

# GROUP EX SCHEDULE - UPDATED 10/7/2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cycle 6:30am Clodagh	Body Sculpt 7:00am Emily	Cycle 6:30am Clodagh	Body Sculpt 7:00am Emily	Aqua Fit 7:15am Beth	Vinyasa/ Yin Yoga 8:30am Samina
Aqua Fit 7:15am Hannah	Cycle 9:00am Marleise	Aqua Fit 7:15am Hannah	Barre 9:00am Wendy	Tai Chi 8:00am Lia	Cycle 8:30am Marleise
Aqua Strength & Flex 8:30am Hannah	Latin Fusion 9:15am Haley	Tai Chi 8:00am Lia	Cycle 9:00am Marleise	Aqua Yoga 8:30am LuAnn	Zumba 10:00am Ann
Barre 9:00am Wendy	Gentle CardioYo 10:30am Diane	Aqua Fusion 8:15am Hannah	Vinyasa Flow Yoga 10:30am Kristi	Sit & Be Fit 11:15am Marleise	Body Sculpt 10:00am Marleise
Gym Orientation 10:00am Kristi	Vinyasa Flow Yoga 10:30am Kristi	Sit & Be Fit 9:00am Marleise	Gentle CardioYo 10:30am Diane	Vinyasa Flow Yoga 3:45pm Kristi	
Cardio Mix 10:15am Diane	Body Sculpt 12:00pm Marleise	Aqua Yoga 9:30am LuAnn	Body Sculpt 12:00pm Marleise		
Chair Yoga 11:15am Diane	Pilates 4:30pm Emily	Cardio Mix 10:15am Diane	Pilates 4:30pm Emily		
Pilates 12:15pm Kristi	Line Dancing 5:45pm Emily	Zumba Gold 11:15am Ann	Line Dancing 5:45pm Emily		
Zumba Gold 2:00pm Kristin		Chair Yoga 11:15am Diane	Deep Water Aerobics 5:45pm LuAnn		
Latin Fusion 4:15pm Haley		The Body Shop 12:15pm Leno			
Yoga Flow & Deep Stretch 5:30pm Samina		Vinyasa Flow Yoga 5:30pm Kristi			
Cycle 5:45pm Beth		Cycle 5:45pm Peter			

Pool

Studio 1

Studio 2



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!

### **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.

### **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.

### **The Body Shop**

This class will focus on form and technique while building muscle strength and endurance, along with a little cardio sprinkled in for a full body workout!

### **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.

### **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.

### **Cardio Mix (formerly Lift & Balance)**

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

### **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.

### **Tai Chi**

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

### **Chair Yoga**

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

### **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.

### **Vinyasa Flow Yoga**

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

### **Gym 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.

## 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.