



# 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](http://www.newbrightonmn.gov/fit) or [www.newbrightonmn.gov/register](http://www.newbrightonmn.gov/register)

## AOA Circuit Training

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 ball is alternated with low-impact aerobics work. A chair is used for standing support, stretching and relaxation exercises.

*Instructor: Bridget K. Min. 5 Max. 20*

## AOA Fitness

Enjoys 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 ball are offered for resistance and a chair is used for seated or standing support.

*Instructor: Bridget K. Min. 5 Max. 20*

## \*NEW\* Barre Pilates Fusion

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 the ballet barre for balance. Finally we blend the stabilization, strength and flexibility from mat Pilates to complete a full body workout.

*Instructor: Colleen Min. 5 Max. 8*

## Cardio Strength Intervals (CSI)

Incorporates intervals of cardio endurance and muscle conditioning to create a fitness training experience. Improve your metabolism while increasing your power and endurance with simple cardio and muscle strengthening movements.

*Instructor: Kathy, Bridget K. Min. 5 Max. 8*

## 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, Bridget K. Min. 5 Max. 15*

## 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: Colleen Min. 5 Max. 8*

## 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, Bridget K. Min. 5 Max. 20*

## Chair Yoga

This gentle form of yoga is practiced sitting on a chair or using a chair for support during standing poses. Chair yoga is especially suitable for older adults, people with balance or coordination issues, and those with disabilities. Chair yoga helps increase flexibility, lung capacity, circulation and strength, improves balance, and relieves stress. The class incorporates breathing exercises, stretching, yoga postures, and final relaxation.

*Instructor: Michele Min. 5 Max. 15*

## 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. 15*

## 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. 8*

## 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. 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, elastic tubing with handles, and a SilverSneakers ball are offered for resistance and a chair is used for seated or standing support.

*Instructor: Kathy Min. 5 Max. 15*

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

*Instructor: Kathy Min. 5 Max. 15*

## 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 workout 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. Swimming is not a required skill to participate. Drop-In fee \$10 per class, payable to lifeguard/instructor on duty.

*Instructor: Emily Min. 6 Max. 15*

## MONDAY

Time	Class	Date	Session/Drop-in	Location	Instructor
9:00-10:00 am	AOA Fitness	Sept. 13-Oct. 25 (7) Nov.1-Dec. 13 (7)	\$68/\$10 (7) \$68/\$10 (7)	Gymnasium	Bridget K.
10:15-11:15 am	AOA Circuit Training	Sept. 13-Oct. 25 (7) Nov.1-Dec. 13 (7)	\$68/\$10 (7) \$68/\$10 (7)	Gymnasium	Bridget K.
2:00-3:00 pm	Hatha Yoga	Sept. 13-Oct. 25 (7) Nov.1-Dec. 13 (7)	\$68/\$10 (7) \$68/\$10 (7)	Fitness Studio	Angela
5:00-6:00 pm	Mat Pilates	Sept. 13-Oct. 25 (7) Nov.1-Dec. 13 (7)	\$68/\$10 (7) \$68/\$10 (7)	Fitness Studio	Colleen

## TUESDAY

7:00-8:00 am	Gentle Yoga	Sept. 14-Oct. 26 (7) Nov. 2-Dec. 14 (7)	\$68/\$10 (7) \$68/\$10 (7)	Fitness Studio	Anne
9:00-10:00 am	SilverSneakers® Circuit Training	Sept. 14-Oct. 26 (7) Nov. 2-Dec. 14 (7)	\$68/\$10 (7) \$68/\$10 (7)	Gymnasium	Bridget
7:45-8:45 pm	Water Aerobics	Sept. 21-Nov. 16 (8) No Nov. 2	\$78/\$10 (8)	Highview	Emily

## WEDNESDAY

9:00-10:00 am	SilverSneakers® Classic	Sept. 15-Oct. 27 (7) Nov. 3-Dec. 15 (7)	\$68/\$10 (7) \$68/\$10 (7)	Gymnasium	Kathy
10:00-11:00 am	Chair Yoga	Sept. 15-Oct. 27 (7) Nov. 3-Dec. 15 (7)	\$68/\$10 (7) \$68/\$10 (7)	Fitness Studio	Michele
10:15-11:15 am	SilverSneakers® Circuit Training	Sept. 15-Oct. 27 (7) Nov. 3-Dec. 15 (7)	\$68/\$10 (7) \$68/\$10 (7)	Gymnasium	Kathy
4:15-5:15 pm	Yoga Flow	Sept. 15-Oct. 27 (7) Nov. 3-Dec. 15 (7)	\$68/\$10 (7) \$68/\$10 (7)	Fitness Studio	Angela
5:30-6:30 pm	Barre Pilates Fusion	Sept. 15-Oct. 27 (7) Nov. 3-Dec. 15 (7)	\$68/\$10 (7) \$68/\$10 (7)	Fitness Studio	Colleen

## THURSDAY

Time	Class	Date	Session/Drop-in	Location	Instructor
9:00-10:00 am	Stretch & Tone	Sept. 16-Oct. 28 (7) Nov. 4-Dec. 16 (5) No Nov. 11, 25	\$68/\$10 (7) \$48/\$10 (5)	Gymnasium	Kathy
10:15-11:15 am	Core & More	Sept. 16-Oct. 28 (7) Nov. 4-Dec. 16 (5) No Nov. 11, 25	\$68/\$10 (7) \$48/\$10 (5)	Fitness Studio	Kathy
5:00-6:00 pm	Cardio Strength Interval Training (CSI)	Sept. 16-Oct. 28 (7) Nov. 4-Dec. 16 (5) No Nov. 11, 25	\$68/\$10 (7) \$48/\$10 (5)	Fitness Studio	Colleen
7:45-8:45 pm	Water Aerobics	Sept. 16-Nov. 18 (8) No Sept. 23, Oct. 21	\$78/\$10 (8)	Highview	Emily

## FRIDAY

9:00-10:00 am	SilverSneakers® Classic	Sept. 17-Oct. 29 (7) Nov. 5-Dec. 17 (7) No Nov. 26	\$68/\$10 (7) \$58/\$10 (6)	Gymnasium	Bridget K.
10:15-11:15 am	SilverSneakers® Circuit Training	Sept. 17-Oct. 29 (7) Nov. 5-Dec. 17 (7) No Nov. 26	\$68/\$10 (7) \$58/\$10 (6)	Gymnasium	Bridget K.

## SATURDAY

8:00-9:00 am	Water Aerobics	Sept. 18-Nov. 13 (8) No Oct. 23	\$78/\$10 (8)	Highview	Emily
10:30-11:30 am	Hatha Yoga	Sept. 18-Oct. 30 (7) Nov. 6-Dec. 18 (7)	\$68/\$10 (7) \$68/\$10 (7)	Fitness Studio	Michele