

Spinning Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		6-7 am Sunrise Spin Nicole G		6-7 am Sunrise Spin Nicole G		
7:30- 8:30 am Spin Shon	7:30-8:30 am Spin Shon	7:30-8:30 am Spin Kim	7:30-8:30 am Spin Kim	7:30-8:30 am Spin Kim		
8:30- 9:30 am Spin Shon	8:30-9:30 am Spin Kim	8:30-9:30 am Spin Shon	8:30-9:30 am Spin Shon	8:30-9:30 am Spin Shon	8:30-9:30 am Spin Shon	
					10-11 am Spin Stephanie	10-11 am Spin Kim/Nicole
6-7 pm Spin Margot	6:30-7:30 pm Spin Kim	6:30-7:30 pm Spin Stephanie	6:30-7:30 pm Spin Margot	6-7 pm Spin Margot		

Description of Classes

Spinning-An intense music-driven cardiovascular workout on a stationary bike, led by a certified Spinning instructor. Gain strength and endurance in both mind and body while pursuing your fitness goals. ***PLEASE BRING WATER AND A TOWEL ***

Silversneakers 1: Muscular Strength & Range of Movement. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance; and a chair is used for seated and/or standing support.

Silversneakers 2: Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

Silversneakers Yoga Stretch: Will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

Yoga Basics- This total mind and body workout improves functional strength, flexibility, muscle balance and relaxation. Multi-level options make it suitable for all fitness levels.

Yogalates- A combination of Yoga and Pilates to strengthen, tone, and stretch your muscles.

Yoga Sculpt- Ideal for those seeking a more fitness-based version of yoga. A total mind-body workout that features functional strength, flexibility, muscle balancing, and relaxation and is taught in a flowing format.

Pilates-The focus of this discipline is to strengthen and stretch the abdomen and torso by solely using the body. Technique involves proper breathing and control over various muscles.

Level 5- A total body circuit incorporating the 5 levels of fitness.(cardio, strength, flexibility, core, and functional training)

Power Ball- A total body workout using a stability ball, medicine ball, and inflatable ball to define your abs and strengthen your core.

Power Pump- A total body conditioning class designed to improve muscle tone and endurance in all areas of the body.

Bosu Bootcamp-An aggressive, military-style, circuit using the BOSU, featuring high-intensity conditioning and power moves.

Body Bosu-Take strength training to the next level with this total body workout using the BOSU balance trainer, a multidimensional training device that integrates core training, sports training and balance training.

Bosu Blast-A cardio based, total body workout using the BOSU balance trainer to tone up and shed those extra pounds.

Hard Core Abs- An advanced abdominals class consisting of stabilization techniques and strengthening exercises for the torso, obliques and lower back.(Breakdown- 30 min abs, 20 min core, 10 minute stretch)

Cardio Rumba- A high energy class that incorporates cardio, dance moves and great music for an exhilarating workout.