





- Classes highlighted in "Red" are a great place to start.
- Classes marked with "@" are 30 minutes.
- Classes marked "G" are classes geared for kids.
- Classes marked "\*" meet in the Multipurpose Room.
- Classes marked "\*\*\*" meet in the new gym.
- Classes marked "#" meet at the Fitness Desk in Fitness Room.
- Classes in "Blue" are outside weather permitting.
- Classes marked in "Purple" are scheduled events/Launches or cancelled classes.
- Classes marked "&" are held in Spin Room.

# November 2017

## GROUP EXERCISE SCHEDULE

SOUTHEAST FAMILY YMCA  
1000 Weatherly Road  
Huntsville, AL 35803

Mon	Tue	Wed	Thu	Fri	Sat/Sun
<p><b>The Aerobic room, racquetball courts, and the back gym floors will be refinished Nov 6<sup>th</sup>-12<sup>th</sup>. Therefore, some classes will be moved to the new gym while we are making improvements to our floors. Classes during that week will be marked if held in the New Gym. Thank you</b></p>		<p>1</p> <p>5:30a <b>BODYPUMP™</b> Christi 5:30a <b>Spin Interval</b> Laura *8:00a <b>Silver Fit</b> Debra 8:30a Zumba Rachel 9:30a PiYo Carrie 9:30a <b>Spin Interval</b> Eric *9:45a <b>Align. Yoga</b> Jennifer C 10:45a <b>BODYPUMP™</b> Terri @10:45a <b>Spin 101</b> Eric *11:00a <b>Begin. Yoga</b> Kristie 4:15p <b>BODYPUMP™</b> Kristin 5:30p <b>Cardio Jam</b> Michelle 6:30p <b>Pilates</b> Christi</p>	<p>2</p> <p>5:30a <b>Pilates</b> Christi 8:30a <b>Adv Pilates</b> Debra *9:00a <b>Gentle Yoga</b> Amy @9:30a <b>BODYATTACK 3D</b> Sharon *9:30a <b>Power Hr</b> Kristin @10:00a <b>Arms, Abs, &amp; Legs</b> Sharon 10:30a <b>Back to Basics</b> Kristin *4:15p <b>Kids Dance Party</b> @Kandy 4:30p <b>H.I.I.T.</b> Heather 5:30p <b>BODYATTACK™</b> Chris L 5:30p <b>Spin Endurance</b> Susi B *5:30p <b>PiYo</b> Carrie 6:30p <b>BODYPUMP™</b> Diana *6:45p <b>Yoga</b> Anita</p>	<p>3</p> <p>**5:30a <b>Power Hr</b> Kristin 5:30a <b>Spin Strength</b> Dana *8:00a <b>Silver Fit</b> Debra @8:30a <b>Kick box</b> Sharon @9:00a <b>Core Ball</b> Sharon *9:00a <b>Body Barre</b> Jennifer 9:30a <b>Cardio Jam</b> Kandy 9:30a <b>Spin Interval</b> Diana *10:00a <b>Power Flow Yoga</b> Jennifer 10:45a <b>BODYPUMP™</b> Kristin @10:45a <b>Spin 101</b> Sharon 4:15p <b>BODYPUMP™</b> Christi 5:30p <b>ZUMBA</b> Beth</p>	<p>4</p> <p>8:30a <b>ZUMBA</b> Beth 8:30am <b>Spin Strength</b> Chris Joy *9-10:30a <b>Gentle Yoga</b> Kristie 9:30a <b>BODYPUMP™</b> Janet 10:30a <b>BODYATTACK™</b> Sharon</p> <p>5</p> <p>2:00p <b>POUND™</b> Michiko 3:00p <b>Cardio Jam</b> Beth</p>
<p>6</p> <p>5:30a <b>Step &amp; Sculpt</b> Kristin (Gym) 5:30a <b>Spin Interval</b> Dana *8:00a <b>Silver Fit</b> Michelle 8:30a <b>BODYPUMP™</b> Diana (Gym) *9:00a <b>Body Barre</b> Tara 9:30a <b>Cardio Jam</b> Michelle (Gym) 9:30a <b>Spin Strength</b> AC *10:00a <b>Pwr Flow Yoga</b> Jennifer 10:45a <b>BODYPUMP™</b> Terri (Gym) *11:00a <b>Begin. Yoga</b> Kristie 11:45a <b>Ab Attack</b> Terry (Gym) 4:15p <b>BODYPUMP™</b> Christi (Gym) @5:15p <b>Ab Attack</b> Christi (Gym) 5:30p <b>BODYATTACK</b> Jennifer (Gym) 6:30p <b>Pilates</b> Christi (Gym)</p>	<p>7</p> <p>*5:30a <b>Pilates</b> Christi 8:30a <b>Adv Pilates</b> Debra (Gym) *9:00a <b>Gentle Yoga</b> Kristie @9:30a <b>BODYATTACK 3D</b> Cancelled **9:30a <b>Power Hr</b> Kristin (Gym) @10:00a <b>Arms, Abs, &amp; Legs</b> Cancelled 10:30a <b>Back to Basics</b> (Gym) Kristin *3:45p <b>Kids Yoga</b> @ Megan 4:30p <b>H.I.I.T.</b> Heather (Gym) *5:30p <b>PiYo</b> Carrie 5:45p <b>BODYPUMP™</b> Diana (Gym) 5:45p <b>Spin Strength</b> Terry C @6:45p <b>Core &amp; More</b> (Gym) *6:45p <b>Yoga</b> Amy 7:00p <b>POUND™</b> Jennifer (Gym)</p>	<p>8</p> <p>5:30a <b>BODYPUMP™</b> Kristin (Gym) 5:30a <b>Spin Strength</b> Laura *8:00a <b>Silver Fit</b> Debra 8:30a Zumba Rachel (Gym) 9:30a PiYo Carrie (Gym) 9:30a <b>Spin Strength</b> Eric *9:45a <b>Align. Yoga</b> Jennifer C 10:45a <b>BODYPUMP™</b> