



Group Fitness Schedule November 2019

Updated October 28, 2019

Center Hours
Monday-Friday 5am to 10pm
Saturday & Sunday 7am to 5pm (May-August)
Saturday & Sunday 7am to 7pm (September-April)

Spinning						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-6:45a Spinning -Nancy		6:00-6:45a Spinning -Nancy		5:45-6:30a Spinning -Mary L	9:00-10:15a Cycle Trg. -Rotation	★ 10:15-11:00a Spinning -Rotation
12:00-12:45p Spinning -Nicole	12:00-12:45p Spinning -Nicole			12:00-12:45p Spinning - Sharon	Spinning Class Information Pick up a lanyard at the Front Desk up to 1 hour before class. <i>One lanyard per person please.</i> Bring a bottle of water and towel. Leave lanyard on bike after class.	
4:15-5:00p Spinning -Nicole		4:15-5:00p Spinning -Nicole	4:15-5:00p Spinning -Caitlyn			
	6:30-7:30p Spinning -Maggie	6:00-6:45p Spinning -Sharon				

Group Exercise Studio Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-6:45a Group Active™-Charmaine	6:00-6:25a Insanity -Morgan	5:45-6:45a Burn Out, Build Up - Alisha	5:45-6:45a Sunrise Yoga -Mary	5:45-6:15a Tabata Express™ -Alisha	7:30-8:25a Zumba Fitness -Cecilia	8:00-9:00a Group Power™-Tammy
9:45-10:45a Pilates Mat -Delia	6:30-7:00a Group Core™ -Morgan	9:15-10:15a Group Power -Morgan	5:45-6:30a Triple Threat -Morgan	9:00-10:15a Vinyasa Yoga -Linda R	8:00-9:00a Monthly Meditation <small>1st Sat. of the month only</small>	9:00-10:00a Work It Circuit-Fitness
10:30-11:20a Forever Young-Charmaine	8:00-9:00a Stretch & Strengthen-Micki	10:30-11:20a Forever Young-Charmaine	8:00-9:00a Stretch & Strengthen-Micki	9:15-10:15a Gentle Yoga-Lynn	8:30-9:30a Class Rotation- see below	9:05-10:05a Group Active™-Tammy
11:30-11:55a Cardio Blast -Morgan	9:15-10:15a Gentle Yoga-Micki	10:30-11:30a Pilates Mat -Delia	9:15-10:15a Gentle Flex-Dawn	9:15-10:00a Work It Circuit-Alisha	9:30-10:45a Vinyasa Yoga -Rotation	
12:00-1:00p Group Power™ -Sandy	10:30-11:00a <i>FY Pound removed for November only</i>	11:30-11:55a Absolutely Abs - Loni	9:15-10:15a Tai Chi - Tom	10:30-11:20a Forever Young -Franny	9:35-10:35a Group Power™-Rotation	The "Work It Circuit" & "Line Dancing" classes take place on the gym floor.
4:30-4:55p Group Core™ -Larry	10:30-11:45a Vinyasa Yoga -Linda R	12:00-12:50p Tabata-Loni	10:30-11:00am Body Works Express -Dawn	10:30-11:30a Chair Yoga -Anna	10:45-11:45a Pilates Mat -Delia	
5:00-5:55p Group Power™ -Larry	11:00-11:50am Line Dancing -Franny	4:30-4:55p Jump Rope Intervals - Larry	10:30-11:30a Beg/Cont Yoga -Tom	11:30a-11:55a Insanity -Rotation	12:15-1:15p Tai Chi Fundamentals - Anna	
6:00-6:55p Group Active™- Tammy	11:30a-12:25p Zumba Fitness -Maria	5:00-5:55p Group Power™ -Larry	11:00-11:50am Line Dancing -Franny	12:00-1:00p Group Power™ -Sandy	Saturday 8:30am Class Rotation	
7:00-8:00p Beg/Cont Yoga -Letty	12:30-1:30p Group Active™-Charmaine	5:30-6:30p Beginner Yoga -Micki	11:30a -12:25p Group Active™-Charmaine	4:30-4:55p Group Core™ -Larry	11/2: Insanity w/ Morgan 11/9: Wellness Day Demo Classes 11/16: Tabata w/ Carol 11/23: Triple Threat w/ Morgan 11/30: CardioBox & Abs w/ Tammy	
Classes shaded in gray take place in the Wellness Room.	4:30-5:00p Insanity - Morgan	6:00-6:55p Zumba Fitness -Maria	12:00-12:30p Insanity -Morgan	5:00-6:00p Group Power™ -Larry	Class Updates: Sunday Spin is BACK at 10:15am ★ <i>Instructor Rotation, Begins November 3rd (class will run through April 2020)</i> Save the Date Saturday, December 7th LCF's Annual Toy Drive Demo Day 7:30-10:30am Forever Young POUND on Tuesdays at 10:30am has been removed from the schedule for November.	
	5:15-6:10p Group Active™-Carol	7:00-8:15p Hatha Vinyasa Yoga - Micki	12:30-1:30p Zumba Fitness -Maria	6:00-7:00p Work It Circuit -Oscar		
	6:15-7:10p Hip Hop Jazz -Franny		5:15-6:10p Group Active™- Tammy			
	7:15-8:15p Tabata -Cecilia		6:15-7:10p Zumba Fitness -Maria			
			7:15-7:45p Insanity - Marissa			

