

FEBRUARY - MARCH  
**GROUP  
 FITNESS**

# GROUP SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM		<b>Sculpt &amp; Stretch</b> Jessi Studio	<b>Muscle &amp; Mobility</b> Jessi Studio	<b>Flex &amp; Flow</b> Jessi Studio		
8:00 AM	<b>Splish Splash Cardio Blast</b> Sheila - Pool		<b>Splish Splash Cardio Blast</b> Sheila - Pool	<b>Power Hour</b> Lori Studio	<b>Splish Splash Cardio Blast</b> Sheila - Pool	<b>Meditative Yoga</b> Lori - Studio
9:00 AM		<b>Zumba Gold</b> Donna - Studio		<b>Zumba Gold</b> Donna - Studio		
9:15 AM						<b>Core &amp; Cardio</b> Lori - Studio
10:15 AM						
4:00 PM	<b>Chair Yoga</b> Emily Studio	<b>Core &amp; Pelvic Floor</b> Lori Studio	<b>Roll &amp; Release</b> Lori Studio	<b>Yoga</b> Emily Studio		
4:30 PM						
5:00 PM	<b>Fit Factory</b> Amber Studio		<b>Fit Factory</b> Amber Studio	<b>Pilates</b> Lori Studio	<b>Health and Fitness Learning</b> Lori - Studio	
5:30 PM	<b>Bootcamp</b> Keith Studio					
6:00 PM						

## BOOTCAMP

BOOT CAMP is a type of HIIT class that uses a mix of aerobic and strength training using body weight and equipment that will elevate your cardio fitness and build strength while having the camaraderie of your friends supporting and challenging each other through the class.

## CHAIR YOGA

Yoga that is tailored for individuals with varied mobility levels. This gentle practice offers seated stretches and breathing techniques designed to enhance flexibility, relieve tension, and promote relaxation in a supportive environment. No prior experience is needed—just come as you are and enjoy the benefits of movement and mindfulness!

## CORE & CARDIO

Designed to create strength, flexibility, and a balanced body while incorporating low impact cardio that focus on precision and technique.

## CORE & PELVIC FLOOR

Core & Pelvic Floor: What does it mean to “engage” those abdominal muscles? How does pelvic floor strength and control improve overall fitness and health? This 50 min class works those deep core muscles to create a strong and functional base for all movements.

## FIT FACTORY

Geared towards well-rounded fitness, Fit Factory combines bodyweight and resistance training to create a challenging workout tailored to your pace and abilities.

## FLEX & FLOW

Yoga that focuses on a slower pace, less intense poses and emphasizes breathing through the movements at a self-regulated pace. Designed for those looking for a restorative approach. For beginners and intermediate. **NOTE:** November 28 - “Black Friday Turkey Burn Class” - 10 am

## HEALTH AND FITNESS LEARNING

Geared towards beginners who have questions and are eager to learn. Help design a workout based on your goals.

## MEDITATIVE YOGA

Offers help to develop a higher awareness and center of consciousness while using all body systems in harmony to address core strength, flexibility, balance, meditation and various breathing techniques. This class is for all levels of fitness.

## MUSCLE & MOBILITY

Large movements that require compound coordination that keep the heart rate in an aerobic state while allowing the body to enhance its range and flexibility. This class is for beginners and intermediate.

## PILATES

Pilates workout focuses on improving core strength, coordination, balance, posture, and body awareness through a series of full-body movements. We may use some props such as the magic circle, small ball and light weights.

## POWER HOUR

Offers a well-rounded full body workout using light free weights and bodyweight exercises combined with techniques for excellent posture, mobility and flexibility. This class will have a variety of different fitness levels for everyone to enjoy.

## ROLL & RELEASE

Join us for an invigorating foam rolling exercise class designed to enhance flexibility, improve muscle recovery, and promote overall well-being. This class introduces participants to the benefits of myofascial release through foam rolling techniques, targeting key muscle groups to alleviate tension and enhance mobility.

## SCULPT & STRETCH

Offers specific isolated movements that are completed across all body planes to ensure a well-rounded series. Through the use of body weight, bands or weights. Movements build upon each other to complete the series. This class is for beginners and intermediate.

## WATER AEROBICS\*

Work against the resistance of the water to increase your cardiovascular endurance and strength.

## YOGA

Poses and modifications for every level of Yogi. Core strength, flexibility, balance, meditation and breathing techniques are all bundled in one class.

## ZUMBA GOLD\*

Dance your way to fitness with this Latin-inspired class modified for active older adults.

- Classes are subject to change. Please call the service desk at 573-614-3636 to request information about changes due to inclement weather.
- All classes are 50 minutes in duration.

\*These classes are introductory level or lower intensity, but will still provide you with a great workout.

