

# Group Fitness

## Nov. 1 – Dec. 31

### Monday

6:10am | Boot Camp | Erin  
10am | Stretch | Christy  
6pm | Vinyasa Yoga\* | Molly  
\*Located in Meeting Rooms\*

### Tuesday

10am | Silver Sneakers | Christy  
6pm | Cardio Pilates | Christy

### Wednesday

10am | Senior Core & Stretch | Laurie  
11am | Silver Sneakers | Christy

### Thursday

10am | Silver Sneakers | Christy  
6pm | Skills Plus | Christy

### Friday

6:10am | Boot Camp | Erin  
9am | Pilates | Christy

### Saturday

9am | Recap Cardio | Christy

### Sunday

10am | Total Body | Mary

**Policies:** Classes will be held in the gym and limited to 10 participants on a first come, first serve basis. All participants will be required to undergo a health screening and sign a waiver, so please arrive at least 10 to 15 minutes before scheduled class time. Please wear a mask at all times. All participants are encouraged to bring their own mat. Water fountains and showers are currently not available.

### NO CLASSES ON

Nov. 3 • Nov. 14  
Nov. 26 • Nov. 27  
Dec. 24 • Dec. 25

**Stretch** Stretching can improve your range of motion, increase circulation, calm your mind, as well as bring about a better night's sleep. In this class we will use many different techniques to enhance your flexibility. We will utilize mats, straps, tennis balls, foam rollers, blocks, and chairs to help stabilize and deepen the stretches. This class will be done barefoot and we will be going to the ground.

**Silver Sneakers** 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. A chair is available if needed for seated or standing support.

**Pilates** Increase flexibility and sculpt muscles using a series of movements that will stabilize and strengthen your core. You may also have better posture and a better sense of well-being when adding Pilates to your workout schedule.

**Skills Plus** This class is designed to make your basic strength moves a little more interesting by building onto moves that you have mastered. We will use weights, steps, and repetition to help strength your heart and muscles. This class will support any level of fitness.

**Cardio Pilates** This class delivers the strength and conditioning effects Pilates is known for, as well as a results-intensifying, heart-rate boosting, cardiovascular workout. By integrating classic Pilates moves with dynamic, energy-infused motion, Cardio Pilates revs up calorie burn while delivering the body-reshaping effects Pilates' classes are known for. This class is low impact and performed barefoot.

**Recap Cardio** A cardio class that includes step, kickboxing, pound sticks, and aerobics. All movements include modifications for low impact or high impact.

**Strength** This class utilizes weighted bars, plates, and body weight movements for a full body workout. Modifications available for all levels.

**Senior Core & Stretch** Work your core with a variety of crunches and Pilates mat exercises, mixed in with stretches, stretches, and more stretches!

**Total Body** Get a total body workout every time with this high energy class that combines cardio & weights! Class will utilize a variety of equipment.

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

**Vinyasa Yoga** A discipline which uses a series of flowing postures linked by breath to strengthen and stretch the body while creating internal energy. (Intermediate)

Schedule subject to change, please visit [sunset-hills.com/groupfitness](https://sunset-hills.com/groupfitness) for the most up to date info