

Group Ex Schedule October 9 - 31, 2017

YGROUP EXERCISE™

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 - 6:45 am Core and Cardio Aerobic Studio	5:00 - 6:00 am Group Cycling Aerobic Studio	5:45 - 6:45 am Core and Cardio Aerobic Studio	5:00 - 6:00 am Group Cycling Aerobic Studio	5:45 - 6:45 am Core and Cardio Aerobic Studio	
	6:05 - 7:05 am Core Camp Aerobic Studio		6:05 - 7:05 am Core Camp Aerobic Studio		
8:00 - 8:55 am EDI Aerobics Aerobic Studio	8:00 - 8:55 am EDI Toning Aerobic Studio	8:00 - 8:55 am Easy Does It Step Aerobic Studio	8:00 - 8:55 am EDI Toning Aerobic Studio	8:00 - 8:55 am EDI Aerobics Aerobic Studio	8:05 - 9:00 am Step Aerobic Studio
8:30 - 9:30 am Boot Camp Gym		8:30 - 9:30 am Boot Camp Gym		8:30 - 9:30 am Boot Camp Gym	
9:00 - 10:00 am MFBB Youth Center		9:00 - 10:00 am MFBB Youth Center	9:05 - 9:55 am Tai Chi Aerobic Studio		
9:00 - 9:55 am Step - N - Groove Aerobic Studio	9:00 - 9:30 am Circuit Training Circuit Room	9:00 - 9:55 am Step - N - Groove Aerobic Studio	9:00 - 9:30 am Circuit Training Circuit Room	9:00 - 9:55 am Strong Aerobic Studio	9:05 - 10:00 am Core Camp Aerobic Studio
	9:30 - 10:15 am Power Up Fitness Center	9:00 - 10:30 am Yoga Central High	9:30 - 10:15 am Power Up Fitness Center	9:00 - 10:30 am Yoga Central High	
	9:45 - 11:00 am Yoga Central High				10:15 - 11:15 am Yoga Aerobic Studio
9:35 - 10:30 am ZUMBA Gym		9:35 - 10:30 am ZUMBA Gym			
10:00 - 11:00 am EDI Aerobics Aerobic Studio	10:00 - 10:55 am ZUMBA Gold Aerobic Studio	10:00 - 11:00 am EDI Aerobics Aerobic Studio	10:00 - 10:55 am ZUMBA Gold Aerobic Studio	10:00 - 11:00 am EDI Aerobics Aerobic Studio	
	11:35 am - 12:30 pm Aqua ZUMBA Pool		11:35 am - 12:30 pm Aqua ZUMBA Pool		
12:10 - 1:15 pm Power Hour Cycling Aerobic Studio	12:10 - 1:00 pm Core and More Aerobic Studio	12:10 - 12:55 pm Group Cycling Aerobic Studio	12:10 - 1:00 pm Core and More Aerobic Studio	12:10 - 12:55 pm Group Cycling Aerobic Studio	
	2:00 - 3:00 pm Core and More Aerobic Studio		2:00 - 3:00 pm Core and More Aerobic Studio	3:30 - 5:00 pm Restorative Yoga Aerobic Studio	
				5:05 - 6:00 pm Aqua ZUMBA Pool	
5:30 - 6:25 pm Pilates Aerobic Studio	5:30 - 6:30 pm ZUMBA Gym		5:30 - 6:30 pm ZUMBA Gym		
	5:30 - 6:45 pm TRX Aerobic Studio	5:15 - 5:45 pm HIIT Aerobic Studio	5:30 - 6:45 pm TRX Aerobic Studio		
6:30 - 7:30 pm Strong Aerobic Studio		5:50 - 6:50 pm Yoga Tone Aerobic Studio			

Kids' Classes
Tues 11:15-11:45 am:
 Movement and Music
 (ages 1-5)
Thurs 11:15-11:45 am:
 Tumble Tots (ages 1-5)
Tues & Thurs 2-3 pm:
 PE (ages 3-5 & 6-12)
Tues & Thurs 3-4 pm:
 PE (ages 13-17)



Aqua ZUMBA

Aqua ZUMBA brings the passion, music and Latin dance steps of ZUMBA to the water. It is an energetic, low impact workout that is easy on the joints. Meets **in the pool**.

Boot Camp

Want to get into the best shape of your life? Join us for an intense fitness experience designed to give you amazing results. Class includes drills, core conditioning, muscle endurance and strengthening exercises. Boot camps are co-ed and meets **in the Gym**.

Circuit Training

Let us guide you in a total body circuit training workout that will help you reach your fitness goals in just 30 minutes. Circuit training keeps you moving throughout the entire workout, sustaining your heart rate above a resting level. For exercisers of all ages and any fitness level. Meets **in the Circuit and Stretch Room**.

Cardio and Core

A combination of step, floor aerobics, interval training and kick boxing helps start your day off right. You will also develop a solid core by strengthening your lower back and abdominal muscles. All fitness levels welcome. Meets **in the Aerobic Studio**.

