



# 2017 Winter Group Fitness Schedule

Symbols represent complimentary classes: Silver&Fit Silver&Fit Health Wave SilverSneakers

**Drop-In Fees**  
\$8-\$15 per class

**Fees**  
M=Member.....S=Standard.....D=Drop-In

Mon/Wed

Tues/Thurs

Monday

Tuesday

Time	Activity	Date	Instructor	Fee: M/S/D	Activity #	Location
6:05-7:05 am	TNT Tone & Tighten	Jan. 4-Jan. 30 (7) (no Jan. 16)	LeVon Garret	\$61/71/\$12 (7)	14284	Fitness Studio
8:00-9:00 am	SilverSneakers Classic	Jan. 4-Jan. 30 (7) (no Jan. 16) Feb. 6-March 1 (7) (no Feb. 20) March 8-29 (7)	<b>NEW</b> Deb Faust	\$52/62/\$10 (7)	14370 14371 14372	Gym
5:45-6:45 pm	SilverSneakers Classic	Jan. 4-Jan. 30 (7) (no Jan. 16) Feb. 6-March 1 (7) (no Feb. 20) March 8-29 (7)	LeVon Garret	\$52/62/\$10 (7)	14288 14289 14290	Gym
7:15-8:15 am	SilverSneakers Sunrise Yoga	Jan. 5-Jan. 26 (7) Feb. 2-Feb. 23 (7) March 2-March 23 (7)	TBD	\$52/\$62/\$10 (7)	14298 14299 14300	Fitness Studio
8:15-9:00 am	SilverSneakers Cardio Fit	Jan. 5-Jan. 26 (7) Feb. 2-Feb. 23 (7) March 2-March 23 (7)	<b>NEW</b> Rita Roesner	\$52/\$62/\$10 (7)	14367 14368 14369	Fitness Studio
9:00-10:15 am	Stretch & Tone	Jan. 5-Jan. 26 (7) Feb. 2-Feb. 23 (7) March 2-March 23 (7)	Deb Faust	\$40/\$50/\$8 (7)	14302 14303 14304	Gym
10:30-11:30 am	Core & More	Jan. 5-Jan. 26 (7) Feb. 2-Feb. 23 (7) March 2-March 23 (7)	Kathy McNeely	\$40/\$50/\$8 (7)	14306 14307 14308	Fitness Studio
4:00-5:00 pm	SilverSneakers Classic	Jan. 5-Jan. 26 (7) Feb. 2-Feb. 23 (7) March 2-March 23 (7)	Robyn Roxas	\$52/62/\$10 (7)	14293 14294 14295	Gym
9:45-10:45 am	SilverSneakers Circuit Training	Jan. 9-Feb. 13 (5) (no Jan. 16) Feb. 27-March 27 (5)	Angie Otto	\$45/\$55/\$12 (5)	14328 14329	Fitness Studio
2:00-2:45 pm	Beginner Yoga	Jan. 9-Feb. 13 (5) (no Jan. 16) Feb. 27-March 27 (5)	Angela Frey	\$45/\$55/\$12 (5)	14331 14332	Fitness Studio
3:00-3:45 pm	Restorative Blend Yoga	Jan. 9-Feb. 13 (5) (no Jan. 16) Feb. 27-March 27 (5)	Angela Frey	\$45/\$55/\$12 (5)	14337 14338	Fitness Studio
6:00-7:00 pm	Fit Lab Straight Up Strength	Jan. 9-Feb. 13 (5) (no Jan. 16) Feb. 27-March 27 (5)	Robyn Roxas	\$45/\$55/\$12 (5)	14349 14350	214
4:30-5:30 pm	Express - Boxing	Jan. 10-Feb. 14 (6) Feb. 28-March 28 (5)	Marie LePage	\$60/\$70/\$12 (6) \$50/\$60/\$12 (5)	14313 14314	Fitness Studio
5:45-6:30 pm	Express - Core	Jan. 10-Feb. 14 (6) Feb. 28-March 28 (5)	LeVon Garret	\$35/\$45/\$12 (6) \$29/\$39/\$12 (5)	14316 14317	Fitness Studio
6:30-7:30 pm	Mat Pilates	Jan. 10-Feb. 14 (6) Feb. 28-March 28 (5)	LeVon Garret	\$58/\$68/\$12 (6) \$50/\$60/\$15 (5)	14358 14359	Fitness Studio
6:00-7:00 pm	Zumba	Jan. 10-Feb. 14 (6) Feb. 28-March 28 (5)	Anne Sumangil	\$59/\$69/\$12 (6) \$49/\$59/\$12 (5)	14322 14323	Gym
7:45-8:45 pm	Water Aerobics	Jan. 10-March 7 (8) (no Feb. 14)	Rita Roesner	\$59/\$8	14154	Highview



