



ACTIVITY SCHEDULE



DECEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30am-6:30am RUN CLUB Sarah Highland	5:00am-6:00am *BOOT CAMP Sarah Garrett	5:00am-6:00am *RHYTHM & RIDE Sarah Garrett	5:00am-6:00am *BOOT CAMP Sarah Garrett	5:00am-6:00am *RHYTHM & RIDE Sarah Garrett	9:00am-10:00am PURE STRENGTH Michelle Moore
	8:15am-9:00am MORNING YOGA Deb Dop	8:00am-8:45am SILVER SNEAKERS CLASSIC & STABILITY Donna Wren	8:15am-9:00am MORNING YOGA Donna Wren	8:00am-8:45am SILVER SNEAKERS CLASSIC & STABILITY Donna Wren	5:30am-6:30am RUN CLUB Sarah Highland	9:00am-10:00am STRONG KIDZ Jake Katnik 12/7
	9:15am-10:00am STEP INTO SCULPT Deb Dop	9:00am-9:45am SS YOGA Donna Wren	8:30am-9:30am RUN CLUB Sarah Highland	9:00am-9:45am SS YOGA Donna Wren	8:15am-9:00am MORNING YOGA Deb Dop	
	12:00pm-12:45pm RAISE THE BARRE! Lacey Randall	10:00am-10:45am SILVER SNEAKERS CLASSIC & STABILITY Donna Wren	9:15am-10:00am TECHNO GYM Michelle Moore	10:00am-10:45am SILVER SNEAKERS CLASSIC & STABILITY Donna Wren	9:15am-10:00am TECHNO GYM Michelle Moore	
	3:30pm-4:15pm *YOUTH STRENGTH & CONDITIONING Jake Katnik	4:15pm-5:00pm PURE STRENGTH Michelle Moore	10:15am-11:00am SILVER SNEAKERS Donna Wren	4:15pm-5:00pm PURE STRENGTH Michelle Moore	9:15am-10:00am STEP INTO SCULPT Deb Dop	
	5:30pm-6:30pm *HOT YOGA Lisa Preston	5:15pm-6:00pm PILATES FUSION Lacey Randall	2:30pm-3:15pm *YOUTH STRENGTH & CONDITIONING Jake Katnik	5:00pm-5:30pm BUTTS & GUTS Michelle Moore	12:00pm-12:45pm *HOT YOGA EXPRESS Lisa Preston	
	5:30pm-6:15pm PILATES FUSION Katie Villanueva	5:30pm-6:15pm *EVOLVE FITNESS Grant Hoehne	5:30pm-6:30pm *HOT YOGA Lisa Preston	5:30pm-6:15pm *EVOLVE FITNESS Grant Hoehne		
				5:30pm-6:30pm *HOT YOGA Lisa Preston		
				6:30pm-7:15pm RAISE THE BARRE! Lacey Randall		

■ Fitness Center

■ Lee & Sherri Willbers Exercise Room

■ Small Group Exercise Room

■ Turf Room

*Fee based classes. Registration required.

CLASS DESCRIPTIONS

BOOT CAMP: A dynamic and challenging 60 minute class that combines elements of circuit-style training, high-intensity interval training, and functional exercises designed to provide a total body workout. Over the course of 6-week sessions, you will enjoy variations of cardio, strength, and core-based movements...everything you need to avoid plateaus and reach your fitness goals! (Registration Required)

BUTTS & GUTS: Build, condition, and tone your abdominals, lower back, hips and glutes during this moderately heated 30 minute fat-burning workout, featuring various floor and standing movements.

