



# vernon group fitness schedule

effective November 1, 2023

(time- instructor)

NEW

club hours  
 mon-thur 5:00a-10p  
 fri 5:00a-9p  
 saturday 7:00a-5p  
 sunday 7:00a-2p

<u>mon</u>	<u>tue</u>	<u>wed</u>	<u>thu</u>	<u>fri</u>	<u>sat</u>	<u>sun</u>
<p>7:30 Progressive Strength (30m- Darlene)</p> <p>8:00am spinning (45m -Margaux)</p> <p>8:00am Dance Rhythms (55m-Darlene)</p> <p>9:00am Body Pump Express (30m - Katrina)</p> <p>9:30am CORE &amp; More (30m - Katrina)</p> <p>10:00am Zumba (55m-Krissy)</p>	<p>5:30am Healthy Hustle (45m - Deb)</p> <p>8:30am BASIC Step (30m - Katrina)</p> <p>9:00am Progressive Strength (30m - Katrina)</p> <p>9:30am ZUMBA (55m-Kathy)</p> <p>11:00am yoga (60m - Deb L)</p>	<p>5:30am Spinning (45m - Ryan)</p> <p>9:00am Body Pump (55m -Sue)</p> <p>5:30p Kickboxing (55m- Maurice)</p> <p>6:00p spinning (45m-Fatima)</p> <p>6:30p Group Centergy (55m-Linda)</p>	<p>5:30am Healthy Hustle (45m - Karen)</p> <p>8:30am BASIC Step (30m - Katrina)</p> <p>9:00am Progressive Strength (30m - Katrina)</p> <p>9:30am ZUMBA (55m- Kathy)</p> <p>11:00am yoga (60m -Deb L)</p> <p>5:30p Body Pump (55m-Laura)</p> <p>6:30p Zumba (55m -Evelyn)</p>	<p>9:00a Body Pump Express (30m-Katrina)</p> <p>9:30am CORE &amp; More (30m - Katrina)</p> <p>10:00am Dance Rhythms (55m-Darlene)</p> <p>11:00am Progressive Strength (30m - Darlene)</p> <p>11:30am Stretch (30m - Darlene)</p>	<p>8:00am step &amp; abs (45m- Katrina)</p> <p>8:00am spinning (45m- Lisa)</p> <p>9:00am Body Pump Express (30m-Rodolfo)</p> <p>9:30am CORE &amp; More (30m - Rodolfo)</p> <p>10:15am Group Centergy (55m-Marie)</p>	<p>8:00am spinning (45m - Kelly)</p> <p>9:00am Body Pump (55m- Ken)</p> <p>10:30am yoga (60m-Nicola)</p>
<u>PM</u>	<u>PM</u>	<u>PM</u>	<u>PM</u>			
<p>5:30p spinning (45m-Lisa G)</p> <p>5:30p Kickboxing (55m - Maurice)</p> <p>6:30p Group Centergy (55m-Linda)</p>	<p>5:30p Body Pump (55m-Laura)</p> <p>6:00p spinning (45m -Fatima )</p> <p>6:30p Zumba (55m - Rodolfo)</p>					

## group fitness class descriptions

### 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

**BASIC Step:** Improve your overall fitness and get all the benefits of a high intensity cardio workout without putting stress on your joints! Using an adjustable STEP platform to target legs, upper body, and core, you'll build strength and flexibility as well as balance, coordination, and agility. An incredibly fun workout for ALL fitness levels that is ideal for maintaining your target body weight.

**Saturday Step & Abs Class:** Faster paced STEP class-previous step experience helpful.

**ZUMBA:** A fusion of Latin AND International music. Zumba combines high energy with unique moves that are fun and easy to do. This class is a blast!

**Dance Rhythms:** A high energy Dance Fitness class starting with basic moves and building to unique choreographed routines. Featuring music from all genres that will keep you moving and grooving for a fun one hour workout, that will prove you are better when you are dancing.

**Kickboxing:** A cardio based interval training workout where you are totally unleashed! This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Strike punch and kick your way through calories to superior cardio fitness. Unleash yourself!

### mind, body/flexibility training

**Group Centergy:** Grow longer & stronger as you explore this 55-minute journey of yoga and pilates movements. Positive uplifting music, group dynamics and supportive instructors will enable you to center your energy, reduce stress, and even smile!

**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.

### strength training

**Body Pump:** A Simple, easy-to-follow workout with amazing, uplifting music that you will love! Among the simplicity are moments of magic and points of genius that skillfully define this class. Using light to moderate weights with lots of repetition you'll get a total body workout and burn lots of calories! This is an ideal workout for anyone who is looking to get lean, toned and fit- fast! Try **Body Pump Express** to get all that in just 30 minutes!

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

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

**Core & more:** A core workout for incredible core tone and sports performance. You'll build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do. It's challenging but achievable whatever your level of fitness. You'll work with equipment as well as bodyweight exercises like crunches, and hovers. You'll even find some hip, butt and lower back exercises too. This is a great 30 min workout.