	Time	Activity	Date	Instructor	Fee: M/S/D	Activity #	Location
Wednesday	9:00-10:15 am	Tai Chi Chih 	Jan. 11-Feb. 15 (6) Beginner March 8-March 29 (4) Tune Up	Sharon Sloper	\$59/\$69 (6) \$41/\$51 (4)	14309 14311	Studio
	10:30-11:30 am	SilverSneakers Circuit Training 	Jan. 11-Feb. 15 (6)  Feb. 22-March 29 (6)	Kathy McNeely	\$53/\$63/\$12 (6)	14330 14373	Studio
	4:30-5:45 pm	Tai Chi Chih 	Jan. 11-Feb. 15 (6) Beginner March 8-March 29 (4) Tune Up	Sharon Sloper	\$59/\$69 (6) \$41/\$51 (4)	14310 14312	216
	4:45-5:45 pm	Beginner Yoga 	Jan. 11-Feb. 15 (6) Feb. 22-March 29 (6)	Angela Frey	\$53/\$63/\$12 (6)	14334 14335	Studio
	6:00-6:45 pm	Restorative Blend Yoga 	Jan. 11-Feb. 15 (6) Feb. 22-March 29 (6)	Angela Frey	\$53/\$63/\$12 (6)	14341 14342	Studio
	7:00-8:00 pm	Zumba 	Jan. 11-Feb. 15 (6) Feb. 22-March 29 (6)	Norah O'Shaughnessy	\$45/\$55/\$12 (6)	14324 14325	Gym
	7:00-8:00 pm	Off the Barre Pilates 	Jan. 11-Feb. 15 (6)  Feb. 22-March 29 (6)	Colleen O'Neil	\$53/\$63/\$12 (6)	14363 14364	Studio
Thursday	3:30-4:10 pm	Gentle Yoga by Candelight 	Jan. 5-Feb. 9 (6) Feb. 23-March 30 (6)	Stephanie Mauceri	\$54/\$64/\$12 (6)	14352 14353	Studio
	4:15-5:00 pm	Restorative Blend Yoga 	Jan. 5-Feb. 9 (6)  Feb. 23-March 30 (6)	Stephanie Mauceri	\$54/\$64/\$12 (6)	14343 14344	Studio
	5:45-6:45 pm	TNT Tone & Tighten 	Jan. 5-Feb. 9 (6) Feb. 23-March 30 (6)	LeVon Garret	\$54/\$64/\$12 (6)	14280 14281	Studio
	5:45-6:45 pm	HIIT (High Intensity Interval Training) 	Jan. 5-Feb. 9 (6) Feb. 23-March 30 (6)	Robyn Roxas	\$58/\$68/\$15 (6)	14355 14356	Fitness Center
	6:45-7:45 pm	Mat Pilates 	Jan. 5-Feb. 9 (6) Feb. 23-March 30 (6)	LeVon Garret	\$58/\$68/\$15 (6)	14361 14362	Studio
	7:45-8:45 pm	Water Aerobics 	Jan. 12-March 2 (8)	Tanya Baker	\$59/\$8	14155	Highview
Friday	8:15-9:15 am	SilverSneakers Classic 	Jan. 13-Feb. 17 (6)  Feb. 24-March 24 (5)	Rita Roesner	\$44/\$54/\$10 (6) \$37/\$47/\$10 (5)	14291 14292	Gym
	4:30-5:30 pm	Triple Threat (TRX, KettleBell, Battle Ropes) 	Jan. 13-Feb. 17 (6) Feb. 24-March 24 (5)	Robyn Roxas	\$59/\$69/\$15 (6) \$50/\$60/\$15 (5)	14319 14320	Studio
Saturday	8:30-9:30 am	Water Aerobics 	Jan. 14-March 4 (8)	Rita Roesner	\$59/\$8	14158	Highview
	9:30-10:30 am	PiYo 	Jan. 14-Feb. 18 (6) March 4-March 25 (4)	Colleen O'Neil	\$59/\$69/\$12 (6) \$41/\$51/\$12 (4)	14346 14347	Studio
	2:00-4:00 pm	Change of Heart Zumbathon	Feb. 4	Multi Zumba Instructors	\$20 Donation	Online	Gym
Sunday	5:00-6:00 pm	Zumba 	Jan. 8-Feb. 12 (6) Feb. 19-Mar 26 (6)	Robyn Roxas	\$59/\$69/\$12 (6)	14326 14327	Gym



