

GROUP FITNESS

- All fitness levels welcome. Modifications are made to suit all abilities.
- Group fitness classes are eligible to Healthwave, SilverSneakers, Silver&Fit and Healthy Contributions members to register FREE of charge.
- Specialty classes, workshops, small group training and personal training will have additional fees.
- Early Bird Discount - \$5 off Group Fitness class if you register 28 days prior to the start of a session.
- Please bring a mat, towel, water bottle, wear proper attire and footwear to each class.
- Classes and Schedules subject to change. For the most up to date schedule, descriptions and enrollment visit: www.newbrightonmn.gov/fit or www.newbrightonmn.gov/register

Cardio Strength

A variety of cardio that may include kickboxing, step, hi-lo impact, plyometric moves, boot camp drills and strength training using light free weights and body weight exercises. All fitness levels are welcome!

Instructor: Deb Min. 5 Max. 9 - Studio
Min. 5 Max. 15 - Gymnasium

Cardio Kickboxing

This class combines martial arts techniques with fast-paced cardio workout. Build stamina and improve coordination and flexibility while burning calories as you build lean muscle.

Instructor: Deb Min. 5 Max. 9

Core & More

This class combines exercises for your back, abs, backside and legs. These exercises help with stabilization, mobility and flexibility and will aid in falls prevention. Exercises will be done from standing and seated positions as well as floor work on a mat.

Instructor: Kathy Min. 5 Max. 9

ZUMBA

A fusion of Latin and International music/dance with unique movement combinations to create a dynamic, exciting total body workout. ZUMBA uses a combination of fast and slow rhythms, and resistance training for maximum fat and calorie burn. All ages, skill and fitness levels are welcome!

Instructor: Rowena Min. 5 Max. 9

Mat Pilates

This is a highly effective conditioning method that works your "power-house" muscles. Pilates help to realign the spine to decrease tension or body aches, increase flexibility and strengthen the body from the inside out.

Instructor: Deb Min. 5 Max. 9

Gentle Yoga

Classic standing, seated and lying postures along with breath work are included in this class. Great for the beginner or more experienced yogi who would like to slow things down and have the option for the support of a chair.

Instructor: Anne, Michele Min. 5 Max. 9

Yoga Flow

Link breath with movement during variations of Sun Salutations, followed by seated and lying postures that increase strength and flexibility. Great for the yogi who has some experience and looking for a more rigorous combination of postures.

Instructor: Angela Min. 5 Max. 9

Hatha Yoga

This class will focus on yoga basics while practicing physical posture with slower moving poses and breath control. Experience preferred but not required. Participants must be comfortable moving onto and up from the floor.

Instructor: Angela, Michele Min. 5 Max. 9

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.

Instructor: Kathy

Min. 5 Max. 9 - Studio

Min. 5 Max. 15 - Gymnasium

AOA Fitness

Enjoys a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights and ball are offered for resistance and a chair is used for seated or standing support.

Instructor: Bridget K. Min. 5 Max. 15

AOA Circuit

Increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength with weights and ball is alternated with low-impact aerobics work.

Instructor: Bridget K. Min. 5 Max. 15

SilverSneakers® Classic

Classic enjoys a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights and a SilverSneakers ball are offered for resistance and a chair is used for seated or standing support.

Instructor: Deb, Kathy

Min. 5 Max. 9 - Studio

Min. 5 Max. 15 - Gymnasium

SilverSneakers® Circuit Training

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 and a SilverSneakers ball is altered with low-impact aerobics choreography. A chair is used for standing support, stretching and relaxation exercises.

Instructor: Kathy, Deb,
Stephanie

Min. 5 Max. 9 - Studio

Min. 5 Max. 15 - Gymnasium

MONDAY

Time	Class	Date	Session/Drop-in	Course #	Location	Instructor
9:15-10:15 am	SilverSneakers® Classic	Sept. 14- Oct. 26 (7) Nov. 2-Dec. 14 (7)	\$68/\$10 (7) \$68/\$10 (7)	20FFSS01 20FFSS02	Gymnasium	Deb
10:45-11:45 am	SilverSneakers® Circuit Training	Sept. 14- Oct. 26 (7) Nov. 2-Dec. 14 (7)	\$68/\$10 (7) \$68/\$10 (7)	20FFSS03 20FFSS04	Gymnasium	Deb
2:00-3:00 pm	Hatha Yoga	Sept. 14- Oct. 26 (7) Nov. 2-Dec. 14 (7)	\$68/\$10 (7) \$68/\$10 (7)	20FFYO05 20FFYO06	Fitness Studio	Angela
5:00-6:00 pm	Mat Pilates	Sept. 14- Oct. 26 (7) Nov. 2-Dec. 14 (7)	\$68/\$10 (7) \$68/\$10 (7)	20FFMP07 20FFMP08	Fitness Studio	Deb

