



## Greenfield December Class and Event Schedule

**Class of the Month:** **Lift & Burn** | Tuesday 9:15am | Wednesday 12:30pm | Thursday 9:15am and 6:30pm

**Kids Zumba with Santa:** Wednesday, December 14<sup>th</sup> | 9:15am

**Holiday Zumba:** Monday, December 19<sup>th</sup> | 5:30pm

**Christmas Eve Class:** Cycling Only | 8:00am

**New Year's Day Classes:** Yoga 11:00am | Cardio & Strength 12:00pm

**\*\*Aqua classes cancelled until further notice due to pool repair\*\***

**Kids Fit Hours:** Monday-Friday 1:00pm- 5:00pm & 7:00pm-8:30pm | Saturday-Sunday 12:00pm-4:00pm

**Facility Hours:** Monday-Friday 5:30am-9:00pm | Saturday 7:00am-5:00pm | Sunday 8:00am-5:00pm

**Phone:** (317)468-6100

Group Fitness Classes						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:30-6:30 am Cycling Christine		5:30-6:30 am Cycling Christine		
		8-9 am Ultimate Pilates Christine	8:10-9am Ultimate Pilates Chelsea	8-9 am Ultimate Pilates Christine	8:10-9am Ultimate Pilates Chelsea	8-9 am Cycling Christine
9-10am Yoga Joni R.		9:15-10:15 am Lift & Burn Lynne	9:15-10:15 am Zumba Christina B.	9:15-10:15 am Lift & Burn Lynne	9-10 am Zumba Christina B.	9-10am Sculpt & Tone Barb
			12:30-1 pm Lift & Burn Lynne			10-11 am Zumba Alternating
	4:30-5:15 pm Sculpt & Tone Christina		5:30-6:30pm Zumba Andi			
	5:30-6:30 pm Zumba Christina B.	5-5:45 pm Triple Threat Toning Alternating	5:30-6:15pm H.I.I.T Christina S.			
	5:30-6:15 pm H.I.I.T Christina S.	6-7 pm Cycling Alternating	6:30-7:30 pm Yoga Joni R.	5:30-6:30 pm Cycling Jonie S.		
	6:30-7:30 pm Yoga Joni R.		6:30-7:30 pm Pound Fit Jonie S.	6:30-7:30 pm Lift & Burn Lynne		
	9:00-9:45 am Zumba Gold Elizabeth	9:30-10:30 am Forever Fit Judy	11:30-12:30 am Forever Fit Stretch Chelsea	9:30-10:30 am Forever Fit Mike		9:15-10am Zumba Gold Alternating
		11:15 -noon Tai Chi for Health Judy		11:15-noon Tai Chi for Health Judy		
Aquatic Classes						
	9-10 am Aqua Blast Judy	9-10 am Aqua Walk/Core Pam	9-10 am Aqua Tabata Pam	9-10 am Aqua Circuit Judy		9-10 am Aqua Blast Alternating
	10-11 am Aqua Pilates Judy	10-11 am HydroSculpt Pam	10-11 am HydroSculpt Pam	10-10:30 am Aqua Core Judy		
	11:00-11:45am Arthritis Aquatics Judy		11:00-11:45am Arthritis Aquatics Pam			
		6-7 pm Aqua Blast Barb		6-7 pm Aqua Blast Barb		

Active Aging	Strength	Mind, body and spirit	Cardio	Cardo & Strength Combo	Classes are 50 minutes unless otherwise noted on the schedule, to allow the first 5 minutes for set up and introduction, and the last 5 minutes for cleanup and answering questions. Members of all levels are welcome. Dates, times, class configurations and instructors are subject to change.
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- Cycling Classes** 🟢🟢🟢🟢 - Gear it up! Ride into high gear with this incredible and exhilarating stationary bike class. Instructors will show you various intensity options. (50 min.)
- Zumba** 🟢🟢🟢 - High energy aerobic class incorporating basic Latin steps & fitness. (50 min)
- Zumba for Kids!** 🟢 - Exclusively for kids. High-energy fitness parties packed with specially choreographed, kid-friendly routines and all the music kids love (30 min.)
- 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! (50 min.)
- Pound Fit** 🟢🟢 - Using Ripstix, lightly weighted drumsticks engineered for an incredibly effective workout including full-body cardio, conditioning, and strength training with yoga and Pilates-inspired movements (50 min)
- Sculpt & Tone** 🟢🟢🟢 - No cardio segment here. 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! (50 min.)
- Forever Fit** 🟢🟢 - Sculpt and tone those muscles in Forever Fit. A 50-minute class incorporating bands and balls to strengthen upper and lower body. (50 min.)
- H.I.I.T** 🟢🟢🟢🟢 - 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. (50 min.)
- 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. (50 min.)
- Forever Fit Yoga** 🟢 - A beginning Yoga class allowing for fluid transition from pose to pose. Focus is on breath and mind/body connection as it relates to strength, balance and flexibility. (50 min.)
- Ultimate Pilates** 🟢🟢 - Lose inches in your waistline! Learn how to strengthen and tone your chest, back, abdominals, hips and thighs. (50 min.)
- Tai Chi for Health** 🟢 - Tai Chi is an ancient practice proven to reduce pain and improve your mental & physical well-being. These Tai Chi routines are safe, easy to learn, and suitable for every fitness level. (45 min.)
- 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. (45 min)
- 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. (45 min.)
- Aqua Blast** 🟢🟢 - 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! (50 min.)
- Aqua Core & Walk** 🟢 - Put your torso to the test with this workout, followed by walking routine to get that heart rate up! (55 min)
- Aqua Pilates** 🟢 - Overall body toning focusing on abdominals, back, arms and hips. (50 min.)
- Hydro Sculpt** 🟢🟢 - Tone and strengthen those muscles in the water! This 50-minute class will incorporate the use of bands, dumbbells and noodles to sculpt your body. (50 min.)
- Aqua Tabata** 🟢🟢🟢 - A HIIT (High Intensity Interval Training) 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.

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

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