



# Group Fitness Schedule

Updated September 21, 2023

**Center Hours**  
Monday-Friday 5am to 10pm  
Saturday & Sunday 7am to 5pm  
Monday, September 4, 7am-1pm

## Special Class Schedule 9/16 - land classes on the Nursing School lawn 8am-12pm

Cycling Studio						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>We are actively seeking Certified Cycling Instructors. If you or someone you know is an instructor, or is considering it, let us know!</p>	6:00-6:45a Cycling -Nancy	5:45-6:30a Cycling -Mary		6:00-6:45a Cycling -Nancy	9:30-10:30a Cycle Trg. -Maggie/Tina	<p>Sunday Cycle will not take place during the summer months.</p> <p>Classes are held in the Cycling Studio next to the cafe.</p> <p>Pick up a lanyard at the front desk up to 1 hour before class to reserve your spot.</p> <p>1 lanyard per person</p>
			12:15-1:00p Cycling -Nicole			
	★ 4:30-5:15p Cycling -Niki					
6:00-6:45p Cycling -Sharon		6:00-6:45p Cycling -Sharon				

## Land Based Classes - Group Fitness Studio or Gym Floor

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-6:40a Group Active™-Charmaine	6:00-6:25a Cardio/Strength Intvls Morgan	5:30-5:55a Cardio Blast -Morgan	5:30-6:25a Sunrise Yoga -Mary			1:00-1:55pm ★ Pilates Mat -Iya
	6:30-6:55a Core Training - Morgan	6:00-6:55a Group Power™ -Morgan	6:00-6:50a Cardio/Strength Intvls Morgan		7:30-8:20a Zumba Fitness -Maria	
		8:15-9:10a Zumba Fitness -Mabel			8:30-9:20a Class Rotation- see below	Classes highlighted IN GREY are on the Gym Floor . Class clean up takes place up to 10 minutes after class end time.
9:30-10:25a Hatha Yoga - Maura	9:30-10:15a Chair Yoga - Maura	9:30-10:25a Gentle Yoga - Maura	★ Classes on 9/15 & 9/29 this month.	9:30-10:25am Qigong -Tom	9:35-10:30a Group Power™/Strength Rotation	
10:30-11:25a Pilates Mat -Delia			9:15-10:10a Gentle Flex -Dawn	10:45-11:40a Pilates Mat + -Delia	11:00a-11:55a Intermediate Yoga -Tom	
10:30-11:15a Forever Young-Charmaine	10:45-11:15a Foam Roll Stability -Delia	10:30-11:15a Forever Young-Charmaine	10:30-10:55a Body Works Express Dawn	10:45-11:30a Body Works -Brad	12:00-12:55p Tai Chi -Tom	No Yoga/Tai Chi on 9/2
11:30-11:55a Cardio Blast -Morgan	11:30a-12:25p Zumba Fitness -Maria	11:30-11:55a Absolutely Abs -Loni	11:15a -12:10p Group Active™-Charmaine		<p><b>Saturday 8:30am Class Rotation &amp; 9:35am Group Power Instructor</b></p> <p>9/2: Cardio Mix Tabata with Charmaine 9:35am Group Power with Morgan 9/9: Group Active with Tammy 9:35am Group Power with Tammy 9/16: LCF BLOCK PARTY EVENT - Classes on the lawn in front of the Nursing School! Schedule posted soon! 9/23: Group Active with Tammy 9:35am Group Power with Tammy 9/30: Group Active with Jaime 9:35am Group Power will be a Strength format with Sandy</p> <p>Qigong Class will meet every Friday beginning in October!</p>	
12:00-12:55p Group Power™ -Morgan	12:30-1:25p Group Active™-Charmaine	12:05-12:50p Tabata-Loni	12:30-1:25p Zumba Fitness -Maria			
4:30-4:55p Group Core™ -Larry		3:30-4:25pm No Class 9/17 No Flex Pilates Mat -Delia		4:30-4:55p Group Core™ -Larry		
5:00-5:55p Group Power™ -Larry	5:15-6:10p Group Active™-Jaime	4:30-4:55p Butts & Guts -Larry		5:00-5:55p Group Power™-Larry		
6:00-6:55p Group Active™-Tammy		5:00-5:55p Group Power™-Larry	6:00-6:55p Work It Circuit -Daryus	6:05-7:00pm Pilates Mat -Delia		
	★ 6:45-7:40p Yoga Sculpt-Marissa	6:15-7:10p Zumba Fitness -Maria		6:15-7:10p Work It Circuit -Oscar		

★ = class updates

### Important Information & Guidelines

Equipment must be thoroughly wiped down after class.

When classes are back to back, please allow time for the previous class participant's to clean up their workout space before entering the studio.

Class formats, times, and instructors are subject to change without notice. Classes with low attendance will be cancelled.

★ New Yoga Sculpt begins 9/12!  
★ Sunday Pilates class time change to 1pm with New LCF Instructor Iya, no class 9/17.