# 2017 Winter Group Fitness Classes

**Early Bird Registration \$5 off Member Rate**

Register by the fifth of each month for select classes beginning the following month (i.e. January 5, for February classes).

See Pages 30-31 For Class Schedule

**Symbols represent complimentary classes:**

Health Wave 

Silver&Fit 

SilverSneakers 

## Express Workout Boxing

Want a new workout, but not quite ready to jump in the ring? This kickboxing class will help you get fit like a fighter. A combination of partner drills, pads, and professional conditioning drills will have you feeling like you went 10 rounds - without the bruises! Each class will begin with warm-up, basic techniques and combinations, leading into fat-blasting cardio and power rounds that'll have you swinging for the fences. We'll finish up with abs and footwork or strength training, all in less time than you'd think! Instructor: Marie LePage. Min. 8 Max. 14

## Express Workout Core

You can achieve hard core abs with abdominal exercises, a healthy diet and cardiovascular training. This 45 minute class is designed to force you to hit the muscles you typically miss with crunches and sit-ups. Each week you will build functional core strength, endurance and power resulting in hard-carved out abs. Instructor: LeVon Garret. Min. 8 Max. 20

## HIIT

Not for the faint of heart, high intensity interval training (HIIT) is a high-powered cardio circuit, alternating short, very high intensity intervals with longer, slower intervals of recovery. HIIT training not only helps athletic performance, it also improves the ability of the muscles to burn fat. Through excess post-exercise oxygen consumption (EPOC) or "afterburn," the body continues to burn fat for up to 36 hours after the workout! The format includes warm-up, cool-down and stretching, all focused around high-powered drills of total body conditioning. Bring a towel, and be ready to sweat! Instructor: Robyn Roxas. Min. 8 Max. 20

## FIT Lab Straight Up Strength

This is personal training in a group setting: Using a combination of classic techniques and cutting edge fitness ideas, including kettle bells, old-school weights and plyometrics. You'll sweat your way to a better, healthier body while developing powerful body strength. The group dynamic will allow training partners to push each other to their limits and enjoy the variety - no two classes will be exactly the same! Class meets in room 216 or on the Fitness Center Floor. Instructor: Robyn Roxas. Min. 6 Max. 16