A special class schedule will be posted for the Thanksgiving Holiday.



Class formats, times, & instructors subject to change without notice. Classes with **low attendance** will be cancelled. Updates posted in advance when possible.

On Nov. 9th - No 9am Vinyasa Yoga, 10:45am Pilates, or 12:15pm Tai Chi due to Wellness Day.

YOGA - PILATES - TAI CHI - MEDITATION

Beginning/Continuing Yoga-Level 1&2 This multi-level class focuses on the fundamentals of yoga but gives opportunities to progress with more challenging options
Chair Yoga - Enjoy the relaxation and physical benefits of yoga from a seated position. Perfect for beginners or members with mobility concerns.

Gentle Yoga- Moves at a slower pace to focus on individuals' needs & ranges of motion. An ideal format for the older adult or anyone looking for restorative practice.

Gentle Flex- Experience gentle active range of motion exercises that increase flexibility and strengthen at the same time. An ideal format for the older adult.

Hatha Vinyasa- A "slow-flow" dynamic and moderately challenging practice that combines Hatha's emphasis on skeletal and muscular alignment with Vinyasa's focus on breath and movement flow. Class offers a good balance of strength and flexibility asanas. *At least six months of yoga experience is strongly recommended .*

Intermediate Yoga-This yoga class combines breath & movement, proper alignment & pose endurance in a flowing style of yoga. *Previous yoga experience recommended.*

Laughter Yoga- Laughter is the best medicine. Increase energy, improve mood, reduce stress, strengthen immune system, and so much more.

Meditation - Experience guided meditations, breath work, mantras and visualization exercises to help relieve stress and gain inner peace and balance.

Sunrise Yoga-This traditional Hatha style yoga class will help awaken & rejuvenate your body for the entire day. Start the day with a sense of peace, strength & energy. *Previous yoga experience recommended .*

Vinyasa Yoga- A style of flowing yoga characterized by connecting poses using rhythmic, efficient, & fluid transitions. *Previous yoga experience recommended .*

Pilates Mat-All levels Learn the traditional core strengthening exercises created by Joseph Pilates. Pilates will help strengthen your core, hips, and lower back.

Stretch & Strengthen - Experience movements from yoga & dance for a non-cardio full-body workout that will increase tone & flexibility. Mat & standing work assist both balance and range of motion for the joints.

Tai Chi - Relieve tension and stress with Tai Chi. Class will focus on body awareness, breathing, balance and a slow moving form of meditation.

