

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|---|---|---|
| | 6:30AM-7:30AM SUNRISE YOGILATES First Floor Steve | 6:15AM-7:15AM GROUP POWER First Floor Barbara | 6:30AM-7:30AM SUNRISE PURE YOGA First Floor Steve | 6:00AM- 7:00AM GROUP POWER First Floor Su/Doug | 6:30AM-7:30AM SUNRISE YOGILATES First Floor Steve | 8:30 - 9:45 ZUMBA STRENGTH Oneida |
| 9:00AM-10:00AM GROUP POWER First Floor Carol/Barbara | 9:15AM-10:15AM GROUP POWER First Floor Judy | 8:00AM-9:00AM STRENGTH & CONDITIONING First Floor Adrienne | 9:15AM-10:15AM CARDIO HIP-HOP First Floor Nikki | 8:00AM-9:00AM STRENGTH & CONDITIONING First Floor Adrienne | 9:15AM-10:15AM POWERSTRIKE First Floor Carol | |
| 9:00AM-10:00AM POWER YOGA Second Floor Jill | 9:30AM -10:30AM BODY CONDITIONING/ STEP Second Floor Roberta | 9:15AM-10:30AM ZUMBA STRENGTH First Floor Oneida | 10:30AM-11:30AM BARRE METHOD First Floor Denise | 9:15AM-10:15AM GROUP POWER First Floor Judy | 10:15AM-11:15AM PILATES First Floor Judy | |
| 10:15AM-11:15AM CARDIO CIRCUIT First Floor Barbara | 10:15AM-11:00AM AQUACISE Pool | 10:30AM-11:30AM POWERSTRIKE HEAVY BAG Second Floor Carol | 10:15AM-11:00AM AQUACISE Pool | 10:30AM-11:30AM GENTLE YOGA Second Floor Flora | | |
| | 10:30AM-11:30AM ZUMBA First Floor Oneida | 12:30PM-1:30PM CARDIO EXPRESS First Floor Barbara | | 10:30AM-11:30AM CARDIO CIRCUIT First Floor Barbara | 11:00AM-12:45 AM AQUACISE Pool Chilton | |
| | 11:45AM-12:30PM Senior Fitness First Floor \$35 for 10 sessions | | 5:30pm-6:30pm PLAY BALL First Floor Jeanne | 11:45AM-12:30PM Senior Fitness First Floor \$35 for 10 sessions | | |
| | 12:45PM-1:45PM GROUP POWER First Floor Barbara | 5:00PM-6:00PM TOTAL BODY TONING First Floor Jeanne | 6:30PM -7:30PM GROUP POWER First Floor Laurie | 12:45PM-1:45PM GROUP POWER First Floor Judy | 5:15PM-6:15PM GROUP POWER First Floor Judy/Laurie | |
| | 5:30PM – 6:30 PM ZUMBA First Floor Dawn | 6:00PM-6:55PM KARDIO KOMBAT First Floor Laurie | 7:00PM-8:00PM POWER YOGA Veratans A Jill | 5:30PM-6:30PM ZUMBA First Floor Nikki | | |
| | 6:30PM-7:30PM GROUP POWER First Floor Adrienne | 7:00PM-8:15PM BODY SCULPTING First Floor Kut- Na | 7:45PM-8:45PM ZUMBA First Floor Karin | 6:45PM-8:15PM BODY SCULPTING First Floor Kut- Na | | |



SUMMER SCHEDULE

Fitness Center

Adrienne Donofrio, Director Ext. 240

Spin Classes

Indoor cycling takes place on a specially designed stationary bicycle as you pedal; motivating music plays and the instructor talks you through a visualization of an outdoor cycling workout: During the class you vary your pace, speed drills, hill climbs and standing climbs.

Group Power

Group Power is your hour of power! This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors.

With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels.

Group Power uses moves from traditional strength training and programs these movements to music, creating a simple, fun and effective way to train in groups.

