

Child Care Hours - **Parent/Guardian must remain on premise.**

Monday - Friday 8:15am to 12:15pm

Monday - Thursday 4:15pm to 7:30pm

Friday 4:15pm to 6:45pm

Saturday 8:30am - 11:30am

Cost is \$2 per child per hour (**2 hour Maximum per day**) or \$10 per month for the first child and \$5 per month for each additional child.

Fitness classes are limited to 10 participants - First-come, first-served, pick up a class card when you check in at the front desk.

Classes will be 50 minutes long if there is a class scheduled directly afterward.

July 2020 Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
5:00am to 5:45am		Sonia's Mix (cardio) Starts 7/7		Full Body Sculpt Sonia Starts 7/9		
8:30am to 9:25am	Kickbox Krista	Boot Camp Sonia Starts 7/7	Step Krista	Power Pump Krista	CardioDanceParty Krista	
9:30am to 10:25am	PowerPump Joy	CardioDanceParty Krista	Courtney Pilates/Yoga Fusion	Kickbox Kristy M	BootCamp Joy	
10:30am to 11:25am		Silver Stretch & Balance Kim	Silver Sneakers® Classic Lisa Starts 7/1	Silver Stretch & Balance Kim	Active Adult Cardio Plus Kim	
9:00am to 9:55am						Saturday Shake Up See the Saturday Schedule
10:00am to 10:55am						Saturday Power Yoga 7/18 Pilates 7/11, 7/25 Jessica
2:45pm to 3:40pm						Sunday Rumble Renee
4:00pm to 4:55pm						Sunday R.I.P.P.E.D. Kristy M
4:30pm to 5:25pm	ZUMBA® Marsha		Stretch & Strengthen Kristy S		4:45pm ZUMBA® Toning Melissa	
5:30pm to 6:25pm	R.I.P.P.E.D. Kristy M	Pilates Jessica	ZUMBA® Toning Kristy S	HIIT Abby	5:45pm POUND® Dusty	
6:30pm to 7:25pm		Boot Camp Abby Starts 7/7	R.I.P.P.E.D. Melissa Starts 7/1	Power Yoga Jessica Starts 7/2		

Classes Subject to Change and/or Cancellation. No Audio or Video Recording Without Express Permission

The center is closed Saturday, July 4, 2020

Fitness Class Descriptions 2020

Active Adult Cardio Plus - Get your heart pumping! Join us for fun low-impact cardio movements, upper body strength exercises and abdominal conditioning followed by stretching and relaxation. Be prepared to be on your feet for 40 minutes and seated for the last 15 minutes of class. All ages welcome!

B.M.E.T. (Build Muscular Endurance Training) Push your cardio and calisthenics to the max as you increase your natural power through BMET. Anaerobic and Aerobic days will alternate using fitness room, gym, and outdoor track. If you choose, you will have the opportunity to measure your sit-up, push-up, and running rates. Class intended for all fitness levels whether you are a beginner or an athlete. Stay Disciplined!

Boot camp - High intensity strength and cardio class. Challenge yourself with this fast-paced, calorie-blasting workout. Boot Camp is geared toward all fitness levels. Modifications are always offered for the beginner to the advanced.

Busy Bees - Movement and Fitness classes for parents and children ages 3-5, designed for parents to participate with their preschooler. Wear your comfortable shoes and come ready to play! This 45-minute parent and child class will focus on development of coordination, balance, strength and flexibility through an array of activities including creative movement with music and parachute time. In addition to having fun with fitness and learning some beginning sports skills; the development of social skills including listening, following directions, communicating with peers, and cooperation is also emphasized.

Baby Bumblebees - Movement and Fitness classes for parents and children ages 1-2, designed for parents to participate with their toddler. Wear your comfortable shoes and come ready to play!

Cardio Dance Party - Dance inspired cardio workout. Super fun moving and grooving to great music. A Zumba alternative including Latin, Hip Hop, and Top 40 music.

Full body sculpt- Strength training exercises using weights and body-weight to build muscle, strength, flexibility, stability and balance. All fitness levels are always welcome.

HIIT- A high intensity interval training class combining cardio exercises and strength training. This 55-minute class will incorporate various methods of HIIT training for maximum calorie burn. All fitness levels welcome and low impact modifications will be shown.

HIIT & Stretch - 30 minutes of HIIT followed by 25 minutes of stretching and flexibility. All fitness levels welcome!