## **YOGA - PILATES**

**Foam Roll Stability**-Spend a half hour using the foam roller as a stability challenge. There is a great deal of core work involved in simple balancing and stretching.

**Chair Yoga**- A gentle practice in which postures are performed while seated in a chair. Class moves at a slower pace to focus on individuals' needs & ranges of motion. An ideal format for the older adult or anyone with balance concerns.

**Hatha Yoga**- A traditional yoga class where you will move your body slowly and deliberately into different poses that challenge your strength and flexibility, while at the same time focusing on relaxation and mindfulness.

**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.

**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.

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

**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.*

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

**Pilates Mat +** - The first 40-45 minutes of the class are a fairly standard, if simplified Pilates Mat sequence. After a 5min. break, class reconvenes to attack the more ambitious Pilates mat exercises for 10-15 minutes. It's highly recommended that the first part of the class is done before part two, as part one prepares the body for the greater challenges.

**No Flex Pilates Mat** -A Pilates Mat class that will adapt the Pilates Mat exercises to a safe protocol for those with bone density concerns. Spinal flexion is contra-indicated for people with osteoporosis. As regular Pilates does incorporate a great deal of flexion, this class will instruct alternatives that can eventually be taken into other mat classes.

**Qigong**- A centuries-old system of coordinated body postures, movements, breathing, and meditation used to facilitate optimal health and spirituality. Class will utilize standing exercises that promote mobility and flexibility throughout the joints to create suppleness and youthful vitality throughout the body.

**Tai Chi**- Class involves a series of movements performed in a slow gentle way. Focus on breathing and body awareness in this slow moving form of meditation.

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

**Yoga Sculpt**- This is a quick flowing full body yoga class incorporating light weights with vinyasa and cardio bursts. Class takes place in a heated room with upbeat music. Yoga experience recommended due to the faster pace.

## **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.

**Body Weight Blast** - This is a no weights, no problem kind of class. Get an awesome cardio & strength workout using nothing more than your own body weight!

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

**Butts & Guts**- A temporary class on Wednesdays at 4:30pm in June with Larry. Use bands and body weight to target the abdominals, hips, glutes, and hamstrings in just 25 minutes.

**Cardio Blast**- Simple drills & basic exercises that will get your heart pumping & make you sweat. Drills can be modified to fit your needs. Bands/light weights may be used.

**CardioKick Combos**- Get your body moving with aerobic style kicks, jabs and punches paired with traditional cardio exercises to achieve a full body workout. A fun class that will keep you moving and burning calories! Not a regular class on the schedule but you will find it on Saturdays as part of the 8:30am Rotation class.

**CardioKick & Strength Intervals** - The same great workout as CardioKick Combos but with an extra focus on muscle strength & endurance using dumbbells and body weight. Not a regular class on the schedule but you will find it on Saturdays as part of the 8:30am Rotation class.

**Cardio Strength Intervals (CSI)**- High intensity class that has fun and unique combinations to build cardiovascular endurance, strengthen muscles and keep the body challenged.

**Cycling**-This class provides music and coaching that begs your legs to pedal through varied terrain. Heart rate monitors are recommended. Arrive early for bike set up.

**Cycle Training**- A full 60 minutes of riding through varied terrains to challenge your cardiovascular and muscular strength & endurance.

**Forever Young**- This class combines low impact 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.

**Group Active™** -A diverse 1-hour workout that improves cardiovascular fitness, builds total-body strength, & enhances Movement Health™ for daily life. Inspiring music & professional coaching will ensure you succeed with a wide variety of innovative and athletic exercises using dumbbells, body weight, and The STEP®. ACTIVATE YOUR LIFE! Perfect if you are newer to exercise or have not exercised in a long time. Also ideal for the super busy and fit who need to get it all – cardio, strength, balance, and flexibility.

**Group Core™** - Gives you three-dimensional strength in 30 action-packed minutes. A stronger core, from your shoulders to your hips, improves athletic performance and enhances Movement Health™. Expert coaching & motivating music will push you through a wide variety of innovative exercises that use your body weight, weight plates, The STEP®, and a towel. GET HARD CORE!

**Group Power™** - is a one-hour, cutting-edge strength training workout designed to get you muscle strong and movement strong. It combines traditional strength training with full-body, innovative exercises using an adjustable barbell, weight plates, body weight, The STEP®, heart-pounding music, and expert coaching. GET MUSCLE & MOVEMENT STRONG! Expect high-rep training, athletic movements, and a periodized training approach.

**Tabata**- 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.

**Work It Circuit**- Join our fitness specialists/trainers for a combination of strength and cardiovascular exercises. This class 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!

**3-2-1-done!** - This is a fun and energetic class with Sandy that combines the best of cardio, strength, and core to give you a full body workout. Not a regular class on the schedule but you will find it on Saturdays as part of the 8:30am Rotation class.