## Triple Threat (TRX, Kettlebell, Battle Ropes)

TRX Suspension Training is a military-designed full body exercise system, using one's own body weight and the force of gravity to develop strength, balance, flexibility, and endurance all at the same time. The straps constantly engage the core on hundreds of exercises in addition to providing cardio fitness in every single workout. Russian kettlebell training and battle ropes will shape you with fun step by step instruction and recreational fitness. Improve core strength, balance and stability. Difficulty can be easily adjusted for any level of challenge desired - from high intensity to injury recovery. Instructor: Robyn Roxas. Min. 6 Max. 12

## TNT Tone & Tighten

TNT is a dynamite, high energy weight training class. Incorporate barbell, dumbbells, tubing, ball work and body weight. This variety of exercises challenges all fitness levels and muscle groups. Men and women are encouraged to participate in the intensity level that suits you. You will burn through a warm-up, followed by exercises to conditioning and strengthen multiple muscles groups, followed by a cool-down. Instructor: LeVon Garret. Min. 8 Max. 20



## Stretch & Tone



Energize your life with this total fitness program designed especially for older adult participants who want to remain healthy, flexible and active. This is an ideal fitness program which combines the benefits of stretching exercises, rhythmic movements and muscle tone with weights. This class is fun and will leave you refreshed and eager to tackle the day! New participants are encouraged. Instructor: Deb Faust (Kathy McNeely, Rita Roesner, Karen Peterson). Min. 18 Max. 70

### Reminders:

- For warm up and non-class days, we encourage you to purchase a fitness center track pass at Guest Services.
- New participants must purchase equipment for an additional fee at Guest Services and introduce themselves to the instructor before class.
- Bring 3-5 lb weights, a towel and a water bottle to class.
- Drop-In fee: \$8 Stretch & Tone, Please have proper equipment and introduce yourself to the instructor to provide paid receipt before class.

## SilverSneakers® Circuit



Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises. Instructor: Angie Otto, Kathy McNeely, Deb Faust. Min. 8. Max. 20

## SilverSneakers® Cardio Fit



Try a safe and heart-healthy aerobics class to energize your active lifestyle using low-impact movements that focus specifically on building upper-body and core strength plus cardio endurance. This is a higher intensity class than Classic and Circuit. Instructor: Rita Roesner, Kathy McKneely. Min. 8 Max. 20

## Core & More



Floor work designed to tone and strengthen core and back muscles needed for everyday functions. Please bring a mat, towel and water bottle to class. New participants are encouraged. Instructor: Kathy McNeely. Min. 5 Max. 20

### Reminders:

- For warm up and non-class days, we encourage you to purchase a fitness center track pass at Guest Services.
- New participants must purchase equipment for an additional fee at Guest Services and introduce themselves to the instructor before class.
- Bring 3-5 lb weights, a towel and a water bottle to class.

## SilverSneakers Sunrise Yoga

This morning yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Instructor: Robyn Roxas. Min. 8 Max. 20

## T'ai Chi Chih



Introductory class - students will learn 10 of the 19 movements. Beginner class - students will learn 19 movements and 1 pose. Tune Up class - is designed as a refresher and practice for graduates of the beginner level. T'ai Chi Chih is composed of 19 slow, gentle movements and one pose that are easy to learn and can be performed regardless of age or physical condition. You may enhance your immune system, control pain, lose weight, gain energy, reduce blood pressure and control stress. Advanced registration is required as this is a progressive class. Instructor: Sharon Sloper. Min. 8 Max. 20

## Water Aerobics



Everyone is welcome, whether you are looking for cross training, injury rehab, prenatal or postnatal exercise, arthritic-fibromyalgia or multiple sclerosis friendly activities. Enjoy the benefits of this aerobic work-out that uses the resistance of water to increase cardiovascular endurance and burns calories by working both large and small muscle groups without putting extra pressure on joints. Stretching and relaxation exercises are also included to tone, strengthen and increase flexibility. Swimming is not a required skill to participate. Min. 8 Max. 20. Drop-In fee \$8 per class, payable to lifeguard/instructor on duty at Highview pool.

