

# CPSA Group Fitness Schedule

	Time	Class Name	Instructor	Class Location
<b>Monday</b>	8:30-9:30 AM	Cycling	Teddie	Spin Room
	8:30-9:30 AM	Cardio Mix Up	Leslee	Studio 1
	9:30-10:15 AM	OOR	Geri	Gymnasium
	9:45-10:15 AM	Yoga Express	Leslee	Studio 1
	10:30-11:15 AM	OOR	Geri	Gymnasium
	12:00-1:00 PM	Aqua Aerobics	Teddie	Pool
	4:45-5:30 PM	Barre	Leslee	Studio 1
	5:45-6:45 PM	Yoga	Leslee	Studio 1
<b>Tuesday</b>	8:30-9:30 AM	Cycling	Teddie	Spin Room
	8:30-9:15 AM	LIIT	Leslee	Studio 1
	9:30-10:30 AM	Form Fit	Leslee	Studio 1
	11:00-11:45 AM	Tai Chi	Ronald	Studio 1
	12:00-1:00 PM	Aqua Stretch	Teddie	Pool
	1:00-2:30PM	Line Dancing	Darla	Studio 1
	5:15-6:15PM	3-20 Class	LeVan	Studio 1
	6:30-7:30PM	Cardio Kickboxing	LeVan	Studio 1
<b>Wednesday</b>	8:30-9:15 AM	Pound	Geri	Studio 1
	9:30-10:15 AM	Boot Camp	Geri	Studio 1
	10:30-11:15 AM	Form Fit	Geri	Studio 1
	10:30-11:15 AM	OOR Zumba Gold	Teddie	Gymnasium
	12:00-1:00 PM	Aqua Aerobics	Teddie	Pool
	5:30-6:30 PM	Stadium	Danny	Stadium
	5:45-6:45 PM	Power Yoga	Leslee	Studio 1
<b>Thursday</b>	8:30-9:30 AM	Zumba	Teddie	Studio 1
	9:30-10:30 AM	Form Fit	Leslee	Studio 1
	10:45-11:45 AM	Yoga	Leslee	Studio 1
	12:00-1:00 PM	Aqua Stretch	Teddie	Pool
	1:00-2:30 PM	Line Dancing	Teddie	Studio 1
	5:30-6:30 PM	Zumba	Sparkle	Studio 1
	6:30-7:30 PM	HIIT	LeVan	Studio 1
<b>Friday</b>	8:30-9:30 AM	Cycling	Teddie	Spin Room
	8:30 -9:30 AM	Barre	Leslee	Studio 1
	9:45-10:15 AM	Yoga Express	Leslee	Studio 1
	9:30-10:15 AM	OOR	Geri	Gymnasium
	10:30-11:15 AM	OOR	Geri	Gymnasium
	12:00-1:00 PM	Aqua Aerobics	Teddie	Pool
<b>Saturday</b>	9:00-9:30 AM	Yoga Demo	Leslee	Gymnasium
	9:30-10:00 AM	Gymnastics Demo	Varies	Gymnasium
<b>OPEN HOUSE</b>	10:00-10:30 AM	Zumba Demo	Varies	Gymnasium
	10:30-11:00 AM	Line Dancing Demo	Varies	Gymnasium

**Effective July 24-29, 2023**

\*This schedule is subject to change without notice.

## Class Descriptions

**Aqua Aerobics:** The performance of aerobic exercises in a swimming pool. All exercises are done vertically and without swimming. Aerobic endurance, resistance training & stretching are typically in waist deep or deeper water.

**Aqua Stretch:** Water therapy that incorporates breathing, static & dynamic stretching, yoga, tai chi, barre, & so much more. Relax while you physically rehabilitate sore joints & muscles.

**Barre:** A workout technique inspired by elements of ballet, yoga & pilates. It focuses on low-impact, high intensity movements designed to strengthen your body. This class is ideal if you are just returning to exercise. Movements will improve your balance, flexibility, core & build strength.

**Boot Camp:** An interval training class that mixes calisthenics and body weight exercises with cardio and strength training.

**Cardio Mix Up:** A variety of cardiovascular workouts through interval training & short sets of multiple activities to stave off boredom & increase your fitness!

**Cycling:** This class is a great cardiovascular workout! Pedal through hill climbs, sprints, and many other challenging drill exercises. All levels are welcome. Remember to bring a towel and a water bottle!

**Foam Roller Class:** Get ready to eliminate muscle tension and knots! This class incorporates a lightweight, cylindrical tube of compressed foam. The exercises and stretches performed will relieve inflammation, boost circulation, increase range of motion and enhance flexibility. Foam rollers are limited. Please provide your own personal 36" foam roller if possible.

**FormFit:** Weights Intensive Class designed to build muscular strength & focus on good form. This class teaches you functional weight room movements and lifts in a group setting, allowing you to work with weight in an encouraging environment.

**H.I.I.T/Ab&Core:** This two-part class consists of 30 minutes of high intensity interval training and 30 minutes of focused core work.

**OOR:** Off Our Rockers meets every Monday, Wednesday and Friday. Classes are adaptable for almost every ability level. This is a wonderful opportunity to meet other seniors and get some exercise. The class is free for those 55 and older!

**Line Dancing:** Choreographed dances in which a group of people dance along to repeating sequence of steps while arranged in one or more lines or rows. These dances are widely diverse & eclectic.

**L.I.I.T:** Low Intensity Interval Training; moderate intensity activities that can be done for longer intervals of time with shorter recovery periods

**Pound:** POUND® is the world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums.

**Power Yoga:** Power yoga, which is also known as Vinyasa yoga, is a fast-paced style of yoga that's focused on building strength and endurance. It is also an excellent form of yoga for burning calories.

**Stadium HIIT:** A High Intensity Interval Training class that incorporates the incline of the stadium steps, field work, and body weight movements to give you a great workout and a calorie burning boost. This class meets in the Rec Center lobby for check in and moves to the stadium together as a class.

**Yoga Express:** 30 minutes of gentle stretch.

**Tai chi:** A series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. Tai chi is sometimes described as meditation in motion because it promotes serenity through gentle movements — connecting the mind and body.

**Yoga:** Ideal for all levels. Poses flow from one to the next combined with breath work, your body weight and a few accessories, like blocks and straps, to increase flexibility, strengthen muscle, and improve balance.

**Zumba®:** Internationally known Latin Dance based cardio workout that will leave you begging for "Uno Mas!" by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

**ZumbaGOLD:** Designed for Active older adults and beginners who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity.

**3-20 Class:** This three-part class consists of 20 minutes of cardio, 20 minutes of strength and 20 minutes of core.