

Class & Group Fitness Calendar

Instructors may choose to cancel class if there are 3 or less participants.

July 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun.
		5:15-6:30am Cycling Jim-No class July 2nd, 9th, and possibly 16th		5:15-6:30am Cycling Jim-No class July 4th, 11th, and possibly 18th		
AM Classes	8:00-8:50am Gentle Yoga Tessa-No class July 1st. July 8th and 15th? at Daycare		8:00-8:50am Gentle Yoga Tessa-No class July 3rd. July 10th and 17th? at Daycare	8:15-9:00am T.B.S. Amy-No class July 4th, 11th, and possibly 18th	8:05-8:50am Circuits with Sara -No class July 5th, 12th, and possibly 19th		
	9:00-9:45am Gentle Yoga Tessa-No class July 1st. July 8th and 15th? at Daycare	9:05-9:50am Cycle & Sculpt Steph-No class July 9th & possibly 16th	9:05-9:50am Stretch & Tone Kristin-No class July 3rd, 10th, and possibly 17th		9:05-9:50am Strength & Tone —Amy-No class July 5th, 12th, and possibly 19th		
	10:00-10:45am SilverSneakers Justin-No class July 8th, and possibly 15th			10:00-10:45am SilverSneakers Justin-No class July 4th, 11th, and possibly 18th	10:05-10:55 Gentle Yoga Julie-No class July 5th. July 12th and 19th? at Daycare	*Several classes are cancelled the week of July 4th, please check the calendar carefully. *Most classes are cancelled the week of July 8th for the wood floor to get refinished. RSB and Yoga will be hosted at the Daycare building to the southeast of our facility. If your able, please check in at the front desk then walk over.	
	11:00-12:30 Rock Steady Boxing Steph/Justin- July 8th and possibly 15th at Daycare	11:00-12:30 Rock Steady Boxing Steph/Justin- July 9th and possibly 16th at Daycare		11:00-12:30 Rock Steady Boxing Steph/Justin-No class July 4th. July 11th and possibly 18th at Daycare			
		1:00-1:45pm SilverSneakers Justin-No class July 9th & possibly 16th		1:00-1:45pm SilverSneakers Justin-No class July 4th, 11th, and possibly 18th		*HIIT classes will be hosted outside July 8th and 10th, possibly the 15th and 17th, all weather permitting. *We will post on Facebook with the classroom is available for use again. If your unsure about classes please call.	
5:30-6:20pm HIIT Amberly -No class July 1st. July 8th, and possibly 15th outdoors	5:30-6:30pm Cycle/Core Ann-No class July 2nd, 9th, and possibly 16th	5:30-6:20pm HIIT Amberly-No class July 3rd. July 10th, and possibly 17th outdoors	5:30-6:30pm Cycling Cim-No class July 4th, 11th, and possibly 18th				
		6:30-7:30pm Line Dancing Kristen Schultz-No class July 3rd, 10th, and possibly 17th					
PM Classes							

Group Exercise Class Descriptions

Don't be afraid to try all these great classes. Just do what you can. Work at your own pace and enjoy some good company while you workout!

Circuits with Sara - this class will be more geared to a HIIT workout style for a full-body workout. It is a interval training sequence with high-intensity exercises. It builds cardiovascular fitness while improving muscular strength and endurance....this class combines resistance training with plyometric moves to improve your strength and power.

Cycling- Diversified has awesome spinning instructors that are ready to give you a great workout. Spinning is an exercise that utilizes a specially designed stationary bicycle and a series of cycling movements that provide the participant with both a physical and mental workout. The spinning bike is designed to mimic an outdoor bicycle ride with the added bonus of core and leg exercise to tone while you burn.

Cycle & Sculpt - is exactly as the name describes—it's the best of both worlds: an endurance-building workout that also focuses on toning and tightening your major muscle groups.

HIIT– High intensity interval training, this class uses body weight and some equipment to take you through a great cardio and total body workout. It teaches your body how to efficiently use its energy sources combining agility, speed, power & stamina.

Recovery Yoga - This type of recovery yoga is for athletes of all abilities, ages and genders. This class will focus on the benefits of deep stretching areas of the body to help your body recover and restore. Simple meditating, breathing and poses for a complete body restoration.

Rock Steady Boxing – Parkinson's Disease Fighters bring their Cornerman to a boxing inspiring circuit class focused on balance, movement, and fun led by certified Coaches Stephanie & Justin. We're learning everyday that there are ways in which people with Parkinson's disease can enhance their quality of life and even build strength, flexibility and speed! By exercising with coaches who know the ropes, you can fight your way out of the corner and start to feel and function better. (info@rocksteadyboxing.org)

Silver Sneakers® 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 Silver Sneakers ball are offered for resistance. A chair is used for seated and/or standing support.

Stretch and Tone - This class shows you basic movements with a simple routine that's easy to follow along. Use your level of weights, stability balls and your body weight to improve balance while building muscular and core strength and endurance.

Step - A simple, motivating program that can help to kick you fitness enthusiasts' into high gear. This class takes you back to basics with motivating music in an energizing setting.

T.B.S.- (Total Body Strength) is a simple athletic based workout that strengthens, tones, and defines every major muscle group in your body...ideal for beginners to experienced exercisers. It is the workout for EVE-RY- BODY.

Turn Up Dance Fitness— is a high intensity fitness class that combines elements of HIIT, strength training and dance. We evolve unapologetically, live loudly and dance ruthlessly. Turn Up classes will leave you feeling empowered, inspired and oh so sweaty. Come take your fitness to the next level and TURN IT ALL THE WAY UP! No rhythm? No problem, NO dance experience necessary!

Yoga - A revolution in mind/body training that will change the way you feel about your body forever. You will stand straighter and feel stronger, while becoming more flexible and physically aware. Yoga is designed for all fitness levels.