

# Class & Group Fitness Calendar

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



# July 2021

AM Classes

PM Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:15-6:30am <b>Cycling</b> Jim		5:15-6:30am <b>Cycling</b> Jim			
8:00-8:50am <b>Gentle Yoga</b> Alyssa		8:00-8:50am <b>Gentle Yoga</b> Alyssa	8:15-9:00am <b>T.B.S.</b> Amy (no class July 29th)			
9:45-10:30am <b>SilverSneakers</b> Justin	9:05-9:50am <b>Cycle &amp; Sculpt</b> Stephanie	9:05-9:50am <b>Stretch &amp; Tone</b> Kristin	9:45-10:30am <b>SilverSneakers</b> Justin	9:05-9:50am <b>STRENGTH &amp; Tone</b> Amy	9:00-10:00am <b>Cycling</b> Ann-10th & 24th Cim-17th (no class July 3rd or 31st)	
11:00-12:30 <b>Rock Steady Boxing</b> Steph/Justin	11:00-12:30 <b>Rock Steady Boxing</b> Steph/Justin		11:00-12:30 <b>Rock Steady Boxing</b> Steph/Justin		<p>*Closed Saturday &amp; Sunday July 3rd &amp; 4th. Enjoy the independence weekend :)</p> <p>*Starting after the holiday weekend we will be open full days again!</p> <p>*Restrooms will be closed for cleaning for a short period during the early afternoon.</p> <p>*Nonmembers can still drop into classes for \$5.</p> <p>*Green—Rock Steady Boxing is a class for Parkinson’s Disease Fighters, a boxing inspiring circuit class focused on balance, movement, and fun.</p>	
5:30-6:30pm <b>HIIT</b> Amberly	5:30-6:30pm <b>Cycling</b> Ann	5:30-6:30pm <b>HIIT</b> Amberly	5:30-6:30pm <b>Cycling</b> Cim (no class July 29th)			
		6:45-7:45pm <b>Restorative Yoga</b> —Tessa (no class July 14th or 28th)				

Hours starting July 5th~ 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!

**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](mailto: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.

**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.