

# Group Fitness Schedule

10/2-12/31\*  
2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am-6:50am Boot camp Lisa <b>GX</b>	8:00am-8:50am Interval Training Teresa <b>GX</b>	6:00am-6:55am Boot camp Christy <b>GX</b>	8:00am-8:50am Pilates Tanya <b>GX</b>	6:00am-6:55am Boot camp Tanya <b>GX</b>	7:30am-8:20am Strength-up Sat. Mary/Michelle <b>GX</b>	11:00am-12:00pm Total Body Christy/Mary <b>GX</b>
8:00am-8:50am Power Pilates Artie <b>GX</b>	9:00am-9:50am Pilates Christy <b>GX</b>	8:00am-8:50am Power Pilates Artie <b>GX</b>	9:00am-9:50am Interval Training Michelle <b>GX</b>	8:00am-8:50am Yoga for Everybody Artie <b>GX</b>	8:30am-9:20am Recap Cardio Christy <b>GX</b>	<div style="background-color: red; color: white; padding: 10px; border-radius: 10px;"> <p><b>*Please Note:</b> 12/18-12/31 we will be on a reduced Holi- day schedule.</p> </div>
9:00am-9:50am Low Impact Cardio & Weights Christy <b>GX</b>	10:00am-10:50am Mix it up! Lisa <b>GX</b>	9:00am-9:50am Low Impact Strength Artie <b>GX</b>	10:00am-10:50am Mix it up! Lisa <b>GX</b>	8:30am-9:30am Mix it up! Lisa <b>G</b>	9:30am-10:20am Low Impact Cardio and Weights Christy <b>GX</b>	
10:00am-11:30am Senior Strength & Stretch Laurie G. <b>GX</b>	10:00am-10:50am Silver Sneakers Classic Christy <b>G</b>	9:00am-9:50am Boot camp Christy <b>G</b>	10:00am-10:50am Silver Sneakers Classic Michelle <b>G</b>	9:00am-10:30am Senior Strength & Stretch Laurie G. <b>GX</b>	10:30am-11:20am Pilates Tanya <b>GX</b>	
4:30pm-5:20pm Interval Training Full Body Christy <b>GX</b>	5:00pm-5:50pm Circuits n' More Mary/Christy <b>GX</b>	5:30pm-6:20pm Step & Sculpt Mary <b>GX</b>	4:30pm-5:20pm Recap Cardio Christy <b>GX</b>	4:30pm-5:20pm HIT Strength Christy <b>GX</b>		
5:30pm-6:20pm Step & Sculpt Christy <b>GX</b>	6:00pm-6:50pm Spin and Gym Christy <b>SR</b>	6:30pm-7:20pm Vinyasa Yoga Molly <b>GX</b>	5:30pm-6:20pm Tabata Training Christy <b>GX</b>			
6:30pm-7:20pm Vinyasa Yoga Molly <b>GX</b>	6:00pm-6:50pm Core & Conditioning Michelle <b>GX</b>	7:30pm-8:20pm Power Pilates Molly <b>GX</b>				
7:30pm-8:20pm Power Pilates Molly <b>GX</b>						

## Key

- G**— Gymnasium
- GX**— Group X room
- SR**— Spinning Room

## Free Week

10/2-10/8

### **Boot Camp**

Knock out that workout early! Boot camp format changes frequently, but one thing that stays the same is you will get a great workout every time.

### **Low Impact**

Get a lower intensity workout without sacrificing efficiency with the Low Impact series. Monday's and Saturday's class will incorporate more cardio routines, while the Wednesday & Friday classes focus purely on increasing strength & endurance. Give your joints a break but get a great workout at the same time!

### **Tabata Training**

This class is modeled from the Tabata Training of 20 seconds "on" and 10 seconds "off." This is the most effective way for those who don't have a lot of time to devote to their workout, but want amazing results! All fitness levels are encouraged to attend!

### **Yoga for Everybody**

A discipline which uses physical postures, breathing techniques, and meditation to bring the body into a healthier state and allow the mind to open more freely. Beginners to advanced yoga practitioners can link breath to stretch and strengthen the body while creating internal energy.

### **Vinyasa Yoga**

A discipline which uses a series of flowing postures linked by breath to strengthen and stretch the body while creating internal energy.

### **Recap Cardio**

15 minutes of kickboxing, 15 minutes of step, 15 minutes of aerobic/dance and 5 minutes of deep meditation. All of these styles can be easily adjusted to low impact. This class will highlight the weeks cardio in one class ending with a five minute meditation to start your weekend off right!

### **Power Pilates**

Relieve some stress by kicking and punching those fat cells away! Cardio Kickboxing is a fun cardio based class that will tone you up with it's kickboxing moves all the while rocking out to some motivating tunes! All fitness levels encouraged to participate!

### **Pilates & Conditioning**

A total body conditioning class that will increase strength, flexibility, muscular balance and relaxation while linking breath to movement.

### **Core & Conditioning**

Core and conditioning will combine strength exercises not only engaging the core, legs, arms, shoulders, and back! It will build muscular strength as well as muscular endurance.

### **SilverSneakers 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 SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

### **Mix It Up!**

If you hate doing the same workout twice, this is the class for you! Get a different workout every time that will challenge you to the max! Mix It Up incorporates cardio and toning exercises with modifications for all fitness levels.

### **Interval Training**

Get the most out of your workout with this variation of cardio and weights in timed intervals that will get your heart rate up while burning through the fat in your muscles.

### **Total Body**

Get a TOTAL BODY workout every time with this high energy class that combines cardio & weights! Use a variety of equipment from steps to bands. Your body will always be guessing with a new instructor each class!

### **Step n' Sculpt**

Step up your fitness with this mix of cardio & weights. The instructor will take you through a cardio step workout then push your muscles to the max with a total body sculpting workout using a variety of exercises and equipment!

### **Circuits n' More!**

Want to switch it up? Interested in learning how to lift weights but don't know where to start? Come join in and learn full body weight training with cardio intervals to raise the heart rate.

### **Cardio Cycle**

Burn some serious calories during Cardio Cycle! With variations of speed, jumps, and sprints, this class will leave you a little lighter than when you came in! Class is held in the "Spin Room" downstairs in the fitness area.

### **Strength Up Saturdays**

Ready to build some lean muscle? Not sure where to start? Come take this beginner to intermediate weight lifting class! We will be going through proper form for free weights and learn lifts to develop a complete physique head to toe. Toned arms, stronger core, sculpted legs and everything in between!

### **HIT Strength**

High intensity weight training using various equipment such as kettlebells, TRX training style, BOSU, and more to build strength and get the heart rate up without doing cardio.

### **Senior Strength and Stretch**

Following a light warm up, a mix of strength training and core work followed by stretching with a heavy focus on form. A great Senior Friendly full body workout.

**Classes shaded in yellow are free to members!**

\*\* Class size may be limited due to equipment and space requirements. There is a max of 25 participants during a class with equipment and 30 participants during a cardio only class. Please be courteous to other members and arrive on time. Instructors may deny access to class if the class is full. Sunset Hills reserves the rights to cancel any class on the basis of low attendance.