



# Group Fitness Schedule September 2018

Updated August 27, 2018

Spinning						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-6:45a Spinning -Nancy		6:00-6:45a Spinning -Nancy		5:45-6:30a Spinning -Mary L	9:00-10:15a Cycle Trg. -Rotation	begins the 9th 10:15-11am ★ Spinning-Rotation
12:00-12:45p Spinning -Rotation	12:00-12:45p Spinning -Nicole		12:00-12:45p Spinning - Tiarra	12:00-12:45p Spinning - Rotation	<b>Spinning Class Information</b> Pick up a lanyard at the Front Desk up to 1 hour before class. Please bring a bottle of water and towel. <b>Leave lanyard on bike after class.</b>	
4:15-5:00p Spinning -Nicole		4:15-5:00p Spinning -Nicole	4:30-5:15p ★ Spinning -Caitie			
	6:30-7:30p Spinning -Maggie	6:00-6:45p ★ Spinning -Sharon				

## Group Exercise Studio Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-6:45a Group Active™-Charmaine	6:00-6:25a Insanity -Morgan	5:45-6:45a Burn Out, Build Up - Alisha	5:45-6:45a Sunrise Yoga -Mary	5:45-6:15a Tabata Express™ -Alisha	7:30-8:25a Zumba Fitness -Cecilia	8:00-9:00a Group Power™- Rotation
9:45-10:45a Pilates Mat -Delia	6:30-7:00a Group Core™ -Morgan	9:15-10:15a Group Power - Jolene/Morgan	5:45-6:30a Triple Threat -Morgan	9:00-10:15a Vinyasa Yoga- Linda R	8:00-9:00a Monthly Meditation <small>1st Sat. of the month only</small>	9:00-10:00a Work It Circuit-Fitness
10:30-11:20a Forever Young-Charmaine	8:00-9:00a Stretch & Strengthen-Micki	10:30-11:20a Forever Young-Charmaine	8:00-9:00a Stretch & Strengthen-Micki	9:15-10:15a Gentle Yoga-Lynn	8:30-9:30a Class Rotation- see below	9:05-10:05a Group Active™-Rotation
11:30-11:55a Cardio Blast -Morgan	8:30-9:00am Chair Fitness - Lindsay	10:30-11:30a Pilates Mat -Delia	8:30-9:00am Chair Fitness - Lindsay	9:15-10:00a Work It Circuit-Alisha	9:30-10:45a Vinyasa Yoga -Rotation	
11:45am-12:15pm Laughter Yoga - Phillip	9:15-10:15a Gentle Yoga-Micki	11:30-11:55a Absolutely Abs - Loni	9:15-10:15a Gentle Flex-Dawn	10:30-11:20a Forever Young -Franny	9:35-10:35a Group Power™-Rotation	The "Work It Circuit" classes take place on the basketball court.
12:00-1:00p Group Power™ -Sandy	10:30-11:00a Forever Young POUND® - Alex	12:00-12:50p Tabata-Loni	9:15-10:15a Tai Chi - Tom	11:30a-11:55a Insanity -Rotation	10:45-11:45a Pilates Mat -Delia	
4:30-4:55p Group Core™ -Larry	10:30-11:45a Vinyasa Yoga -Linda R	4:30-4:55p Jump Rope Intervals - Larry	10:30-11:00am Body Works Express -Dawn	11:30a-12:25p Balance Bootcamp - Lise	<b>Saturday 8:30am Class Rotation</b>	
5:00-5:55p Group Power™ -Larry	11:30a-12:25p Zumba Fitness -Maria	5:00-5:55p Group Power™ -Larry	10:30-11:30a Beg/Cont Yoga -Tom	12:00-1:00p Group Power™ -Sandy	9/1: Tabata w/ Carol 9/8: Triple Threat w/ Morgan 9/15: Group Active w/ Tammy 9/22: Insanity w/ Morgan 9/29: 30m Group Active CARDIO ONLY plus 30m Group Core w/ Tammy	
6:00-6:55p Group Active™- Tammy	12:30-1:30p Group Active™-Charmaine	5:30-6:30p Beginner Yoga -Micki	11:30a -12:25p Group Active™-Charmaine	4:30-4:55p Group Core™ -Larry	<b>Class Updates:</b>  ★ <b>NEW Wednesday 6pm Spinning w/ Sharon</b> ★ <b>NEW Thursday 4:30pm Spinning w/ Caitie</b> ★ <b>Sunday Spin is Back! 10:15am w/ Rotation</b>  <b>A Special Schedule is posted for Monday, September 3rd, Labor Day. Center Hours 7am-1pm.</b>  Help keep these classes on the schedule. We need your participation! Tell your LCF friends - bring them along. Tuesdays 6:15pm POUND, 6:45pm Group Core, 7:15pm Tabata, 7:20pm Pilates Mat Thursday 12:30pm Zumba Toning, 7:20pm Insanity	
7:00-8:00p Beg/Cont Yoga -Lety	4:30-5:00p Insanity - Morgan	6:00-6:55p Zumba Fitness -Maria	12:00-12:30p Insanity -Morgan	5:00-6:00p Group Power™ -Larry		
	5:15-6:10p Group Active™ - Carol	7:15-8:10p Tabata -Justin	12:30-1:30p Zumba Toning/Abs -Maria	6:00-7:00pm Work It Circuit-Justin		
	6:15-6:40p POUND® - Vicky	7:00-8:15p Hatha Vinyasa Yoga - Micki	4:45-5:10p Group Core™ -Tammy			
	6:45-7:10p Group Core™ -Vicky		5:15-6:10p Group Active™- Tammy			
	7:15-8:15p Tabata -Cecilia		6:15-7:15p Zumba Fitness -Jolene			
	7:20-8:05p Pilates Mat -Vicky		7:20-7:50p Insanity - Marissa			

