice. This class is Hatha-inspired, meaning it will be slower paced so we can hold poses longer, develop correct alignment and move with the breath. Feel the benefits of a relaxed, strong body and a focused, clear mind.

Mixed Level Yoga – A mixed level yoga class for adults which offers a well-balanced asana practice combined with education and practice in meditation, breathing and other aspects of traditional yoga. This class will offer an experience of authentic yoga geared towards the contemporary lifestyle with support of deepening your Spiritual Path regardless of religious affiliation. All levels are welcome and will be accommodated.

Monday Movers – All health breaks loose in Monday Movers! Circuit format. Bear your body weight for improved bone density. Total body workout includes core & flex training. Cardio at target heart rate pacing!

C/RE	Cardiovascular/Respiratory Endurance		
S	Strength	F	Flexibility
B	Balance	E	Endurance
C	Coordination		

Powerbody - Safe & effective way to tone, tighten & trim your whole body, while increasing your overall fitness! Improves strength and endurance! Resistance (weight) training and cardio segment. **S E C**

Silver Spin – Enjoy a 45 minute class in the cycle room. Silver Spin is a great class to work out your heart on a stationary bike! Easy on your joints! This class is intended for participants ages 55 and better. It is instructor led with music to motivate!

Spinning - Have fun while burning calories to get rid of fat and achieve aerobic fitness. Spinning is a class exercise using a static bike and guided by an instructor. All fitness levels are welcome in this heart pumping class that’s easy on the joints.

Thighs & Tris – This class uses a variety of equipment to enhance balance and to build strength in all muscle groups especially to the Core. Class includes a cardio segment. **S F B C**

Tight & Toned - Not what you expected! Pilates based moves using resist-a-balls and tension bands for a total body workout. Complete CORE emphasis! **S F B**

Yoga w/Therese – Yoga is excellent for developing tone and fitness of the body, while creating a sense of inner calm, relaxation and overall well being. Poses are linked together in a flowing style that is accessible to individuals of all fitness levels. It works to enhance your physical and mental edge to optimize peak athletic performance. Increased strength, flexibility, balance, and mental focus are among the benefits to practitioners.

Zumba® - “Ditch the work-out...join the party!” Zumba® blends hypnotic international rhythms and easy to follow moves. Routines feature interval training sessions where fast & slow rhythms & resistance training combine to tone & sculpt your body while burning fat. A toning segment is included. **C/RE S E C**

Zumba Gold Toning® - An exciting program that utilizes the basic steps and rhythms of Zumba Gold® with an added muscle work out. Toning sticks or weights are used to focus on individual muscle groups. **S C/RE B**

Zumba Toning® - This class uses the international rhythms and steps of a regular Zumba® class, but incorporates the use of small hand-weights or toning sticks to get a more intensive muscle workout. Tone and dance! **S C/RE E B E**

