

Class & Group Fitness Calendar

Instructors may choose to cancel class if there are 3 or less participants.

October 2021

AM Classes

PM Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun.
	5:15-6:30am Cycling Jim		5:15-6:30am Cycling Jim			
8:00-8:50am Gentle Yoga Alyssa		8:00-8:50am Gentle Yoga Alyssa	8:15-9:00am T.B.S. Amy	8:05-8:50am Circuits with Sara	8-8:45am Cardio Dance Kristin Oct. 9th & 30th ONLY	
9:45-10:30am SilverSneakers Justin	9:05-9:50am Cycle & Sculpt Stephanie	9:05-9:50am Stretch & Tone Kristin	9:45-10:30am SilverSneakers Justin	9:05-9:50am <u>STRENGTH & Tone</u> Amy	9:00-10:00am Cycling (no class Oct 2nd) Cim- 9th & 16th Ann-23rd & 30th	
11:00-12:30 Rock Steady Boxing Steph/Justin	11:00-12:30 Rock Steady Boxing Steph/Justin		11:00-12:30 Rock Steady Boxing Steph/Justin		<p>*New class added on Wednesdays, Core with Kristin at 12:15 P.M.and Cardio Dance two Saturdays this month!!</p> <p>*Nonmembers drop in rate for classes is \$5.</p> <p>*Green—Rock Steady Boxing is a class designed for Parkinson’s Disease Fighters, a boxing inspiring circuit class focused on balance, movement, and fun.</p> <p>*We will be a 24 hour access facility coming soon!</p>	
		12:15-12:45pm Core Kristin				
5:30-6:30pm HIIT Amberly	5:30-6:30pm Cycling Ann	5:30-6:30pm HIIT Amberly	5:30-6:30pm Cycling Cim			

Hours: Mon-Thursday: 5am-9pm. Fri: 5am-8pm. Sat: 7am-2pm. Sun: 8am-1pm.

Group Exercise Class Descriptions

Don't be afraid to try all these great classes. Just do what you can. Work at your own pace and enjoy some good company while you workout!

Cardio Dance– This is a fitness based class combined with easy to follow dance moves, creating a fun workout for a total body burn.

Circuits with Sara - this class will be more geared to a HIIT workout style for a full-body workout. It is an interval training sequence with high-intensity exercises. It builds cardiovascular fitness while improving muscular strength and endurance....this class combines resistance training with plyometric moves to improve your strength and power.

Core – Need we say more? This class is geared to work your abdominal, back and glute muscles which are so important for our everyday functioning. Plus, who doesn't want work on their middle section :)

Cycling- Diversified has awesome spinning instructors that are ready to give you a great workout. Spinning is an exercise that utilizes a specially designed stationary bicycle and a series of cycling movements that provide the participant with both a physical and mental workout. The spinning bike is designed to mimic an outdoor bicycle ride with the added bonus of core and leg exercise to tone while you burn.

Cycle & Sculpt - is exactly as the name describes—it's the best of both worlds: an endurance-building workout that also focuses on toning and tightening your major muscle groups.

HIIT– High intensity interval training, this class uses body weight and some equipment to take you through a great cardio and total body workout. It teaches your body how to efficiently use its energy sources combining agility, speed, power & stamina.

Rock Steady Boxing – Parkinson's Disease Fighters bring their Cornerman to a boxing inspiring circuit class focused on balance, movement, and fun led by certified Coaches Stephanie & Justin. We're learning everyday that there are ways in which people with Parkinson's disease can enhance their quality of life and even build strength, flexibility and speed! By exercising with coaches who know the ropes, you can fight your way out of the corner and start to feel and function better. (info@rocksteadyboxing.org)

Silver Sneakers® Classic – Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance. A chair is used for seated and/or standing support.

STRENGTH and Tone - This class, while similar to Stretch and tone, will take you through a routine that is sure to get your muscles burning.

Stretch and Tone - This class shows you basic movements with a simple routine that's easy to follow along. Use your level of weights, stability balls and your body weight to improve balance while building muscular and core strength and endurance.

T.B.S.- (Total Body Strength) is a simple athletic based workout that strengthens, tones, and defines every major muscle group in your body...ideal for beginners to experienced exercisers.

It is the workout for EVERY- BODY.

Yoga - A revolution in mind/body training that will change the way you feel about your body forever. You will stand straighter and feel stronger, while becoming more flexible and physically aware. Yoga is designed for all fitness levels.