



2016 Fall Group Fitness Schedule

Symbols represent complimentary classes: Silver&Fit Health Wave SilverSneakers

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

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

Mon/Wed

Time	Activity	Date	Instructor	Fee: M/S/D	Activity #	Location
6:05-7:05 am	TNT Tone and Tighten	Sept. 12 - Oct. 3 (7) Oct. 10 - Oct. 31 (7) Nov. 7 - Nov. 30 (7) No Nov. 23	LeVon Garret	\$61/71/\$12 (7)	14003 14004 14005	Studio
5:30 -6:30 pm New PM Time	SilverSneakers Classic	Sept. 12 - Oct. 3 (7) Oct. 10 - Oct. 31 (7) Nov. 7 - Nov. 30 (7) No Nov. 23	LeVon Garret	\$52/62/\$10 (7)	14008 14009 14010	Gym
7:15-8:15 pm	Water Aerobics	Nov. 14 - Dec. 14 (8) No Nov. 21, 23	Tanya Baker	\$59/\$8	13971	Highview

Tues/Thurs

9:00-10:15 am	Stretch & Tone	Sept. 13 - Sept. 27 (5) Oct. 4 - Oct. 25 (7) Nov. 3 - Nov. 29 (7) No Nov. 24 Dec. 6 - Dec. 27 (7)	Brad Loken	\$29/\$39/\$8 (5) \$40/\$50/\$8 (7)	14058 14061 14059 14062	Gym
4:30-5:30 pm	SilverSneakers Classic	Sept. 13 - Sept. 27 (5) Oct. 4 - Oct. 25 (7) Nov. 3 - Nov. 29 (7) No Nov. 24 Dec. 6 - Dec. 27 (7)	Robyn Roxas	\$29/39/\$10 (5) \$52/62/\$10 (7)	14014 14015 14016 14017	Gym
7:15-8:15 am	SilverSneakers Sunrise Yoga	Sept. 13 - Sept. 27 (5) Oct. 4 - Oct. 25 (7) Nov. 3 - Nov. 29 (7) No Nov. 24 Dec. 6 - Dec. 27 (7)	Brad Loken	\$29/39/\$10 (5) \$52/62/\$10(7)	14038 14039 14040 14041	Studio

Monday

9:45-10:45 am	SilverSneakers Circuit Training	Sept. 12 - Oct. 24 (7) Nov. 7 - Dec 19 (7)	Angie Otto	\$61/\$71/\$12	14032 14033	Studio
2:00-2:45 pm	Beginner Yoga	Sept. 12 - Oct. 24 (7) Nov. 7 - Dec 19 (7)	Angela Frey	\$61/\$71/\$12	14070 14071	Studio
3:00-3:45 pm	Restorative Blend Yoga	Sept. 12 - Oct. 24 (7) Nov. 7 - Dec 19 (7)	Angela Frey	\$61/\$71/\$12	14079 14080	Studio
6:00-7:00 pm	Fit Lab Straight Up Strength	Sept. 12 - Oct. 24 (7) Nov. 7 - Dec 19 (7)	Robyn Roxas	\$68/\$78/\$15	14063 14064	Fitness Center

Tuesday

4:30-5:15 pm	Express Boxing	Sept. 13 - Oct. 25 (7) Nov. 8 - Dec 20 (7)	Marie LePage	\$61/\$71/\$12	14043 14044	Studio
5:30-6:15 pm	Express - Core	Sept. 13 - Oct. 25 (7) Nov. 8 - Dec 20 (7)	LeVon Garret	\$41/\$51/\$12	14046 14047	Studio
6:15-7:15 pm	Mat Pilates	Sept. 13 - Oct. 25 (7) Nov. 8 - Dec 20 (7)	LeVon Garret	\$68/\$78/\$15	14049 14051	Studio
6:00-7:00 pm	Zumba	Sept. 13 - Oct. 25 (7) Nov. 8 - Dec 20 (7)	Robyn Roxas	\$52/\$62/\$12	14022 14023	Gym
7:45-8:45 pm	Water Aerobics	Sept. 13 - Nov. 8 (8) No Oct. 11	Tanya Baker	\$59/\$8	13967	Highview

Wednesday

Time	Activity	Date	Instructor	Fee: M/S/D	Activity #	Location
9:00-10:15 am	Tai Chi Chih 	Sept.14-Oct. 19 (6) Beginner Nov 2-Nov 23 (4) Tune Up	Sharon Sloper	\$59/\$69 (6) \$41/\$51 (4)	14066 14068	Studio
4:30-5:45 pm	Tai Chi Chih 	Sept.14-Oct. 19 (6) Beginner Nov 2-Nov 23 (4) Tune Up	Sharon Sloper	\$59/\$69 (6) \$41/\$51 (4)	14067 14069	216
4:45-5:45 pm	Beginner Yoga 	Sept. 14 - Oct. 26 (7) Nov. 9 - Dec.28 (7) No Nov. 23	Angela Frey	\$61/\$71/\$12 (7)	14073 14074	Studio
6:00-6:45 pm	Restorative Blend Yoga 	Sept. 14 - Oct. 26 (7) Nov. 9 - Dec.28 (7) No Nov. 23	Angela Frey	\$61/\$71/\$12 (7)	14083 14084	Studio
7:00-8:00 pm	Zumba 	Sept. 14 - Oct. 26 (7) Nov. 9 - Dec.28 (7) No Nov. 23	Norah O'Shaughnessy	\$52/\$62/\$12 (7)	14027 14024	Gym
7:30-8:30 pm	Boot Camp 	Sept. 14 - Oct. 26 (7) Nov. 9 - Dec.28 (7) No Nov. 23	Angie Otto	\$61/\$71/\$12 (7)	14035 14036	Studio