EVOLVE FITNESS: This high-intensity 45 minute class led by two coaches targets major upper and lower body muscle groups through functional fitness exercises suitable for all ages and fitness levels. The class features circuit-style routines and strength-building exercises using equipment such as dumbbells, exercise bands, rowers, bikes, and your own body weight. Whether you're just starting out or looking to push your limits, this class has something for everyone. (Registration Required)

HOT YOGA: This 60 minute energizing flow is designed to connect breathing to movement in a heated room with the ultimate goal of a calmer state of mind. This dynamic and therapeutic practice, featuring a series of poses and guided meditation, promotes steady physical progression of strength, flexibility, balance, discipline, and mental focus. Perfect for beginners and experienced practitioners alike. (Registration Required)

HOT YOGA EXPRESS: A 45-minute beginner-friendly session, perfect for those wanting to explore Hot Yoga at a slower pace in a moderately heated room. This class will help you build strength, flexibility, and mental focus, while connecting breath to movement. It's the ideal introduction before moving on to our full hour-long experience. (Registration Required)

MORNING YOGA: This 45 minute beginner-friendly class is for all bodies, levels, and abilities. Variations and modifications are offered, and props are available to use as the instructor guides participants through a series of poses, breathing exercises, and meditation.

RESTORATIVE YOGA: Using props and equipment to deepen stretches and improve form, helping you relax and rejuvenate

ONE MORE REP: This challenging 30 minute class combines cardio and strength-training through phases of high-intensity work, followed by moderate or low-intensity recovery. The class can be done as a low-impact workout or revved up for a bigger calorie burn using a variety of equipment such as dumbbells, mats, bands, and/or med balls. Suitable for all fitness levels.

PILATES FUSION: These 45 minute classes will help you develop your core strength while focusing on coordination, flexibility, and stability-based movements. This low-impact workout is ideal for members of all ages and abilities, and the exercises cover all core powerhouse muscle groups: abdominals, lower back, shoulders, thighs, and glutes. Two styles offered weekly.

PURE STRENGTH: A 45 minute strength-training class that incorporates an adjustable barbell, weight plates, body resistance, a step and other equipment for a full body workout. Designed to build and sculpt muscle, burn calories, and boost your heart rate, each session will combine traditional strength training with innovative body weight movements, motivating music, and expert coaching. Appropriate for most fitness levels and modifications are provided.

RAISE THE BARRE!: Discover the perfect blend of ballet, Pilates, and strength training in our 45 minute Barre class. This low-impact, high-intensity workout targets all major muscle groups to improve posture, flexibility, and overall strength. Using a combination of precise, small movements and isometric holds, Barre helps to tone and sculpt your body while enhancing your core stability.

RHYTHM & RIDE: This 60 minute heart-pumping, nonstop rhythm-based workout aims to burn fat, build core strength, and improve cardio endurance. You'll encounter intervals, sprints, climbs, and pumping all to music hand-picked to motivate and inspire individuals of all ages and fitness levels. (Registration Required)

RUN CLUB: Three scheduled runs weekly, plus an optional long run. For more information or questions, please contact Sarah Highland at sargutz6@gmail.com.

SILVER SNEAKERS CLASSIC & STABILITY: A 45 minute comprehensive health and fitness program for the active aging that emphasizes cardiovascular endurance and core strength, and helps those challenged with osteoporosis. Each class may include lifting handheld weights, stretching with bands, and using your bodyweight to improve balance and stability.

SILVER SNEAKERS YOGA: This 45 minute class will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and relaxation will promote stress reduction and mental clarity.

STEP INTO SCULPT: A 45 minute dynamic workout for all fitness levels and ages, including aging adults and seniors. This class combines platform step movements, body-weight exercises, and free weights to strengthen muscles, enhance mobility, and improve body awareness. Join us to build strength, increase flexibility, and connect mind to muscle in a supportive environment designed for everyone.

TECHNO GYM: A 45 minute circuit-style class featuring various instructor-chosen movements designed to build strength, improve mobility, and boost balance. Participants enjoy expert coaching, positive reinforcement, and workout accountability.

YOUTH STRENGTH & CONDITIONING: This 6 week program is designed for children ages 10-12 and offers a fun, educational introduction to fitness. Held after school twice weekly for 45 minutes, this program guides young participants through the use of various fitness equipment, like dumbbells, resistance bands, step platforms, barbells, and cardio machines. Participants will learn about muscle groups, gym etiquette, respect for personal space, and proper lifting form. With increasingly challenging workouts, the goal is to help youth improve mobility, build strength, enhance cardio health, and establish lifelong fitness habits. (Registration Required)