

Total Body Fitness	Short and intense cardio intervals, full body strength moves, and an extra dose of abs! Great for revving up your metabolism and building muscle using your own body weight or by utilizing other fitness equipment.
Body Sculpting	Body sculpting is a low impact class that works to tone most of the major muscle groups. Participants work at their own level and pace.
Body Blast!	A perfect way to get a leg and butt strength workout while sustaining an increased heart rate for some cardio! We use dumbbells, body weight, and medicine balls. We do a lot of squats, lunges, jumps, burpees, and deadlifts. Building leg muscle mass is an easy way to increase your body's fat burning potential. Plus, you'll look great in your jeans.
Cardio Mixer	What the name says! Stations at every corner, or exercises around the perimeter of the room. This class is based on endurance and interval work. Also, could be a dance cardio class depending on instructors' availability.
Intro to Fitness	This class dives into the basics to finding your way around a fitness center and helping you become comfortable and confident in a workout setting. We will practice a variety of lifts, proper techniques and form.
Balance Core & Barre	Half a class we will do an express core workout and the other half we will relax and stretch and extend the legs and back.
Kickboxing	A beginner's level kickboxing class incorporating basic kicks and punches with proper technique. A very popular class!
Armor Abs, Speed and Agility	Repeating sets of a few core exercises targeted towards your major abdominal muscles and back muscles. Most exercises are done with body weight alone, but occasionally medicine balls and dumbbells are used. This class is a great way to ease into group exercise classes because it will be modifiable while building your core strength. Designed to be easy and repeatable.
Mindful Yoga & Meditation	This class offers a safe and gentle approach to yoga. We'll focus on awareness of alignment in the postures, to balance strength with flexibility, while developing breath awareness. The class ends with 10-15 min of sitting meditation.
Stress Management	An interactive seminar with games, personality tests, and opened discussions about different ways to relieve stress. Dr. Hofford is a specialist with 40+ years' experience in Health Promotion and Stress Management.
Strength and Conditioning 101	Strength and Condition 101 is a great class to join if you are looking to work up a sweat with strength conditioning using body weight as well as free weights. This is an intro class for beginners.
Lower Body Sculpting	A perfect way to target lower body extremities to strengthen and build the legs and glutes while sustaining an increased heart rate as a form of cardio! Be ready to work up a sweat with exercise that may include squats, lunges, jumps, burpees, and deadlifts. Accommodations for low impact can be provided.
Upper Body Blast	Introduction to weight lifting by incorporating exercises for arms and upper body muscles. With the use of dumbbells and body weight movements, this class will focus on strengthening and building of the upper body as a whole. Muscles targeted will include: chest, back, biceps, triceps, forearms, and shoulders.
Pilates	Pilates trains all of the muscles of the body to gain strength in manner they were designed to perform. Proper breathing is essential throughout exercise. The exercises are designed to promote a balance musculoskeletal system, resulting in core strength, flexibility, good posture and improved body awareness.
Yoga	Yoga focusing on strength, flexibility and form. Care will be taken to bring attention to body alignment, breath and muscle activation in each pose. Excellent for beginning and intermediate participants.. Props used during class may include a yoga mat, blocks, bolsters, stretch straps and yoga blankets



April Fitness Schedule

4/2 to 5/3

Day	Time	Length	Class	Location		
Monday	11:30 am	55 minutes	Total Body Fitness	Group Exercise Room		
	4:45 pm	55 minutes	Body Blast	Group Exercise Room		
	5:45 pm	55 minutes	Balance, Core & Barre	Group Exercise Room		
	6:45 pm	45 minutes	Intro to Fitness	Group Exercise Room		
Tuesday	4:45 pm	55 minutes	Lower Body Sculpting	Group Exercise Room		
	5:45 pm	55 minutes	Kickboxing	Group Exercise Room		
	6:45 pm	45 minutes	Cardio Mixer	Group Exercise Room		
Wednesday	11:30 am	55 minutes	Total Body Fitness	Group Exercise Room		
	4:45 pm	55 minutes	Body Blast	Group Exercise Room		
	5:45 pm	55 minutes	Yoga	Group Exercise Room		
	6:45 pm	45 minutes	Strength and Conditioning 101	Group Exercise Room		
	6:30 pm	60 minutes	Stress Management	Fitness Meeting Room		
Thursday	11:30am	80 minutes	Mindful Movement	Group Exercise Room		
	4:45 pm	55 minutes	Boot Camp	Group Exercise Room		
	5:45 pm	45 minutes	Pilates	Group Exercise Room		
	6:30 pm	45 minutes	Full Plate Nutrition	Fitness Meeting Room		
	6:45 pm	45 minutes	Armor Abs, Speed & Agility	Group Exercise Room		

SPORTS SCHEDULE!

MON	Pick Up Basketball @ 6pm
TUE	Pick Up Volleyball @ 6pm
WED	Pick Up Basketball @ 6pm
THU	Pick Up Volleyball @ 6pm

WEDNESDAY'S @ 7:30PM 8 BALL BILLIARD TOURNAMENT
THURSDAY'S @ 6:00PM HORSESHOES SHOW UP TO PLAY

SPRING INTO ACTION!