## SilverSneakers® Classic



Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance and a chair is used for seated or standing support. Instructor: LeVon Garrett, Robyn Roxas, Deb Faust, Rita Roesner, Karen Peterson, Kathy McKneely. Min. 8 Max. 20

## ZUMBA



Ditch the workout, join the party! ZUMBA is a fusion of Latin and International music/dance with unique movement combinations to create a dynamic, exciting total body workout. All ages, skill and fitness levels are welcome! To tone and sculpt your body, ZUMBA uses principles of aerobic fitness interval training, a combination of fast and slow rhythms, and resistance training for maximum fat and calorie burn. No dance experience, no worries, this class is more about the fun and the way you feel – are you ready to ZUMBA? Instructors: Norah O'Shaughnessy, Robyn Roxas, Anne Sumangil. Min. 18 Max. 70

**PiYo** 

When you combine Pilates, yoga, strength training and sports stretch you get PiYo™. This low impact workout will increase your fitness level, core strength, flexibility, stability, balance, energy, power, joint mobility, muscle suppleness and posture. This class includes yoga and Pilates fusion to release toxins and reshape your body. Bring a mat and wear comfortable clothing. Instructor: Colleen O'Neil. Min. 8 Max. 20

**Gentle Yoga**



Gentle Yoga is a class structured around rejuvenating and healing the body. Yoga props such as blankets, blocks, chairs and straps may be used for joy in practice, and to allow the body to fully achieve each position comfortably. Please bring a mat, water bottle and blanket to class. This class is held at a slower pace and focuses on stretching all areas of the body, while releasing stress and tension from joints and muscles. Designed to rest and renew, support deep release, and complete relaxation. Instructor: Angela Frey, Stephanie Mauceri. Min. 8 Max. 20

**Beginning Yoga**



Connect your mind, body and breath through gentle vinyasa yoga postures and breathing exercises. This is a class for beginners and those who want a subtle approach to yoga. Bring a mat and wear comfortable clothing. Instructor: Angela Frey, Stephanie Mauceri, Kamala Stalboerger. Min. 8 Max. 20

**Early Bird Registration - \$5 off Member Rate**

Register by the fifth of each month for select classes beginning the following month (i.e. January 5 for February classes).

**Off the Barre - Pilates**



Combines barre work from ballet to work on postural strength and alignment, followed by a series of standing leg work, focusing on legs, hips and core using a bodybar for balance. Finally we blend the stabilization, strength and flexibility from mat Pilates to complete a full body workout. Instructor: Colleen O'Neil. Min. 6 Max. 15

**Restorative Blend Yoga**



Relax and restore with a gentle healing form of Hatha yoga that is practiced with props to provide a supportive environment for total relaxation. Let stress and tension melt away and connect with a deep sense of peace. Five to six long-held, gentle and relaxing poses are practiced per class; creating physiological responses which are beneficial to your health and can reduce the effects of stress-related illness. The class is slow, deeply nurturing and suitable for all ages – particularly those with chronic pain, injury, fatigue or limitations. Instructor: Angela Frey/ Stephanie Mauceri. Min. 8 Max. 20



**Mat Pilates** 

This is a highly effective conditioning method that works your “power-house” muscles. Beginners are welcome; this class will include modifications for intermediate participants. Core strength is an essential part of maintaining our posture, balance and a healthy whole body function. Pilates help to realign the spine to decrease tension or body aches, increase flexibility and strengthen the body from the inside out. Pilates was initially developed to be used primarily on the mat. Bring your own mat, towel and water. Instructor: LeVon Garret. Min. 8 Max. 20



*The highest rates of inactivity occur among those ages 65 and over. Did you know there are 34 sessions of group exercise classes appropriate for those ages 65 and over offered during the winter months? Register today at Guest Services to stay active and be ready to enjoy the outdoors when spring arrives.*