

## New Palestine June 2022 Group Exercise Class Schedule

Group Fitness Classes						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Body Sculpt 5:30 – 6:30 am Guy	Cycling 5:30 – 6:30 am John		Cycling 5:30 – 6:30 am Lisa	Body Sculpt 5:30 – 6:30 am Amy	Boxing 8 - 9 am Amy
Decompress 8:15 – 9 am Vanessa	Cardio Combo 9 – 10 am Tina	Guts & Glutes 5:45 – 6:30 am Stephanie	Cycling 9 – 10 am Stephanie	Dance Fitness 9 – 10 am Tina	Cycling 9 – 10 am Stephanie	Cycling 9 – 10 am Debbie
	Cycling 9 – 10 am Stephanie	Step Blast 9 – 10 am Tina	PiYo 9 - 10 am Tina	SoulFusion 9 - 10 am Andrea	Cardio Sculpt 9 – 10 am Tina	Step Blast 8:45 – 9:45 am Dawn
	Muscle Max 10 – 11 am Mike	Boxing 9 - 10 am Stephanie	Boxing 10 – 11 am Stephanie	Body Sculpt 10 – 11 am Andrea	Treadmill Pump 10 – 11 am Carly E.	Boxing 9 – 10 am Amy
	Pilates 10 – 11 am Chelsea	Cycling 9 – 10 am Meghann	Treadmill Pump 10 – 11 am Elise	Step Jam 5 - 6 pm Tina	Pilates 10:15 – 11:15 am Chelsea	Matwork 10 – 11 am Dana
	H.I.I.T 2B Fit 5 – 6 pm Jana	Zumba 9 – 10 am Christina	Tabata 5 – 6 pm Amy	Triple Threat 5:30 – 6:30 pm Carly E.		
	Cardio Kick 6 – 7 pm Dawn	Kick & Shred 10 – 11 am Tina	Cycling 5:30 – 6:30 pm Dawn	Step Jam 6 – 7 pm Mike		
	Cycling 6 – 7 pm Debbie	Yoga 10 – 11 am Meghann	Dance Fitness 6:30 – 7:30 pm Tina	Decompress 6:30 – 7:30 pm Vanessa		
		Treadmill Pump 10 – 11 am Carly E.	Boxing 7 – 8 pm Amy			
		Body Sculpt 4:30 – 5:30 pm Dana				
		Step Jam 5 - 6 pm Mike				
		Matwork 5:30 – 6:30 pm Dana				
		Step Jam 6 – 7 pm Mike				
		Cycle 6:45 – 7:30 pm Krista				

Please check our app for most up to date class times, instructor & potential adjustments.  
Reservations open two days prior at 6am & is required for all group exercise classes.

Active Aging Classes						
	Forever Fit 11 – 12 Meghann		Zumba Gold 10 – 10:45 am Elizabeth		Forever Fit 11 – 12 Michele	
			Forever Fit 11 – 12 Elise			

Aquatics Classes						
	Aqua Tabata 9:30 – 10:30 am Meghann	Aqua Fit 8:30 – 9:30 am Nancy	Aqua Tabata 9:15 – 10:15 am Michelle	Aqua Fit 8:30 – 9:30 am Nancy	Water Walking 8:30 – 9:30 am Nancy	Aqua Tabata 9 - 10 am Jon
		Aqua Yoga 9:30 – 10:15 am Nancy	Hydro Sculpt 10:15 – 11:15 am Michelle	Aqua Arthritis 9:30 – 10:15 am Nancy	Aqua Yoga 9:30 – 10:15 am Nancy	
		Aqua Tabata 6:30 – 7:30pm Jon	Aqua Stretch 11:15 – 12pm Michelle	Aqua Fit 6:30 – 7:30pm Becky	Aqua Tabata 9:30 – 10:30 am Michelle	

Active Aging	Strength	Mind, body and spirit	Cycling	Cardio	Aquatics
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**Aquatic Arthritis Foundation Program** - Incorporates the buoyancy of water and the soothing warmth of a heated pool to create a safe, ideal environment for relieving arthritis pain and stiffness. Gentle movements increase joint flexibility and range of motion, while new exercise variations help build stronger muscles and overall stamina. Led by Arthritis Foundation certified instructors.

**Aqua Fit** - Burn fat and calories in this cardio class. This class is perfect for individuals who are fit, pregnant and joint-sensitive. Come join the fun!

**Aqua Core & Weights** - Put your torso to the test with this workout, followed by weight routine to get that heart rate up!

**Aqua Yoga** - Overall body toning focusing on abdominals, back, arms and hips.

**Aqua Tabata** - A HIIT in the water. Participants use maximal effort for 20 seconds and recover for 10 seconds for 8 rounds of work. Resistance equipment may or may not be used. All levels can benefit from this class.