The class starts with a comprehensive warm-up, followed by eight songs that focus on specific muscle groups, and finishes with a well earned stretch.

Zumba

Ditch the Workout Join the Party! Dance your way to a fitter you! Exciting and unique Latin moves and rhythms the class that is taking the world by storm!

It's new, it's great, and it's here! Check the fitness schedule for dates and times. Have you ever heard of Zumba? Zumba is extremely popular in clubs in Los Angeles and New York City. Zumba is a high-energy Latin dance in a fitness class setting.

Body Conditioning/Step

Twenty minutes of step aerobic routines followed by a series of resistance exercises for the upper body, finishing up with floor work for core strengthening glutes, hamstrings and general leg exercises.

Body Sculpting

Develop total body strength using a variety of resistance equipment. Also includes core work.

Cardio Intervals

An athletic class with a military style format. Cardio combs & strength are combined in this class. Do you want to work hard, burn calories and get fit?

Boxing Style

The Y offers a variety of Cardio Boxing style classes. Cardio Boxing and Kardio Kombat are one of the varieties we offer. Come punch & kick your way to better health and fitness. Increase self confidence and release stress!

Hip Hop

A user friendly, fun filled, dance based cardio exercise class. Workout & sweat while you learn all the latest dance moves. Dance steps are broken down for all to easily follow. Don't be intimidated, let loose and go with the groove! Look out MTV!

Gentle Yoga

Ease into the basics of Yoga. This class is recommended for beginners, seniors and seasoned Yoga participants that prefer the gentler approach.

Strength & Conditioning

One and two minute cardio drills followed by resistance exercise intervals utilizing med balls, stability balls, bands and weights. Wake up and Sweat!

Sunrise Yogalates

What a way to start the day! A complete mind body experience. Enhance strength, flexibility, cardiovascular conditioning, breathing efficiency and stress management.

Total Body Conditioning

Strengthen, toning and condition all the muscle groups. Weights, body bars, stability balls will be utilized in this class.

Cardio Circuit

Join in on the hard work with Barb Cleggs signature class. This class will knock the wind right out of you. Intense cardio drills such as plyometrics and jump rope are just a few of the drill Barbara will challenge you with. Lots of Calories burned!

Pilates Mat

Challenge your core with the time tested method of Pilates. A series of mat exercises created by the late Joseph Pilates designed to strengthen the core and balance the body. Pilates is utilized by professional athletes, dancers and boxers to help improve performance and Physical therapist have incorporated many of the Pilates concepts to help back patients.

POWERSTRIKE KICKBOXING

Powerstrike is designed to bridge the gap between the worlds of martial arts and fitness aerobics. This heart pumping, fun-filled hour, consists of a mixture of punches and kicks that are practiced repeatedly, followed by a series of exciting choreographed routines.

POWERSTRIKE HEAVY BAG

Powerstrike Heavy Bag class offers the same intense workout as Powerstrike, with the addition of heavy bags so each person can feel the intensity of actually following through on punches and kicks.

PLAY BALL

Come Play ball!

This fun yet challenging class will Challenge your strength and improve your cardio fitness and all you need is a medicine ball

Senior Fitness Group Sessions

Specialty Fitness program designed with the needs of today's senior population.

Using gentle stretching, flexibility and moderate strength building exercise, this course is designed to lift your spirits both in body and in mind

- Improve & maintain balance
- Lower risk of falling
- Reduce heart disease
- Increase bone density
- Improve quality of life

Chairs are available for those participates who need the added steadiness

Age is just a number!

Instructor Drewann Rodney- ACSM, American Senior Fitness Association, NASM Certified Trainer/Instructor Class is on going and meets Mondays, Wednesdays, & Thursdays.

Attend once per week, twice per week, or join in three times a week for maximum benefits.

10 sessions \$35 (limited to 15 participants) Non Members \$50

Barre Method

A Strength based class fashioned after the traditional barre work of a ballet class. core, leg strength and balance are the area of focus. Excellent for all fitness levels.