Classes shaded in gray take place in the Wellness Room.



Class formats, times, & instructors subject to change without notice. Classes with low attendance will be cancelled. Updates posted in advance when possible.

**YOGA - PILATES - TAI CHI - MEDITATION**

**Beginning/Continuing Yoga-Level 1&2** This multi-level class focuses on the fundamentals of yoga but gives opportunities to progress with more challenging options

**Gentle Yoga-Level 1&2** Moves at a slower pace to focus on individuals' needs & ranges of motion. An ideal format for the older adult or anyone looking for restorative practice.

**Gentle Flex-Level 1&2** Experience gentle active range of motion exercises that increase flexibility and strengthen at the same time. An ideal format for the older adult.

**Hatha Vinyasa-Level 2&3** A "slow-flow" dynamic and moderately challenging practice that combines Hatha's emphasis on skeletal and muscular alignment with Vinyasa's focus on breath and movement flow. Class offers a good balance of strength and flexibility asanas. At least six months of yoga experience is strongly recommended.

**Intermediate Yoga-Level 2&3** This yoga class combines breath & movement, proper alignment & pose endurance in a flowing style of yoga. Previous yoga experience recommended.

**Laughter Yoga-All levels** -Laughter is the best medicine. Increase energy, improve mood, reduce stress, strengthen immune system, and so much more.

**Meditation - All levels** Experience guided meditations, breath work, mantras and visualization exercises to help relieve stress and gain inner peace and balance.

**Sunrise Yoga-All levels** This traditional Hatha style yoga class will help awaken & rejuvenate your body for the entire day. Start the day with a sense of peace, strength & energy.

**Vinyasa Yoga-Level 2&3** A style of flowing yoga characterized by connecting poses using rhythmic, efficient, & fluid transitions. Previous yoga experience recommended.

**Pilates Mat-All levels** Learn the traditional core strengthening exercises created by Joseph Pilates. Pilates will help strengthen your core, hips, and lower back.

**Stretch & Strengthen - All Levels** Experience movements from yoga & dance for a non-cardio full-body workout that will increase tone & flexibility. Mat & standing work assist both balance and range of motion for the joints.

