**Group Exercise** 

 **Effective: Wednesday, November 17, 2021**

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| --- | --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** |  **THURSDAY** | **FRIDAY** | **SATURDAY** |
| 8:00am **Mat Pilates**Main Studio**Elena** | 8:00am**Aqua H.A.T.**POOL**Yolanda** | 8:15am **Hatha Yoga**Main Studio**Bari** | 8:00am**Aqua Aerobics**POOL**Yolanda** | 7:30am **Cycle**Cycle Studio**Guild** |  |
| 9:00am **HIIT**Main Studio**Anna** | 8:30am **Cycle**Cycle Studio**Denise** | 9:30am **Hi - Lo**Main Studio**Sharon** | 8:00am **Yogalates**Main Studio**Elena** | 8:30am **Hatha Yoga**Main Studio**Bari** | 8:30am **Cycle** Cycle Studio**Tamicka** |
| 9:45am**Zumba**Gymnasium**Yolanda** | 9:30am **Define**Main Studio**Tamicka** | 10:30am**Fit 4 Life**Gymnasium**Deirdre** | 9:00am **Cycle**Cycle Studio**Tamicka** | 9:30am **Pure Strength**Main Studio**Gina** | 9:30am **Kick It**Main Studio**Tamicka** |
| 11:45am**Aqua Arthritis**POOL**Steven** | 10:30am**Senior Strength &****Conditioning**Gymnasium**Guild** | 11:45am**Aqua Arthritis**POOL**Nacho** | 10:30am**Senior Strength &****Conditioning**Gymnasium**Guild** | 10:30am**Zumba Gold**Gymnasium**Yolanda** | 11:15am**Aqua Aerobics**POOL**Tamicka** **(Starting November 13th)**  |
|  | 4:30pm **Gentle Yoga**Main Studio**Lisa** |  | 4:30pm **Slow Flow Yoga**Main Studio**Sadari** | 11:45am**Aqua Arthritis**POOL**Tamicka** |  **SUNDAY** |
| 5:30pm **F.I.T.**Main Studio**Anna** | 5:45pm **Pure Strength**Main Studio**Susan** | 5:30pm **Define**Main Studio**TBD** | 5:30pm **HIIT**Main Studio**Sadari** |  | 8:30am **Cycle**Cycle Studio**Gina** |
| 6:15pm **Cycle**Cycle Studio**TBD** | 6:45pm **Cycle**Main Studio**Susan** | 6:15pm **Cycle**Cycle Studio**TBD** | 6:30pm **Cycle**Cycle Studio**TBD** |  | 9:30am  **HIIT**Main Studio**Gina** |

**CLASS DESCRIPTIONS**

# CARDIO / STRENGTH:

**Cardio Circuit:** This intense circuit class combines a mix of cardio and intense muscle work.

**Cycle:** Pedal through hill climbs, sprints, intervals and other challenging drills in this indoor class.

**Define:** This strength only class incorporates weights and bodyweight exercises to strengthen your bones. (Not a cardio workout)

**F.I.T.:** Full body interval training includes a variety of equipment to give a total body workout. This challenging resistance workout combined with intense cardio bursts.

**Fit 4 Life:** This arthritis fitness class incorporates sitting or standing positions to improve posture, balance, mobility and core strength.

**HIIT:** High Intensity Interval Training is a training technique that gives you an increased burst of exercise, followed by a short recovery period.

**Hi-Lo Sculpt:** This class blends step aerobics with body strengthening exercises.

**Kick It:** It includes high intensity interval training with some kickboxing, boxing

and strength training components. All levels are welcome.

**Pure Strength:** This total body workout will include resistance training and core work.

**Senior Strength & Cardio:** This low impact workout consists of a warm-up, cardio, strength and flexibility components geared towards active older adults.

**Zumba Gold:** Active older adults

who are looking for a modified

Zumba class at a low impact

intensity.

**Zumba:** Latin-inspired, cardio-dance workout at an upbeat tempo pace.

# STRETCH & MOBILITY:

**Gentle Yoga:** This beginning level class combines yoga postures, breathing and meditation.

**Hatha Yoga:** A multi-level strength based practice which incorporates a series of poses that flow through breath and movement.

**Mat Pilates:** This class improves flexibility, tones muscles, helps

balance the body while strengthening the spine and core which helps

promote mind-body awareness.

**Yogalates:** A combination of Yoga

and Pilates that focus on developing muscular and core strength while improving flexibility.

**AQUA CLASSES:**

**Aqua Aerobics**: Develops your coordination, muscular strength, and cardiovascular endurance while

working against shallow water currents to constantly challenge the core muscles, leading to improvements in balance as well.

**Aqua Arthritis:** Uses water walking and Arthritis Foundation exercises to move all major joints and facilitate activities of daily living. Improve balance, strength, and endurance while having fun in our 89

degree training pool.

**Aqua H.A.T.:** Targets your core while focusing on training the abdominal and lower back muscles. By using the legs

 in multi-dimensional movement patterns, you will develop a stronger midsection to stabilize your torso and improve your balance and posture.

## NOTES:

## -ACTIVE OLDER ADULT CLASSES

 -**AQUATIC CLASSES**

 **-** **FACE MASK REQUIRED**

 **- Reservations required for AQUA and**

 **Cycle Classes**

**For comments or concerns contact:** **avazquez@shamesjcc.org**

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