Kickbox - Kick, punch and groove the calories away in this action packed, super fun cardiovascular workout. Great music and energy help you blast the calories and fat.

Pilates - Pilates is a series of non-impact exercises designed by Joseph Pilates to develop strength, flexibility, balance, and inner awareness. Pilates is a form of strength and flexibility training that can be done by someone at any level of fitness.

Pilates/Yoga Fusion - The best of Yoga and Pilates in one class. This challenging Pilates Yoga Fusion workout will strengthen, stretch and tone your entire body. The dynamic blend of movement increases strength, balance, flexibility and agility, while relaxing and focusing your mind. The workout is also easy on the joints. Modifications will be shown for all fitness levels.

PiYo® is an athletic blend of Yoga combined with mat Pilates designed to enhance muscle strength and length, improve posture, flexibility, and physical awareness. The moves fit perfectly together to offer intense choreography that's fun, challenging, and will make you sweat. Think sculpted abdominals, increased overall core strength, and greater stability. The exercise progressions make this workout appropriate for all fitness levels.

POUND® - POUND is the world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Using Ripstix, lightly-weighted drumsticks engineered specifically for exercise, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND provides the perfect atmosphere for letting loose, getting energized, improving your health, and rocking out!

Power Pump - Weight training class designed to improve muscular strength and endurance and, in doing so, burn calories. Power Pump focuses on each of the major muscle groups, including your legs, chest, back, shoulders, and abdominals, using the best weight-room exercises like squats, lunges, lifts, presses and curls.

Power Yoga - Vigorous fitness-based approach to vinyasa (flow) yoga that increases strength and flexibility. Designed for any level. Modification and variations will be offered.

R.I.P.P.E.D. - Resistance, Intervals, Power, Plyometrics, Endurance. The One Stop Body Shock is a "Plateau Proof Fitness Formula" that helps you to create continuity, consistency and challenge in each and every R.I.P.P.E.D. class. It is Plateau Proof, because each component of the workout provides a uniquely different emphasis or system response, so your body never gets accustomed to the constantly changing format.

RUMBLE - is an authentic, yet simple to master, cardio mixed martial arts adapted for the group exercise environment! Similar to R.I.P.P.E.D., Rumble has been created for EVERY body! No martial arts experience required, just a willingness to sweat, a desire to get an incredible workout, and the willingness to have fun along the way! You will use a weapon; The Rumble Stick - creates a higher degree of training and is an extension of your body, which enhances spatial awareness and overall movement. The stick can be simulated and is not required.

Shake-up - This class will rotate through all the different fitness classes that we offer. Look for the weekend class schedule each month.

Sonia's mix - A variety of cardio exercises to strengthen your heart muscles and burn calories. All fitness levels always welcome

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

Silver Stretch and Balance -Silver Stretch and Balance will move your whole body through gentle stretching movements designed to increase balance, flexibility, and range of motion. Chair support is offered to safely perform stretches both seated and standing. Restorative breathing exercises will be utilized to promote stress reduction and mental clarity. Floor and mat work are not practiced in this format.

Step - Stepping up and down on an adjustable height platform is the basis of step aerobics. This class combines a set of fun choreographed step combinations and great music. Have fun while bringing your cardiovascular workout to new heights! All fitness levels always welcome.

Strength/Cardio Mix - Strength training exercises using weights and body weight to build muscle, strength, flexibility, stability and balance. Cardio exercises to strengthen your heart muscles and burn calories. All fitness levels always welcome!

Stretch & Strengthen - Stretching is an essential component of fitness that is often neglected or left out in preference for developing other areas of fitness. This class uses a variety of stretching methods to gradually increase muscle strength, extend the range of movement at the joints while increasing circulation and flexibility. This may help prevent injury and improve performance of health and sports related activities.

STRONG by Zumba™ combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.

ZUMBA® Latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements, creating a dynamic, exciting, exhilarating, and effective fitness system. Previous dance experience is not necessary.

ZUMBA®Toning When it comes to body sculpting, Zumba® Toning raises the bar (or rather, the hand weights). It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party. Students learn how to use lightweight, toning sticks to enhance rhythm and tone all their target zones, including arms, abs and thighs. Zumba Toning is the perfect way for enthusiasts to sculpt their bodies naturally while having a total blast. Toning sticks are used, but not required.