

# GROUP EX SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Aqua Fit 7:15am Hannah	Cycle 9:15am Kristi	Aqua Fit 7:15am Hannah	Barre 9:00am Wendy	Aqua Fit 7:15am Hannah	Vinyasa/Yin Yoga 8:30am Samina
Aqua Strength & Flex 8:30am Hannah	Vinyasa Flow Yoga 10:30am Kristi	Tai Chi 8:00am Lia	Cycle 9:15am Kristi	Tai Chi 8:00am Lia	Cycle 9:30am Melissa
Fitness Equipment Orientation 9:00am Kristi	Muscle Max 12:00pm Melissa	HIGH Fitness 9:00am Lacey	Vinyasa Flow Yoga 10:30am Kristi	Aqua Strength & Flex 8:30am Hannah	Zumba 10:00am Ann
Barre 9:00am Wendy	Zumba 5:30pm Nataliya	Lift & Balance 10:15am Diane	Step & Sculpt 12:00pm Melissa	Zumba Gold 10:00am Mary	Muscle Max 12:00pm Melissa
Lift & Balance 10:15am Diane		Chair Yoga 11:15am Diane	Zumba 5:30pm Nataliya	Sit & Be Fit 11:15am Melissa	
Chair Yoga 11:15am Diane		Aqua Fusion 12:15pm Melissa		Vinyasa Flow Yoga 3:45pm Kristi	
Pilates 12:15pm Kristi		Vinyasa Flow Yoga 5:30pm Kristi			
Vinyasa Flow Yoga 5:30pm Angel <i>Begins 5/16/22</i>		Cycle 5:45pm Beth			

- Leisure Pool
- Studio 1
- Studio 2
- Tennis Court
- Weight Room



QUESTIONS? E-MAIL [FITNESS@MTPARKKNOA.COM](mailto:FITNESS@MTPARKKNOA.COM)

## CLASS DESCRIPTIONS

### **HIGH Fitness**

This class has brought aerobics back in a hip and unique way, and the world is taking notice. Old School Aerobics meets HIIT training, all mashed up into a one-hour, total body workout.

### **Cycle**

Join us for a classic, high-intensity cycling workout. This class is a fun, challenging, and energizing way to get your cardio!

### **Barre**

Barre fuses techniques from dance, pilates, and yoga to tone, define and chisel the body. A perfect combination of strength and flexibility with a cardiovascular element utilizing the barre.

### **Zumba**

Filled with Latin and World rhythms, Zumba delivers a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. No experience necessary, everybody and every body is welcome! Let's party!

### **Zumba Gold**

The same great Zumba formula at a lower intensity. Each class has a longer warm up and cool down to allow participants a program that improves balance, flexibility, and cardiovascular strength.

### **L.I.F.T. & Balance (Low Impact Functional Toning)**

Workouts focused on proper body mechanics, balance, and alignment to help improve quality of life and decrease risk of injury.

### **Fitness Equipment Orientation**

Learn more about how to use the fitness equipment in the weight room - both strength and cardio machines - join us for a 30-minute orientation.

### **Step & Sculpt**

With the goal of increasing cardio vascular fitness and strength, we will combine step aerobics and strength training in one fun filled hour of fitness.

### **Muscle Max**

This class is designed to help build strength and endurance. It includes resistance training; body weight exercises and finishes with core training and stretching for a complete workout.

### **Vinyasa Flow Yoga**

This class focuses on the flow of one position to the next, often matched to controlled breathing.

### **Vinyasa/Yin Yoga**

This type of yoga class is a combination of vinyasa flow while also holding a pose for a longer amount of time to get a deeper stretch.

### **Chair Yoga**

Yoga that eliminates the challenge of getting down on the floor with standing, sitting, and mat poses performed on a chair.

### **Low Impact Aerobics**

Join us for short combinations of basic dance movements which are linked together to provide an increase in cardiovascular endurance while having fun at the same time. All levels welcome.

### **Tai Chi**

A slow-paced, low impact, gentle movement class based on 24-movement Short Form. Increase balance and enhance well-being.

### **Sit & Be Fit**

Using the chair, this class focuses on resistance training and cardio to give you a total body workout without being on your feet.

### **AquaFit**

An active workout designed to improve aerobic fitness, strength, and flexibility.

### **Aqua Strength & Flex**

This class is geared to improve balance and mobility by working out in warmer water. Class taught in the Leisure Pool.

### **Aqua Fusion**

This is a fun, all over cardio, toning and strength class utilizing a variety of different equipment.