

# GROUP EX SCHEDULE - UPDATED 4/24/24

| MONDAY                                             | TUESDAY                                            | WEDNESDAY                          | THURSDAY                            | FRIDAY                             | SATURDAY                              |
|----------------------------------------------------|----------------------------------------------------|------------------------------------|-------------------------------------|------------------------------------|---------------------------------------|
| Cycle 6:30am<br>Clodagh                            | Body Sculpt 7:00am<br>Emily                        | Cycle 6:30am<br>Clodagh            | Body Sculpt 7:00am<br>Emily         | Aqua Fit 7:15am<br>Beth            | Vinyasa/<br>Yin Yoga 8:30am<br>Samina |
| Aqua Fit 7:15am<br>Hannah                          | Cycle 9:00am<br>Marleise                           | Aqua Fit 7:15am<br>Hannah          | Barre 9:00am<br>Wendy               | Tai Chi 8:00am<br>Lia              | Cycle 8:30am<br>Marleise              |
| Aqua Strength & Flex 8:30am<br>Hannah              | Latin Fusion 9:15am<br><b>Begins 5/14</b><br>Haley | Tai Chi 8:00am<br>Lia              | Cycle 9:00am<br>Marleise            | Aqua Yoga 8:30am<br>LuAnn          | Zumba 10:00am<br>Ann                  |
| Barre 9:00am<br>Wendy                              | Gentle CardioYo 10:30am<br>Diane                   | Aqua Fusion 8:15am<br>Hannah       | Vinyasa Flow Yoga 10:30am<br>Kristi | Zumba Gold 10:00am<br>Sandra       | Body Sculpt 10:00am<br>Marleise       |
| Gym Orientation 10:00am<br>Kristi                  | Vinyasa Flow Yoga 10:30am<br>Kristi                | Sit & Be Fit 9:00am<br>Marleise    | Gentle CardioYo 10:30am<br>Diane    | Sit & Be Fit 11:15am<br>Marleise   |                                       |
| Lift & Balance 10:15am<br>Diane                    | Body Sculpt 12:00pm<br>Marleise                    | Lift & Balance 10:15am<br>Diane    | Body Sculpt 12:00pm<br>Marleise     | Vinyasa Flow Yoga 3:45pm<br>Kristi |                                       |
| Chair Yoga 11:15am<br>Diane                        | Pilates 4:30pm<br>Emily                            | Chair Yoga 11:15am<br>Diane        | Pilates 4:30pm<br>Emily             |                                    |                                       |
| Pilates 12:15pm<br>Kristi                          | Line Dancing 5:45pm<br>Emily                       | Gentle Yogalates 12:15pm<br>LuAnn  | Line Dancing 5:45pm<br>Emily        |                                    |                                       |
| Latin Fusion 4:15pm<br><b>Begins 6/10</b><br>Haley |                                                    | Vinyasa Flow Yoga 5:30pm<br>Kristi | Deep Water Aerobics 5:45pm<br>LuAnn |                                    |                                       |
| Yoga Flow & Deep Stretch 5:30pm<br>Carol           |                                                    | Cycle 5:45pm<br>Peter              |                                     |                                    |                                       |
| Cycle 5:45pm<br>Beth                               |                                                    |                                    |                                     |                                    |                                       |

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



Questions? E-Mail [fitness@mtparkhoa.com](mailto:fitness@mtparkhoa.com)

## CLASS DESCRIPTIONS

### **Pilates**

A full body workout that helps create long, lean muscles. Pilates is performed on a mat on the floor, using gravity and your body's own resistance to work the muscles.

### **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 – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. No experience necessary, every body is welcome! Let's party!

### **Yogalates**

Yogalates is a focused class that combines Yoga asanas and Pilates core movement for a body, mind and soul workout.

### **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.

### **Gentle CardioYo**

A blend of nonimpact floor cardio movements, followed by basic standing yoga poses with or without very light weights. No yoga experience necessary.

### **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.

### **Line Dancing**

Join us for a fun-filled hour learning one to two line dances per class - so fun you forget your getting fit at the same time!

### **Body Sculpt**

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.

### **HIIT It**

Get ready to sweat! HIIT It is a high intensity class influenced by boxing conditioning exercises that will help you develop power, muscular endurance, and cardiovascular endurance. \*Feel free to bring your own boxing gloves if you have them.

### **Gentle Yogalates**

Yogalates is a focused class that combines gentle Yoga asanas and gentle Pilates core movement for a body, mind and soul workout.

### **Latin Fusion**

Enjoy a 60 min class full of the fun and spicy Latin dance moves you've always wanted to try! Learn the basics of salsa, merengue, bachata, and more. If you like line dance or Zumba, give this class a try.

### **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.

### **Tai Chi**

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

### **Yoga Flow & Deep Stretch**

Easy Yoga flow and deep stretch to extend and improve flexibility and joint mobility.

### **Sit & Be Fit**

You can utilize a chair, or choose to stand for this class! This class focuses on resistance training in a safe and effective way to give you a full body workout.

### **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.

## AQUATICS

### **Aqua Strength & Flex**

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

### **Deep Water Aerobics**

This class focuses on aerobic endurance and resistance training to upbeat music. Flotation devices are used so there is no impact on knees and hips. A great workout, come join the fun!

### **AquaFit**

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

### **AquaYoga**

An active workout designed to improve balance, strength, and flexibility.

### **Aqua Fusion**

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