

# Class & Group Fitness Calendar

# February 2025

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

AM Classes

PM Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun.
	5:15-6:15am <b>Cycling</b> Jim (Sub— Steve Feb. 4th)		5:15-6:15am <b>Cycling</b> Jim		8:10-9:00am <b>Turn Up Dance Fitness</b> Jennifer	
8:00-8:50am <b>Gentle Yoga</b> Tessa		8:00-8:50am <b>Gentle Yoga</b> Tessa	8:15-9:00am <b>T.B.S.</b> Amy	8:05-8:50am <b>Circuits with Sara</b>	9:15-10:15am <b>Cycling</b> <b>Ann—Feb. 1st Cim— Feb. 15th</b>	
9:00-9:45am <b>Gentle Yoga</b> Tessa	9:05-9:50am <b>Cycle &amp; Sculpt</b> Steph	9:05-9:50am <b>Stretch &amp; Tone</b> Kristin	9:10-9:50am <b>Strong &amp; Flexible</b> Steph	9:05-9:50am <b>Strength &amp; Tone—Amy</b>		
10:00-10:45am <b>SilverSneakers</b> Justin	10:00-10:45am <b>SilverSneakers</b> Danielle	10:05-10:55 <b>Yoga 101</b> Julie (6 week session)	10:00-10:45am <b>SilverSneakers</b> Justin	10:05-10:55 <b>Slow Flow Yoga</b> Julie	*Yoga 101 is a 6 week session February 5th through March 12th. Please check the back for description.	
11:00-12:30 <b>Rock Steady Boxing</b> Steph/Justin	11:00-12:30 <b>Rock Steady Boxing</b> Steph/Justin		11:00-12:30 <b>Rock Steady Boxing</b> Steph/Justin		*Please note Saturday classes start 5 minutes earlier this month.	
			1:00-1:45pm <b>SilverSneakers</b> Justin		*No HIIT class Feb 3rd!	
5:30-6:20pm <b>HIIT</b> Amberly ( <b>No class Feb. 3rd</b> )	5:30-6:30pm <b>Cycle/Core</b> Ann	5:30-6:20pm <b>HIIT</b> Amberly	5:30-6:30pm <b>Cycling</b> Cim (Sub— Ann Feb. 6th)		*Nonmembers drop in rate for classes is \$8, all classes except Rock Steady Boxing are free for members.	
		6:30-7:30pm <b>Line Dancing</b> Kristen Schultz			* <b>Green are paid classes—</b> *Rock Steady Boxing is a class designed for Parkinson’s Disease Fighters, a boxing inspiring circuit class focused on balance, movement, and fun.	

Staffed Hours: Mondays & Wednesdays 7AM-7PM. Tuesdays & Thursdays 5AM-7PM. Fridays 7AM-6PM. Saturdays: 8AM-2PM. Sundays: Unstaffed

# 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.

**Gentle 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.

**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.

**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.

**Slow Flow Yoga** - a type of yoga class that moves a bit faster than gentle yoga. The poses are held for several rounds of breath which improves strength, flexibility, balance & focus. (Must be able to sit & stand on your mat unassisted.)

**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 EVERY-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 101** - this class will introduce beginner to the fundamentals of yoga—including poses, breathwork & relaxation techniques. The pace of class is between a gentle and a slow flow. (Must be able to sit & stand on your mat unassisted.)