Tai Chi Fundamentals® - Offers a simplified introduction to traditional Yang-style Tai Chi. This class is beginner friendly and will focus on performing relaxed, fluid movements while cultivating a calm, yet alert mental state. Other benefits include increased endurance, balance, and stress relief.

CARDIO - STRENGTH - CORE

Absolutely Abs - Get your abs in shape w/ 360° coverage while performing Ab-focused exercises like curls, planks, twists, etc., using resistance balls, small balls & weights.

Balance Bootcamp- 60 minutes of balance training to help you improve your stability and stay strong & stable. Class doesn't take place the third Friday of the month.

Body Works Express-A gentle 3 dimensional workout using a variety of equipment in all different planes of motion. Work your muscles like never before.

Burn Out, Build Up - A high energy total body workout using various equipment to tone the toughest parts of your body and leave you feeling strong and powerful. Strength, stretching and some cardio will be included.

Cardio Blast- This heart pounding workout with simple drills and basic exercises is all cardio designed to make you sweat. Drills can be modified to fit your needs.

CardioBox- Experience a combination of upper and lower body boxing style movements to achieve a cardiovascular workout. A fun class that will get you moving and burning calories!

Forever Young- This class combines cardio, balance, strength, and stretching exercises for the purpose of improving daily function in the older adult. Participants should be able to move freely in all directions. The majority of the exercises are performed in the standing position, using a variety of equipment.

Group Active™ - Activate your life! Cardio (using The Step™), strength, balance, core and flexibility. A complete workout in 1 hour!

Group Core™ - Train like an athlete in 30 action-packed minutes. Improve athletic performance, help prevent back pain, and get ripped! Experience functional and integrated exercises using your body weight, weight plates, a towel, and a platform – all to challenge you like never before. HARD CORE!

Group Power™-Your hour of power! This 60-minute barbell program is for men and women of all ages and abilities. Strength train every major muscle group to heart pounding music for the entire body in only one hour! Guaranteed to improve strength and muscle definition!

Hip Hop Jazz- An action packed class that fuses various dance styles to get your blood pumping & muscles popping.

INSANITY™ - A high intensity cardio-based total body conditioning class using no equipment. Highly challenging & results-driven. Increase metabolism, strength & calories burned. Modifications can be made but please be injury free.

Jump Rope Intervals - A non-stop, high intensity class that combines 2 minutes of jump rope alternated with 1 minute of body-weighted cardio/strength/core exercise. Boost your metabolism, get sweaty and have fun jumping rope in this full body challenge workout!

Line Dancing- Dance your way to better health with fun group dance combinations set to feel good Country music. Participants should be able to move freely in all directions. Boost your brain power, strengthen your bones, develop better balance, release stress, and have fun with friends. Class meets on the gym floor.

Forever Young/Pound™ - Rockout! Workout! A full body cardio jam session using lightly weighted drumsticks. Easy to follow cardio, strength, & pilates movements, with a chair.

Tabata- High Intensity Interval Training! Work one body part STRONG for brief periods of time with a 10 second break in between. It's intense, fun & over before you know it. Tabata is known as the "4 Minute Workout"! Boost post exercise caloric burn so your metabolism keeps burning more calories long after class is over. Modifications can be given.

Tabata Express™ - High Intensity Interval Training in 30 minutes! Perform short interval bursts of various exercises that will maximize your results in minimal time. Work hard, Harder, and HARDEST in this class! Modifications can be given for those that need it.

Triple Threat- A fun class to keep your body challenged and guessing! Class combines plyometric cardio exercises, strength training, and high energy kickboxing! Each of these is broken into 15 minute segments to elevate your heart rate and work the total body.

Work It Circuit- Join our fitness specialists for an hour of combined strength and cardiovascular exercises. This class meets on the gym floor and is never the same!

Zumba Fitness- Join the Zumba party! Dance to salsa, merengue, cumbia & reggaeton rhythms. Get your heart pumping & body moving. You won't even realize it's exercise!