



ACTIVITY SCHEDULE

JUNE 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:15am-6:15am *BOOT CAMP Rochelle Duncan	5:30am-6:30am PURE STRENGTH Rochelle Duncan	5:00am-6:00am *RHYTHM & RIDE Sarah Garrett	5:30am-6:30am PURE STRENGTH Rochelle Duncan	5:00am-6:00am *RHYTHM & RIDE Sarah Garrett	8:00am-8:30am FIGHT CLUB June 11th and 25th Jessica Crump
	8:00am-9:00am YOGA - LEVEL 1 Lawren Mordica	8:00am-9:00am *SB ELITE FITNESS Lindsay Morris	5:15am-6:15am *BOOT CAMP Rochelle Duncan	8:00am-9:00am *SB ELITE FITNESS Lindsay Morris	5:15am-6:15am *BOOT CAMP Rochelle Duncan	9:00am-10:00am ONE MORE REP June 11th and 25th Jessica Crump
	5:15pm-6:15pm MAT PILATES Jessica Crump	8:00am-9:00am *RHYTHM & RIDE Sarah Garrett	6:00am-6:30am FIGHT CLUB Jessica Crump	8:00am-9:00am *RHYTHM & RIDE Sarah Garrett	6:00am-6:30am FIGHT CLUB Jessica Crump	
	5:45pm-6:15pm TOTAL CORE Melissa Karotka	9:00am-9:45am SILVER SNEAKERS Donna Wren	8:00am-9:00am YOGA - LEVEL 2 Lawren Mordica	9:00am-9:45am SILVER SNEAKERS Donna Wren	8:00am-9:00am YOGA - LEVEL 1 Lawren Mordica	
	6:30pm-7:30pm *RHYTHM & RIDE Jessica Crump	10:00am-10:45am SS YOGA Donna Wren	9:15am-10:00am TECHNO GYM Jessica Crump	10:00am-10:45am SS YOGA Donna Wren	9:15am-10:00am TECHNO GYM Jessica Crump	
	6:30pm-7:00pm TOTAL BODY CARDIO Melissa Karotka	4:00pm-5:00pm PURE STRENGTH Rochelle Duncan	10:15am-11:00am SILVER SNEAKERS Donna Wren	4:00pm-5:00pm PURE STRENGTH Rochelle Duncan		
		5:00pm-5:45pm *STARLIGHT DANCE 3-4 Emma Holcomb	5:15pm-6:15pm ONE MORE REP Jessica Crump	5:00pm-5:45pm *STARLIGHT DANCE 5-6 Emma Holcomb		
		6:00pm-6:45pm STEP IT UP Jessica Crump	5:45pm-6:15pm GLUTES & ABS Melissa Karotka	6:00pm-6:45pm STEP IT UP Jessica Crump		
			6:30pm-7:30pm *RHYTHM & RIDE Jessica Crump			
■ Fitness Center		■ Lee & Sherri Willbers Exercise Room		■ Small Group Exercise Room		■ Turf Room

*Fee based classes. Registration required.

CLASS DESCRIPTIONS

BOOT CAMP: A 6-week challenge course focusing on cardio, strength, flexibility and core...everything you need to reach your fitness goals! In addition, you'll receive healthy doses of motivation, inspiration, accountability, and learn to eat smart. (Registration Required)

ELITE FITNESS: This class will consist of high intensity exercises designed to help you burn fat and gain muscle. Each participant will undergo an InBody scan before and after the session to determine the winners for Biggest Loser and Biggest Gains. (Registration Required)

FIGHT CLUB: This 45 minute class provides a total body workout that targets core strength and balance. Participants practice kicks, punches and agility movements designed to increase cardiovascular endurance, muscular strength, range of motion and agility. Working individually or in pairs for rounds of intense work in an easy to understand format. Its a great core workout too!

MAT PILATES: This 45 minute class will help you develop your core strength while focusing on coordination, flexibility, and stability based movements. This workout is low impact and is ideal for members for all ages and abilities. The exercises cover all core powerhouse muscle groups: abdominals, lower back, shoulders, thighs and glutes.

MIDDLE SCHOOL PERFORMANCE TRAINING: This 60 minute strength training program will help young athletes excel in all sports. Participants will be taught lifting mechanics to help them gain overall strength and learn proper form to prevent injury. During this 6 week course we will discuss how to engage specific muscle groups during exercise, muscle recovery time, proper spotting, as well as gym etiquette. (Registration Required)

ONE MORE REP: This is a challenging 60 minute class that combines cardio and strength training. This class consists of phases of high-intensity work, followed by phases of moderate or low-intensity recovery. The class can be done as a low-impact workout or revved up for a bigger calorie burn. Suitable for all fitness levels.

PURE STRENGTH: A 60 minute weights based class that focuses on the entire body. By the end of this class you will have worked your muscles to their peak while maintaining a strong heart rate and having fun along the way. This class is designed to give you the whole body muscle building your desire.

RHYTHM & RIDE: This is a 60 minute class that burns fat, builds strength and gains endurance while listening to great music and motivational instruction. You'll climb, sprint and train and a pace designed for all ages and fitness levels. (Registration Required)

SILVER SNEAKERS CLASSIC: This is a 45 minute comprehensive health and fitness program for the active aging that emphasizes cardiovascular endurance and helps those challenged with osteoporosis. This is a strength and balance class that may include lifting hand held weights, stretching restive tubing and using your own body's resistance, while also using your core muscles to improve balance and stability.

SILVER SNEAKERS YOGA: This 45 minute class will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

TECHNO GYM: A 60 minute circuit class that will teach weight training and includes interval cardio and stretching.

TOTAL CORE: Strengthen and tone your abs, back, and glutes in this 30 minute workout. Various floor and standing moves that will work your total core and burn fat!

TOTAL BODY CARDIO: This 30 minute total body workout will develop strength by using hand weights with high repetition and body weight exercises. This class allows you to modify the workout so you can determine your effort level.

YOGA: Yoga is for all bodies, all levels and all abilities. Each class is beginner friendly. Variations and modifications to the poses will be offered and props are always available to use.

Level 1: Slow flow vibes. The lights are turned down and so is the music. The poses are held a little longer and we move a little slower. This class focuses on connecting the mind, body and spirit through deep stretching and breath work.

Level 2: We pick up the pace and the music a bit in this class. We'll work on strength and flexibility while keeping the movement synced with the breath.

Level 3: Get out of your head and into your body. A higher energy option to get your heart rate going and build some internal heat.