



# ACTIVITY SCHEDULE

# DECEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:15am-6:00am <b>*BOOT CAMP</b> Jessica Jahnsen	8:30am-9:00am <b>SUSPENSION TRG</b> Jessica Crump	5:00am-6:00am <b>*RHYTHM &amp; RIDE</b> Sarah Garrett	8:30am-9:00am <b>SUSPENSION TRG</b> Jessica Crump	5:15am-6:00am <b>*BOOT CAMP</b> Jessica Jahnsen	
	8:15am-9:15am <b>MORNING YOGA</b> Jessica Crump	9:00am-9:45am <b>SILVER SNEAKERS</b> Donna Wren	5:15am-6:00am <b>*BOOT CAMP</b> Jessica Jahnsen	9:00am-9:45am <b>SILVER SNEAKERS</b> Donna Wren	5:00am-6:00am <b>*RHYTHM &amp; RIDE</b> Sarah Garrett	
	4:00pm-4:45pm <b>HIGH FITNESS</b> Jenna Higgins-Rose	9:00am-9:45am <b>SILVER SNEAKERS</b> Donna Wren	6:00am-6:30am <b>CARDIO KICKBOXING</b> Jessica Crump	9:00am-9:45am <b>SILVER SNEAKERS</b> Donna Wren	6:00am-6:30am <b>CARDIO KICKBOXING</b> Jessica Crump	
	5:00pm-5:30pm <b>CARDIO KICKBOXING</b> Jessica Crump	10:00am-10:45am <b>SS YOGA</b> Donna Wren	8:15am-9:00am <b>MORNING YOGA</b> Donna Wren	10:00am-10:45am <b>SS YOGA</b> Donna Wren	8:15am-9:00am <b>MORNING YOGA</b> Jessica Crump	
		4:00pm-5:00pm <b>PURE STRENGTH</b> Michelle Moore	9:15am-10:00am <b>TECHNO GYM</b> Jessica Crump	4:00pm-5:00pm <b>PURE STRENGTH</b> Michelle Moore	9:15am-10:00am <b>TECHNO GYM</b> Jessica Crump	
		5:00pm-6:00pm <b>*ELITE FITNESS</b> Grant Hoehne	10:15am-11:00am <b>SILVER SNEAKERS</b> Donna Wren	5:00pm-6:00pm <b>*ELITE FITNESS</b> Grant Hoehne		
		5:00pm-5:45pm <b>PILATES</b> Jessica Crump	5:00pm-5:30pm <b>ONE MORE REP</b> Jessica Crump	5:30pm-6:30pm <b>*HOT YOGA</b> Lisa Dehner		
		6:00pm-6:45pm <b>STEP IT UP</b> Jessica Crump	5:30pm-8:00pm <b>*GYMNASTICS</b> Melissa Pasley			

■Fitness Center

■Lee & Sherri Wilbers 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)

**CARDIO KICKBOXING:** This 30 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!

**HIGH FITNESS:** HIGH Fitness® takes old-school aerobics to the next level by combining simple, modern fitness techniques such as HIIT training, plyometrics, and intervals of strength and cardio with music you know and love. HIGH Fitness is simple, intense, consistent, inclusive, and fun! Both high and low intensity options are shown, so all levels of fitness are welcome. No equipment is needed, just fitness shoes and a water bottle. (50 min)

**HOT YOGA:** This 60 minute energizing flow is designed to connect breath to movement in a moving meditation. This dynamic flow will build strength, flexibility, balance and focus with the ultimate result of a calmer state of mind. (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.

**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.

**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)

**SB 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)

**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.

**STEP IT UP:** This 45 minute class is a combination of cardio dance and step aerobics. This class is guaranteed to get your heart pumping by stepping and dancing to upbeat music.

**SUSPENSION TRAINING:** This 30 minute class is quick paced and high intensity that utilizes the suspension trainers and other equipment.

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

**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.