Core and More

You will see results quickly with this intense workout. We use various fitness modalities to strengthen your core abdominal and lower back muscles. You will also perform exercises to strengthen your entire body including squats, lunges, push-ups and plyometric exercises. Meets **in the Aerobic Studio**.

Core Camp

This class is a cross between Boot Camp and Core and More. You will work on strength, endurance and cardio. Meets **in the Aerobic Studio**.

Easy Does It Aerobics

All fitness levels welcome and encouraged to work at their own pace using moderate and uncomplicated routines. 30 minutes of low impact exercises, 20 minutes of abs, stretching, and circuit training exercises add the perfect balance of intensity for all participants. Meets **in the Aerobic Studio**.

Easy Does It Step

A low-impact, slower paced step class especially for beginners. You will learn the basic moves and proper form of step aerobics. Meets **in the Aerobic Studio**.

Easy Does It Toning

Progressive exercises that stretch and strengthen all major muscle groups while promoting balance. Participants will be ready to graduate to the Fitness Center for more advanced circuit training exercises after taking this class. Meets **in the Aerobic Studio**.

Group Cycling / Power Hour Cycling

These classes are designed to burn calories and motivate you to reach your fitness goals. Group Cycling combines music and cycling to elevate your heart rate and make you sweat! Power Hour is an hour long extended class. Meets **in the Aerobic Studio**.

HIIT (High Intensity Interval Training)

This 30 minute workout will improve cardiovascular fitness and maximize calorie burn by alternating intense cardio bursts with less intense recovery intervals. Meets **in the Aerobic Studio**.

Moving for Better Balance (ages 60+)

This program enhances traditional Tai Chi by transforming the movements into therapeutic training for balance and daily functioning. Class is designed for older adults. Meets **in the Youth Center**.

Pilates

Through a series of precise movements and focused breathing you will lengthen, strengthen and tone muscles. You will also reduce stress and work toward improved posture and a longer, leaner body. Meets **in the Aerobic Studio**.

Power Up

Would you like to become more familiar with the fitness equipment, learn new exercises and proper form? Join us in the fitness center for this fun, interactive class taught by a certified personal trainer. Meets **in the Fitness Center**.

Restorative Yoga

Restorative yoga is a gentle style of yoga ideal for older adults, persons recovering from injury and athletes needing increased mobility. Using poses that are designed to free up stiff joints and muscles, this is a great way to end your week. Meets **in the Aerobic Studio**.

Strong

Strong by Zumba is a challenging, high intensity interval training workout. This class will push you past your plateaus to help you reach your fitness goals faster. Using your own bodyweight you will gain muscular endurance, tone, and definition and you will experience an increased after burn. Meets **in the Aerobic Studio**.

Step

This program focuses on cardiovascular and muscular endurance. You will learn the basic step moves as they are blended into choreographed routines. All fitness levels welcome. Meets **in the Aerobic Studio**.

Step - N - Groove

Join the fun in this high energy step class that will get you dancing, moving and grooving. The complex choreography will keep you mentally and physically challenged as you burn calories and get a great cardio workout. The last few minutes of class include core work and stretching. Meets **in the Aerobic Studio**.

Tai Chi

Tai chi is an ancient Chinese tradition that is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Meets **in the Aerobic Studio**.

TRX Suspension Training

TRX develops balance, flexibility and core stability. TRX Suspension Trainers use multiple planes of motion plus TRX is fun, different and gets results. Meets **in the Aerobic Studio**.

Yoga

Using the Anusara principles of alignment and biomechanical principles along with the Pilates method of core work, you will work your body deeply toward strength and healing. The morning class is meeting at Central Medford High School during the Mind Body Room closure. Flyer with directions is available at the Welcome Center. Meets at **Central Medford High School, 815 South Oakdale**.

Yoga Tone

This class is the perfect blend of yoga, pilates and toning with a focus on core work and deep stretching. Meets **in the Aerobic Studio**.

ZUMBA

Ditch the Workout – Join The Party! ZUMBA has easy to follow dance moves and routines. ZUMBA features interval training sessions where fast and slow rhythms are combined to tone your body while burning fat. Add some Latin flavor and international zest into the mix and you've got ZUMBA! Meets **in the Gym**.

ZUMBA Gold

ZUMBA Gold is easier than ZUMBA but just as much fun. The moves have been carefully designed to be safe and easy to follow by individuals of any size or age. This program is designed for beginners, individuals that have physical limitations or older adults. Meets **in the Aerobic Studio**.

Kids' Classes

Physical Education (ages 3-17)

This program focuses on building physical fitness and enhancing skill development with age appropriate games & activities. Meets **in the Gym**.

Movement and Music (ages 1-5)

Join us for singing, dancing, stories, rhymes and music making. Parents required to attend. Meets **in the Aerobic Studio**.

Tumble Tots (ages 1-5)

Children will playfully leap, skip, somersault and climb their way to better coordination, balance and self confidence. Parents required to attend. Meets **in the Climbing Gym**.