

# New Palestine March 2023

## Group Exercise Class Schedule

| Group Fitness Classes                            |  |   |   |   |   |
|--|--|---|---|---|---|
| Monday   | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday                                    |
| <b>Body Sculpt</b><br>5:30 – 6:30 am<br>Guy      | <b>Cycling</b><br>5:30 – 6:30 am<br>John                   | <b>Power Pump</b><br>5:30 – 6:30 am<br>Brooke       | <b>Cycling</b><br>5:30 – 6:30 am<br>Lisa  | <b>Body Sculpt</b><br>5:30 – 6:30 am<br>Guy       | <b>Boxing</b><br>8 - 9 am<br>Amy            |
| <b>Barre Strength</b><br>8:05 – 8:50<br>Lauren   | <b>Guts &amp; Glutes</b><br>5:45 – 6:30 am<br>Stephanie A. | <b>Cycling</b><br>9 – 10 am<br>Stephanie M.         | <b>Dance Fitness</b><br>9 – 10 am<br>Tina   | <b>Cycling</b><br>9 – 10 am<br>Stephanie M.       | <b>Strength Cycle</b><br>8 – 9 am<br>John   |
| <b>Cardio Combo</b><br>9 – 10 am<br>Tina         | <b>Circuit Strength</b><br>8 – 8:45 am<br>Stephanie M.     | <b>PiYo</b><br>9 - 10 am<br>Tina                    | <b>Barre</b><br>9 – 10 am<br>Andrea   | <b>Barbell Blast</b><br>9 – 10 am<br>Tina         | <b>Cycling</b><br>9:15 – 10 am<br>Debbie    |
| <b>Cycling</b><br>9 – 10 am<br>Stephanie M.      | <b>Step Blast</b><br>9 – 10 am<br>Tina                     | <b>Boxing</b><br>10 – 11 am<br>Stephanie            | <b>Body Sculpt</b><br>10 – 11 am<br>Stephanie M.  | <b>Treadmill Pump</b><br>10 – 11 am<br>Nola       | <b>Step Blast</b><br>8:45 – 9:45 am<br>Dawn |
| <b>Pilates</b><br>10:15 – 11:15 am<br>Chelsea    | <b>Boxing</b><br>9 - 10 am<br>Stephanie M.                 | <b>Treadmill Pump</b><br>10 – 11 am<br>Carly E.     | <b>Tread 30</b><br>11:15 – 11:45<br>Carly E.  | <b>Pilates</b><br>10:15 – 11:15 am<br>Chelsea     | <b>Boxing</b><br>9 – 10 am<br>Amy           |
| <b>H.I.I.T 2B Fit</b><br>5 – 6 pm<br>Jana        | <b>Cycling</b><br>9 – 10 am<br>Meghann                     | <b>Tabata</b><br>5 – 6 pm<br>Amy                    | <b>Cardio Power</b><br>4:30 – 5:30 pm<br>Brooke   |   | <b>Matwork</b><br>10 – 11 am<br>Dana        |
| <b>Cardio Kick</b><br>6 – 7 pm<br>Dawn           | <b>Yoga</b><br>10 – 11 am<br>Meghann                       | <b>Cycling</b><br>5:30 – 6:30 pm<br>Dawn            | <b>Solid Strength</b><br>5:30 – 6:30 pm<br>Carly E.   |   |   |
| <b>Cycling</b><br>6 – 7 pm<br>Debbie             | <b>Body Burn 45</b><br>10:15 – 11 am<br>Carly E.           | <b>Core Blast 30</b><br>6:00 – 6:30pm<br>Angelina   | <b>Treadmill Pump</b><br>6 – 7 pm<br>Nola   |   |   |
|  | <b>Body Sculpt</b><br>4:30 – 5:30 pm<br>Dana               | <b>Dance Fitness</b><br>6:30 – 7:30 pm<br>Tina      | <p><b>Please check our app for most up to date class times, instructor &amp; potential adjustments.</b></p> <p><b>Reservations open two days prior at 6am &amp; is required for all group exercise classes.</b></p> |   |   |
|  | <b>Treadmill Pump</b><br>4:30 - 5:30 pm<br>Angelina        | <b>Boxing</b><br>7 – 8 pm<br>Amy                    |   |   |   |
|  | <b>Matwork</b><br>5:30 – 6:30 pm<br>Dana                   |   |   |   |   |
|  | <b>Step Jam</b><br>5:30 – 6:30 pm<br>Dawn                  |   |   |   |   |
|  | <b>Cycle</b><br>6:45 – 7:30 pm<br>Krista                   |   |   |   |   |
| Active Aging Classes                             |  |   |   |   |   |
| <b>Forever Fit</b><br>11 – 12<br>Meghann         |  | <b>Zumba Gold</b><br>10 – 10:45 am<br>Elizabeth     |   | <b>Forever Fit</b><br>11 – 12<br>Michele          |   |
|  |  | <b>Forever Fit</b><br>11 – 12<br>Meghann/Nola       |   |   |   |
| Aquatics Classes                                 |  |   |   |   |   |
| <b>Aqua Tabata</b><br>9:30 – 10:30 am<br>Meghann | <b>Aqua Kickboxing</b><br>8:30 – 9:30 am<br>Nancy          | <b>Aqua Tabata</b><br>9:15 – 10:15 am<br>Michelle   | <b>Aqua Fit</b><br>8:30 – 9:30 am<br>Nancy  | <b>Water Walking</b><br>8:30 – 9:30 am<br>Nancy   | <b>Aqua Tabata</b><br>9 - 10 am<br>Jon      |
|  | <b>Aqua Yoga</b><br>9:30 – 10:15 am<br>Nancy               | <b>Hydro Sculpt</b><br>10:15 – 11:15 am<br>Michelle | <b>Aqua Arthritis</b><br>9:30 – 10:15 am<br>Nancy   | <b>Aqua Yoga</b><br>9:30 – 10:15 am<br>Nancy      |   |
|  | <b>Aqua Tabata</b><br>6:30 – 7:30pm<br>Jon                 | <b>Aqua Stretch</b><br>11:15 – 12pm<br>Michelle     | <b>Aqua Fit</b><br>6:30 – 7:30pm<br>Becky   | <b>Aqua Tabata</b><br>9:30 – 10:30 am<br>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 class incorporating cardio as well as a total body workout! 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.

