

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

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: Christine 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: Colleen Min. 5 Max. 8

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. 8

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. 8

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, Stephanie 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. 8

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

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. 15

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. 15

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. 15

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. 8

Cardio Kickboxing - NEW

This high-energy class combines martial arts techniques with fast-paced cardio. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

Instructor: Colleen Min. 5 Max 8

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, Stephanie 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	Course #	Location	Instructor
9:00-10:00 am	AOA Fitness	April 12-May 24 (7) June 7-July 12 (6) No May 31 July 19-Aug. 30 (7)	\$68/\$10 (7) \$58/\$10 (6) \$68/\$10 (7)	21PFAF01 21SFAF02 21SFAF03	Gymnasium	Bridget K.
10:30-11:30 am	AOA Circuit	April 12-May 24 (7) June 7-July 12 (6) No May 31 July 19-Aug. 30 (7)	\$68/\$10 (7) \$58/\$10 (6) \$68/\$10 (7)	21PFAC04 21SFAC05 21SFAC06	Gymnasium	Bridget K.
2:00-3:00 pm	Hatha Yoga - CANCELED	April 12-May 24 (7) CANCELED June 7-July 12 (6) CANCELED July 19-Aug. 30 (7) CANCELED	\$68/\$10 (7) \$58/\$10 (6) \$68/\$10 (7)	21PFHY06 21SFHY07 21SFHY08	Fitness Studio	Angela
5:00-6:00 pm	Mat Pilates	April 12-May 24 (7) June 7-July 12 (6) No May 31, July 5 July 19-Aug. 30 (7)	\$68/\$10 (7) \$58/\$10 (6) \$68/\$10 (7)	21PFMP09 21SFMP10 21SFMP11	Fitness Studio	Colleen

TUESDAY

7:00-8:00 am	Gentle Yoga	April 13-May 25 (7) June 1-July 13 (7) July 20-Aug. 31 (7)	\$68/\$10 (7) \$68/\$10 (7) \$68/\$10 (7)	21PFGY12 21SFGY13 21SFGY14	Fitness Studio	Anne
9:00-10:00 am	SilverSneakers® Circuit Training	April 13-May 25 (7) June 1-July 13 (7) July 20-Aug. 31 (7)	\$68/\$10 (7) \$68/\$10 (7) \$68/\$10 (7)	21PFSS15 21SFSS16 21SFSS17	Gymnasium	Bridget
5:00-6:00 pm	Zumba - CANCELED	April 13-May 25 (7) CANCELED June 1-July 13 (7) CANCELED July 20-Aug. 31 (7) CANCELED	\$68/\$10 (7) \$68/\$10 (7) \$68/\$10 (7)	21PFZU18 21SFZU19 21SFZU20	Fitness Studio	TBD
7:45-8:45 pm	Water Aerobics	March 30-May 25 (8) No May 11 June 29-Aug. 17 (8)	\$78/\$10 (8) \$78/\$10 (8)	21WFWA21 21WFWA22	Highview	Emily

WEDNESDAY

9:00-10:00 am	SilverSneakers® Classic	April 14-May 26 (7) June 2-July 14 (7) July 21-Sept. 1 (7)	\$68/\$10 (7) \$68/\$10 (7) \$68/\$10 (7)	21PFSS23 21SFSS24 21SFSS25	Gymnasium	Kathy Colleen
10:15-11:15 am	Chair Yoga	April 14-May 26 (7) June 2-July 14 (7) July 21-Sept. 1 (7)	\$68/\$10 (7) \$68/\$10 (7) \$68/\$10 (7)	21PFCY26 21SFCY27 21SFCY28	Fitness Studio	Michele
10:30-11:30 am	SilverSneakers® Circuit Training	April 14-May 26 (7) June 2-July 14 (7) July 21-Sept. 1 (7)	\$68/\$10 (7) \$68/\$10 (7) \$68/\$10 (7)	21PFSS29 21SFSS30 21SFSS31	Gymnasium	Kathy Colleen
4:15-5:15 pm	Yoga Flow - Moved to Tuesday's 4:15 PM	April 14-May 26 (7) June 2-July 14 (7) July 21-Sept. 1 (7)	\$68/\$10 (7) \$68/\$10 (7) \$68/\$10 (7)	21PFYF32 21SFYF33 21SFYF34	Fitness Studio	Angela

THURSDAY

Time	Class	Date	Session/Drop-in	Course #	Location	Instructor
9:00-10:00 am	Stretch & Tone	April 15-May 27 (7) June 3-July 15 (7) July 22-Sept. 2 (7)	\$68/\$10 (7) \$68/\$10 (7) \$68/\$10 (7)	21PFST35 21SFST36 21SFST37	Gymnasium	Kathy Colleen
10:15-11:15 am	Core & More	April 15-May 27 (7) June 3-July 15 (7) July 22-Sept. 2 (7)	\$68/\$10 (7) \$68/\$10 (7) \$68/\$10 (7)	21PFCM38 21SF39 21SF40	Fitness Studio	Kathy Colleen
5:00-6:00 pm	Cardio Strength Intervals (CSI)	April 15-May 27 (7) June 3-July 15 (7) July 22-Sept. 2 (7)	\$68/\$10 (7) \$68/\$10 (7) \$68/\$10 (7)	21PFBC41 21SFBC42 21SFBC43	Fitness Studio	Colleen
7:45-8:45 pm	Water Aerobics	July 1-Aug. 19 (8)	\$78/\$10 (8)	21WFWA45	Highview	Emily

FRIDAY

9:00-10:00 am	AOA Fitness	April 16-May 28 (7) June 4-July 16 (7) July 23-Sept. 3 (7)	\$68/\$10 (7) \$68/\$10 (7) \$68/\$10 (7)	21PFAF57 21SFAF58 21SFAF59	Gymnasium	Bridget K.
10:30-11:30 am	AOA Circuit	April 16-May 28 (7) June 4-July 16 (7) July 23-Sept. 3 (7)	\$68/\$10 (7) \$68/\$10 (7) \$68/\$10 (7)	21PFAC60 21SFAC61 21SFAC62	Gymnasium	Bridget K.

SATURDAY

8:00-9:00 am	Water Aerobics	April 10-May 22 (7)	\$68/\$10 (7)	21WFWA69	Highview	Emily
9:15-10:15 am	Cardio Kicboxing	April 17-May 22 (6) No May 29 June 12-July 17 (6) No June 5, July 3 July 24-Sept. 4 (7)	\$58/\$10 (6) \$58/\$10 (6) \$68/\$10 (7)	21PFHC63 21SFHC64 21SFHC65	Fitness Studio	Colleen
10:45-11:45 am	Hatha Yoga	April 17-May 29 (7) June 12-July 17 (6) No June 5, July 3 July 24-Sept. 4 (7)	\$68/\$10 (7) \$58/\$10 (6) \$68/\$10 (7)	21PFHY66 21SFHY67 21SFHY68	Fitness Studio	Michele