

Group Fitness Fall 2022

August 29 - December 8

No Classes: September 3, October 10 & 11, November 23, 24, 25

Mon.

5-6 P.M.

VINYASA FLOW

YOGA

Carla

Studio 207

Tues.

9-10 A.M.

PERSERVERANCE

Spencer

Studio 207

12:10-12:55 P.M.

POWER LUNCH

Ann Marie

Studio 250

5-6 P.M.

WATER AEROBICS

Olivia/Mikah

Pool

Wed.

9:00-9:45 A.M.

FUN FITNESS

Sydney

Studio 203

4-5 P.M.

VINYASA FLOW

YOGA

Addison

Studio 207

6:00-7:15 P.M.

FOX DANCE

COLLECTIVE

Emma

Studio 203

Thurs.

12:10-12:55 P.M.

POWER LUNCH

Ann Marie

Studio 250

5-6:00 P.M.

WATER AEROBICS

Olivia/Mikah

Pool

PERSERVERANCE: A functional fitness class designed to improve stamina, strength, flexibility and balance using minimal equipment. All fitness levels are welcome.

POWER LUNCH: A fun total body strength training workout in a non-intimidating setting! Utilize a variety of equipment (free weights, elastic bands, fitness balls...) and body weight exercises (squats, lunges, planks...) to tone and strengthen the body. Exercise modifications are always offered, and all fitness levels are welcome.

WATER AEROBICS: Move and have fun in the water to a variety of upbeat music for an invigorating workout. All fitness levels are welcome.

FUN FITNESS: A high energy workout focusing on flexibility and range of movement choreographed to upbeat music.

FOX DANCE COLLECTIVE: A dance workout that includes cardio, stretching, turns, leaps, down-the-floor routines and large/small group choreography. Moves from modern, jazz and hip-hop styles.

VINYASA FLOW YOGA: An intermediate level class, modified for all levels, designed to get you moving and warm the body up by flowing through sequences of poses increasing overall flexibility and strength.

