

**Group Exercise Schedule – June 2021**

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **5:45-6:15am** | **Tabata Strong**  **Stephanie** |  |  |  | **Tabata Strong**  **Stephanie** |  |
| **8:15-9:00am** |  |  |  |  |  | **Strength Class**  **Stephanie** |
| **9-9:45am** |  | **Elite 30**  **Stephanie (30 minutes)** | **Total Body Resistance**  **Stephanie (45 min)** | **Elite 30**  **Stephanie (30 minutes)** | **Total Body Resistance**  **w/ Abs Stephanie (45 min)** |  |
| **9:45-10:15am** |  | **Stretch Class**  **Stephanie (30 min)** |  |  | **Stretch Class**  **Stephanie (30 min)** |  |
| **10-11am** |  |  |  | **Yoga & Meditation**  **Sharon** |  |  |
| **10:30-11am** |  |  | **Senior Gentle Cardio**  **Stephanie (30 minutes)** |  |  |  |
| **11-11:30** |  |  | **Senior Functional Strength**  **Stephanie** |  | **Senior Chair Exercise**  **Stephanie** |  |

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| **5:30-6pm** | **Elite 30**  **Stephanie** | **Strength & Tone**  **Stephanie** | **Elite 30**  **Stephanie** |  |  |  |
| **6-6:30pm** | **Stretch Class**  **Stephanie** | ***24 Days to Lean***  ***Mark & Stephanie \*$$\**** | **Stretch Class**  **Stephanie** | ***24 Days to Lean***  ***Mark & Stephanie \*$$\**** |  |  |

**TABATA STRONG –** Tabata Strong is sure to get your body moving. Simply perform 4-8 sets of each exercise for 20 seconds as fast as you can, followed by a 10 second rest in between, accompanied by strength ...quick and intense!

**ELITE 30 –** 30 minutes of strength and cardio rounds. A challenging workout to test your limits and encourage your growth.

**TOTAL BODY RESISTANCE –** Strength exercises for optimal fitness! This class offers a fun & energizing workout experience with functional strength building exercise!

**STRETCH CLASS –** 30 minutes of stretch exercises for range of motion and recovery. Everyone needs to stretch!!

**STRENGTH &TONE –** 30 minutes of all body muscle conditioning that will add strength utilizing bars, free weights, and body weight movements.

**SENIOR GENTLE CARDIO** – Low impact and light cardio with light resistance movements to get the heartrate up. This class is for the active senior.

**SENIOR FUNCTIONAL STREGTH** – Low impact and light cardio with light resistance movements to get the heartrate up and increase balance for the active senior.

**SENIOR CHAIR EXERCISE** – Mostly seated strength class exercises that increase the core, strengthen and tone muscle and improve balance.

**YOGA –** This class offers ways to release stress and anxiety, as well as ways to build a strong and flexible body. Practice gentle stretching, strengthening and balancing postures, and breathing exercises in a friendly atmosphere. Each class begins with centering mediation and ends with deep relaxation. All levels welcome.