**Aquatic Stretch** - Incorporates the soothing warmth of a heated pool to create a safe, ideal environment for relieving pain and stiffness. Gentle movements increase joint flexibility and range of motion.

**Body Sculpt** - Weights, bands and resistance balls to create a muscle conditioning and strength training workout that will tone muscle and burn fat!

**Boxing** - Combination of boxing and weighted exercises. This class will incorporate HIIT, obstacles and cardio drills. Wraps & gloves needed for class - the gym has these for purchase at front desk if needed.

**Cardio Combo** - Get your body shredded! This is a high-energy 50-minute class incorporating cardio and sculpting intervals followed by hard core abdominal training. This will help to lose body fat, increase cardiovascular efficiency, and increase strength.

**Cardio Sculpt** - Get your body shredded! This is a high-energy 50-minute class incorporating cardio and sculpting intervals followed by hard core abdominal training. This will help to lose body fat, increase cardiovascular efficiency, and increase strength.

**Cardio Kick** - A strength interval class with high intensity. Modification are shown for beginner level participants. Circuit Strength: Circuit class is a station based muscular, strength & endurance class which alternates muscle groups for a full body workout.

**Cycling** - Gear it up! Ride into high gear with this incredible and exhilarating stationary bike class. Instructors will show you various intensity options.

**Dance Fitness** - Basic Cardio and Fitness moves infused into mini dances to a plethora of music styles.

**Decompress** - Join for a series of stretches with a focus on breathing and balancing. Participants will have opportunities to work in strengthening poses throughout the class as well and leave feeling decompressed.

**Forever Fit** - Sculpt and tone those muscles in Forever Fit. A 50-minute class incorporating bands and balls to strengthen upper and lower body.

**Guts & Glutes** - A 45-minute gut and glute burner class. This is a great class to "wake up" some of those trouble areas!

**H.I.I.T. 2B Fit** - A form of interval training, a cardio class that involves alternating short periods of intense anaerobic exercise with less intense recovery periods.

**Hydro Sculpt** - The aqua circuit program enables just about anyone to work out in the water regardless of fitness level, as each individual works at a level that suits their body on each of the stations. A cardio class presented in intervals along with conditioning. You will receive cardiovascular and strength training benefits in one.

**Kick & Shred** - Basic kickboxing combos alternating with HIIT combinations designed to fun music.

**Matwork** - This class involves a series of classical Pilates exercises. Each exercise emphasizes breath, core conditioning, and body awareness. Instructors will pay special attention to alignment and form. Props may be used to add challenge or assistance throughout the class.


**Muscle Max** - This class will familiarize you with barbells, dumbbells, free weights, the weight room and through once a month excursions.

**Pilates** - Lose inches in your waistline! Learn how to strengthen and tone your chest, back, abdominals, hips and thighs.


**PIYo** - Yoga and Pilates inspired workout using only your body weight, to build strength, flexibility, and muscle tone.


Active Aging	Strength	Mind, body and spirit	Cycling	Cardio	Aquatics
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## New Palestine June 2022 Group Exercise Class Schedule


**SoulFusion** -  A creative blend of rhythmic resistance, cardio conditioning, manageable mobility and core strength exercises.


**Step Blast** -  Traditional step moves reinvented into challenging combinations designed to challenge your feet, legs and mind.


**Step Jam** -  A high energy fusion step class for all fitness levels with an emphasis on cardio endurance and strength.

**Tabata** -  A HIIT (High Intensity Interval Training) class. Participants use maximal effort for 20 seconds and recover for 10 seconds for 8 rounds of work. This is both a cardio and strength workout.


**Treadmill Pump**:  A high intensity interval training class. Alternating between the treadmill and strength training, you will work at your own pace while being challenged to take it to your next level.

**Triple Threat Toning**  - After a 10 min. warm up, you will use weights, bands and resistance balls to create a muscle conditioning and strength training workout that will tone muscle and burn fat!

**Water Walking** -  The aqua circuit program enables just about anyone to work out in the water regardless of fitness level, as each individual works at a level that suits their body on each of the stations. A cardio class presented in intervals along with conditioning. You will receive cardiovascular and strength training benefits in one.

**Yoga** -  Class is designed to learn the basic Yoga poses, effective stretching, breathing techniques, and the art of relaxation. The basic techniques can be used as building blocks for a more advanced Yoga practice. Modifications will be given if participants are more advanced.

**Zumba Gold** -  Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity.

**Zumba Kids!**  - Exclusively for kids. High-energy fitness parties packed with specially choreographed, kid-friendly routines and all the music kids love. Ages 5-10 (30 min.)

**Level of Intensity:** Level 1=  Level 2=  Level 3=  Level 4= 

Active Aging	Strength	Mind, body and spirit	Cycling	Cardio	Aquatics
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