



# vernon group fitness schedule

\*effective June 1, 2019  
(time - instructor)

club hours  
 mon-thur 5:00a-10p  
 fri 5:00a-9p  
 saturday 6:00a-5p  
 sunday 6:00a-2p

<u>mon</u>	<u>tue</u>	<u>wed</u>	<u>thu</u>	<u>fri</u>	<u>sat</u>	<u>sun</u>
5:45a spinning (45m - deb)	5:45a diesel (45m - deb)	5:45a spinning (45m - laura)	5:45a diesel (45m - deb)	5:45a spinning (45m - deb)		
7:30a progressive training (45m-darlene)	7:00a power express (45m - glorimar)	8:00a spinning (45 m - kelly)	7:00a group power (60m - glorimar)	5:45a group centergy (60m-linda)	7:00a spinning (45m-lisa)	7:45a group centergy (55m-katrina)
8:00a spinning (45m- fatima)	8:30a step (40m - angela)	8:00a group centergy (55m-katrina)	9:15a spinning* (45m- fatima)	8:00a group power (60m-barbara)	8:00a step & abs (55m- katrina)	8:00a spinning* (45m-lisa)
8:15a dance rhythms (55m-darlene)	9:15a silver sneakers circuit (45m-marybeth)	9:00a active (60m - katrina)	8:45a kickbox (45m - barbara)	9:05a progressive training (45m- darlene)	8:00a spinning (45m- laura)	8:45a group fight (55m-katrina)
9:15a group power (60m - katrina)	9:15a spinning (45m - holly)	10:15a zumba (45m-kathy)	9:30a zumba (45m - kathy)	9:15a spinning (45m - lisa)	9:00a group power (60m-barbara)	9:00a spinning (45m- fatima)
10:30a yoga (60m-vicky)	10:15a yoga (60m-marybeth)	11:00 slow flow yoga (60m-vicky)	10:15a yoga (60m - deb)	9:50a dance rhythms (55m-darlene)		9:45a group power (60m- katrina)
	11:15a tai chi (60m - susan)		11:15a tai chi (60m -susan)	10:45a stretch (60m-darlene)	10:05a group centergy (60m - marie)	10:45a yoga (60m- vicky)
<u>PM</u>	<u>PM</u>	<u>PM</u>	<u>PM</u>	<u>PM</u>		
12:45p SilverSneakers classic (45m-barbara)		12:45p SilverSneakers classic (45m-barbara)		12:45p SilverSneakers classic (45m-lizzie)		
4:30p spinning (45m - andrea)	4:30p strong (60m-andrea)		4:30p active (60m-michael)	5:30p zumba (60m -francesca)		
5:15p group power (60m - laura)	5:30p active (60m-michael)	5:15p zumba (45m - kathy)	5:30p group fight (60m-angela)			
6:15p spinning (45m - lisa)	5:30p spinning (45m - laura)	6:00p group power (60m - sue)	5:30p spinning (45m - glorimar)	5:30p spinning (45m- kelly)		
6:15p zumba (45m - penny)	6:30p barre (60m - marie)	6:15p spinning (45m - august)				
7:00p group centergy (60m -terry)	6:30p spinning (45m - kelly)	7:00p group centergy (60m - linda )	6:45p yoga (60m - vicky)			
		7:15p spinning (45m- fatima)				

# group fitness class descriptions

## athletic training

**diesel:** An interval training class consisting of high-rep and low-weight strength training and cardio interval bursts. What a great way to start your day!

## bike training

**spinning:** Match terrain to tempo with all the energy of a rock concert. You'll encounter slow climbs, short sprints and everything in-between.

## cardiovascular training

**dance rhythms:** Variety of music and dance steps. You'll feel like you're dancing on Broadway!

**group fight:** An explosive MMA cardio and strength training workout. This class adds variety to your training, improves timing, precision, and focus. Plus it's a fantastic way to kick stress out of your life!

**step:** An oldie but goodie, this class has proven itself to be a calorie burning, cardiovascular, and fun workout using an adjustable step platform and high-energy music.

**saturday step & abs class:** Faster paced class-previous step experience helpful.

**group active:** Group active gives you cardio, strength, balance, and flexibility - in just one hour. Get stronger, fitter, and healthier with inspiring music, adjustable dumbbells, weight plates, body weight, and simple athletic movements.

**zumba:** A fusion of Latin and international music. Zumba combines high energy with unique moves that are fun and easy to do!

**strong:** A high intensity interval class - Just think burpees, pushups, and other high-impact moves - that is synced to specific and fun music! Combines body weight, muscle conditioning and works your whole body!

## cross training

**kickbox:** Boxing and kicking combinations that challenge your coordination and stamina making for an energizing workout.

## mind,body/flexibility training

**barre:** This class begins with a warm up focusing on postural strength and alignment, followed by a series of upper body exercises using light weights. We replace the ballet barre with a chair, which will be used to sculpt the lower body, abs, and for flexibility training.

**group centergy:** Grow longer and stronger as you explore this 60-minute journey of yoga and pilates movements. Positive uplifting music, group dynamics and supportive instructors will enable you to center your energy, reduce your stress and even smile.

**stretch:** A full-body stretch meant to lengthen your muscles and relieve physical tension.

**tai chi:** Learn to relax using your breathing. The slow graceful moves of this art will increase core strength, balance, and flexibility.

**yoga:** A mind and body training program that will change the way you feel about your body forever.

You'll stand straighter, feel stronger, and become more flexible. Designed for all fitness levels, this class will reduce your stress and relieve your pain.

## senior fitness

**silversneakers® circuit:** Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and a small ball is alternated with low-impact aerobic choreography. A chair is offered for support, head to toe stretching, and complete relaxation in a comfortable position.

**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, small ball for resistance, and a chair is used for seated and/or standing support.

## strength training

**group power:** Your hour of power ! This 60-minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels.

**progressive training:** This will develop dynamic strength, balance, flexibility, endurance and agility that carry over into your daily activities and sports performance. The body adapts to exercise and needs to be constantly challenged in order to continue to grow and change! Progressive training is for all ages and fitness levels.