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

**Barre/Barre Strength** - A barre and strength fusion class that incorporates small and large muscle group training with a focus on proper alignment. This dynamic class welcomes all fitness levels and promises to leave you feeling lengthened and strengthened as we move with intention, using a wide array of modalities including resistance bands, weights, Bosu, small Pilates ball, and large yoga ball.

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

**Body Burn 45** - An 45 minute strength class! Expect a full body burn using weights, bands and gliders. Low impact. Any fitness level welcome!

**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 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.

**Cardio Power** - A nonstop HIIT style workout that is guaranteed to get your heart rate up, body sweaty and burn fat!

**Core Blast 30** - A quick 30 minutes for strengthening and conditioning of the core muscles surrounding the middle of the body—the abdomen, hips, pelvis, and lower back. These muscles protect the spine and are responsible for stabilizing and balancing the body during movement.

**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. Each instructor formats class a little different. Expect tabata style from some or a strength focus from others.


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


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# New Palestine March 2023 Group Exercise Class Schedule


**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.


**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.


**Power Pump** -  Get your body shredded! This is a 50-minute class incorporating sculpting intervals followed by hard core abdominal training. This will help to lose body fat and increase strength early in the morning.


**Solid Strength**  - 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!


**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.


**Strength Cycle** -  30 minutes advanced cycling + 30 minutes strength and cycling!


**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 30:**  Join us for a quick, endurance driven cardio workout. Interval style format with pure cardio!

**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.

**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.

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

|              |          |                       |         |        |          |
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