Thursday

5:30-6:30 pm	TNT Tone & Tighten 	Sept. 15 - Oct. 27 (7) Nov. 10 - Dec 22 (6) No Nov. 24	LeVon Garret	\$61/\$71/\$12 (7) \$53/\$63/\$12 (6)	14000 14001	Studio
5:45-6:45 pm	HIIT (High Intensity Interval Training) 	Sept. 15 - Oct. 27 (7) Nov. 10 - Dec 22 (6) No Nov. 24	Robyn Roxas	\$78/\$88/\$12 (7) \$68/78/\$12 (6)	14055 14056	Fitness Center
3:30-4:25 pm	Gentle Yoga 	Sept. 15 - Oct. 27 (7) Nov. 10 - Dec 22 (6) No Nov. 24	Stephanie Maurceri	\$61/\$71/\$12 (7) \$53/63/\$12 (6)	14076 14077	Studio
4:30-5:20 pm	Restorative Blend Yoga 	Sept. 15 - Oct. 27 (7) Nov. 10 - Dec 22 (6) No Nov. 24	Stephanie Maurceri	\$61/\$71/\$12 (7) \$53/63/\$12 (6)	14085 14086	Studio
6:30-7:30 pm	Mat Pilates 	Sept. 15 - Oct. 27 (7) Nov. 10 - Dec 22 (6) No Nov. 24	LeVon Garret	\$68/\$78/\$12 (7) \$58/68/\$12 (6)	14053 14054	Studio
7:45-8:45 pm	Water Aerobics 	Sept. 15-Nov. 10 (8) No Oct. 13	Tanya Baker	\$59/\$8	13968	Highview

Friday

4:30-5:30 pm	Triple Threat (TRX, KettleBell, Battle Ropes) 	Sept. 16 - Oct. 28 (7) Nov. 11 - Dec.16 (5) No Nov. 25	Robyn Roxas	\$68/\$78/\$15 (7) \$49/\$59/\$15 (6)	14029 14030	Studio
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Saturday

9:30-10:30 am	PiYo 	Sept. 17 - Oct. 22 (6) Nov. 5 - Dec.17 (7)	Colleen O'Neil	\$59/\$69/\$12 (6) \$68/\$78/\$12 (7)	14019 14020	Studio
8:30-9:30 am	Water Aerobics 	Sept. 10-Nov. 15 (8) No Oct. 15, 29 Nov. 12-Dec. 10 (5)	Andrea Gentling	\$59/\$8 (8) \$39/\$8 (5)	13969 13970	Highview

Sunday

5:00-6:00 pm	Zumba 	Sept. 18 - Oct. 30 (7) Nov. 6 - Dec.18 (7)	Marie LePage	\$53/\$63/\$12	14025 14026	Gym
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2016 Fall 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. April 5, for May classes).

See Pages 30-31 For Class Schedule

Symbols represent complimentary classes:

- Health Wave 
- Silver&Fit 
- SilverSneakers 

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. Min. 8. Max. 18



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 Min. 12 Max. 30



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: Mag Rieckenberg Min. 20 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 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: Brad Loken 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





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: Marie LePage, Norah O'Shaughnessy, Robyn Roxas (Sub: Anne Sumangil). Min. 20 Max. 70

Express Workout Boxing

Want a new workout, but not quite ready to jump in the ring? This 45 minute kickboxing class will help you get fit like a fighter. A combination of partner drills, pads, heavy bags, 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

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

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

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

Boot Camp

A popular interval class that mixes calisthenics and body weight exercises with cardio and strength training. Class is designed in a way to be different every time and push you harder than you would push yourself. We want to keep you guessing and challenge you every class! My goal as an instructor is to offer encouragement rather than intimidation so you have fun. Come prepared to sweat! Instructor: Angie Otto. Min. 8 Max. 20



NEW

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

Total Body Strength

Keep moving throughout this magnificent upper-and lower- body workout. Target every major muscle group to shape a lean, strong and healthy body. Burn serious calories while building metabolism-boosting muscles. Body shaping moves that will work abs, core, legs, glutes and arms. Use various equipment including plyometrics, cardio, and calisthenics that will leave you dripping with sweat and toned all over. Instructor: LeVon Garrett. Min. 8 Max. 20

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: 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. Min. 8 Max. 20

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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. Instructor: Tanya Baker Min. 8 Max. 20. Drop-In fee \$8 per class, payable to lifeguard/instructor on duty at Highview pool.

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

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