**Tai Chi-All levels** Relieve tension and stress with Tai Chi. This class is beginner friendly and will focus body awareness, breathing, and slow moving form of meditation.

**CARDIO - STRENGTH - CORE**

**Absolutely Abs - All levels** Get your abs in shape w/ 360' coverage while performing Ab-focused exercises like curls, planks, twists, etc., using resistance balls, small balls & weights.

**Balance Bootcamp-A** full hour of balance training to help you improve your stability and stay strong & stable. Held in the Wellness Room. Doesn't take place the third Friday of the month.

**Body Works Express-Levels 1&2** A non-stop 3 dimensional workout using a variety of equipment in all different planes of motion. Work your muscles like never before.

**Burn Out, Build Up -All levels** A total body workout with various equipment to tone the toughest parts of your body and leave you feeling strong and powerful. Strength, stretching and some cardio will be included.

**Cardio Blast-All levels** This heart pounding workout with simple drills and basic exercises is all cardio designed to make you sweat. Drills can be modified to fit your needs.

**CardioBox-All levels** Experience a combination of upper and lower body boxing style movements that incorporate the core to achieve a cardiovascular workout. A fun class that will get you moving and burning calories!

**Forever Young-Level 1&2** This class combines cardio, balance, strength, and stretching exercises for the purpose of improving daily function in the older adult. Participants should be able to move freely in all directions. The majority of the exercises are performed in the standing position, using a variety of equipment.

**Group Active™ -All levels** Activate your life! Cardio, strength, balance, core and flexibility. A complete workout in 1 hour!

**Group Core™ - Level 2&3** Train like an athlete in 30 action-packed minutes. Improve athletic performance, help prevent back pain, and get ripped! Experience functional and integrated exercises using your body weight, weight plates, a towel, and a platform – all to challenge you like never before. HARD CORE!

**Group Power™-Level 2&3** Your hour of power! This 60-minute barbell program is for men and women of all ages and abilities. Strength train every major muscle group to heart pounding music for the entire body in only one hour! Guaranteed to improve strength and muscle definition!

**INSANITY™ -Level 2&3** A high intensity cardio-based total body conditioning class using no equipment. Highly challenging & results-driven. Increase metabolism, strength & calories burned. Modifications can be made but please be injury free.

**Jump Rope Intervals - Level 2&3** A non-stop, high intensity class that combines 2 minutes of jump rope alternated with 1 minute of body-weighted cardio/strength/core exercise. Boost your metabolism, get sweaty and have fun jumping rope in this full body challenge workout!

**Pound™ - All levels** Rockout! Workout! A full body cardio jam session using lightly weighted drumsticks. Drum your way to easy to follow cardio, strength, pilates, plyometric movements.

**Tabata-All levels** High Intensity Interval Training! Work one body part STRONG for brief periods of time with a 10 second break in between. It's intense, fun & over before you know it. Tabata is known as the "4 Minute Workout"! Boost post exercise caloric burn so your metabolism keeps burning more calories long after class is over. Modifications can be given.

**Tabata Express™ -All Levels** High Intensity Interval Training in 30 minutes! Perform short interval bursts of various exercises that will maximize your results in minimal time. Work hard, Harder, and HARDEST in this class! Modifications can be given for those that need it.

**Triple Threat-Levels 2&3** A fun class to keep your body challenged and guessing! Class combines plyometric cardio exercises, strength training, and high energy kickboxing! Each of these is broken into 15 minute segments to elevate your heart rate and work the total body.

**Work It Circuit-All levels** Join our fitness specialists for an hour of combined strength and cardiovascular exercises. This class meets on the basketball court and is never the same!

**Zumba Fitness-All levels** Join the Zumba party! Dance to salsa, merengue, cumbia & reggaeton rhythms. Get your heart pumping & body moving. You won't even realize it's exercise!

**Zumba Toning-All levels** Class uses light weights to enhance rhythm and tone muscles. Zumba Toning is the perfect way to sculpt your body naturally while having a total blast.