TUESDAY

7:00-8:00 am	Gentle Yoga	Sept. 8-Oct. 27 (8) Nov. 3-Dec.15 (7)	\$78/\$10 (8) \$68/\$10 (7)	20FFYO09 20FFYO10	Fitness Studio	Anne
9:30-10:15 am	SilverSneakers® Circuit Training Express	Sept. 8-Oct. 27 (8) Nov. 3-Dec.15 (7)	\$78/\$10 (8) \$68/\$10 (7)	20FFCM11 20FFCM12	Gymnasium	Stephanie
5:00-6:00 pm	Cardio Strength	Sept. 8-Oct. 27 (8) Nov. 3-Dec.15 (7)	\$78/\$10 (8) \$68/\$10 (7)	20FFCS13 20FFCS14	Fitness Studio	Deb

WEDNESDAY

Time	Class	Date	Session/Drop-in	Course #	Location	Instructor
9:00-10:00 am	SilverSneakers® Classic	Sept. 9-Oct. 28 (8) Nov. 4-Dec. 16 (7)	\$78/\$10 (8) \$68/\$10 (7)	20FFSS17 20FFSS18	Gymnasium	Deb
10:30-11:30 am	SilverSneakers® Circuit Training	Sept. 9-Oct. 28 (8) Nov. 4-Dec. 16 (7)	\$78/\$10 (8) \$68/\$10 (7)	20FFSS19 20FFSS20	Gymnasium	Kathy
4:15-5:15 pm	Yoga Flow	Sept. 9-Oct. 28 (8) Nov. 4-Dec. 16 (7)	\$78/\$10 (8) \$68/\$10 (7)	20FFYO21 20FFYO22	Fitness Studio	Angela

THURSDAY

9:00-10:00 am	Stretch & Tone	Sept. 10-Oct. 29 (8) Nov. 5-Dec. 17 (6), No Nov. 26	\$78/\$10 (8) \$58/\$10 (6)	20FFST25 20FFST26	Gymnasium	Kathy
10:15-11:15 am	Core & More	Sept. 10-Oct. 29 (8) Nov. 5-Dec. 17 (6), No Nov. 26	\$78/\$10 (8) \$58/\$10 (6)	20FFCM47 20FFCM48	Fitness Studio	Kathy
5:00-6:00 pm	Cardio Kickboxing	Sept. 10-Oct. 29 (8) Nov. 5-Dec. 17 (6), No Nov. 26	\$78/\$10 (8) \$58/\$10 (6)	20FFCK27 20FFCK28	Fitness Studio	Deb

FRIDAY

9:00-10:00 am	AOA Fitness	Sept. 11-Oct. 30 (8) Nov. 6-Dec. 18 (6) No Nov. 20	\$78/\$10 (8) \$58/\$10 (6)	20FFAF29 20FFAF30	Gymnasium	Bridget K.
10:30-11:30 am	AOA Circuit	Sept. 11-Oct. 30 (8) Nov. 6-Dec. 18 (6) No Nov. 20	\$78/\$10 (8) \$58/\$10 (6)	20FFAF31 20FFAF32	Gymnasium	Bridget K.
5:00-6:00 pm	Zumba	Sept. 11-Oct. 30 (8) Nov. 6-Dec. 18 (7)	\$78/\$10 (8) \$68/\$10 (7)	20FFZU33 20FFZU34	Fitness Studio	Rowena

SATURDAY

9:15-10:15 am	Cardio Strength	Sept. 12-Oct. 31 (8) Nov. 7-Dec. 19 (7)	\$78/\$10 (8) \$68/\$10 (7)	20FFCS37 20FFCS38	Gymnasium	Deb
10:45-11:45 am	Hatha Yoga	Sept. 12-Oct. 31 (7) No Oct. 17 Nov. 7-Dec. 19 (7) No Nov. 14	\$68/\$10 (7) \$68/\$10 (7)	20FFYO39 20FFYO40	Fitness Studio	Michele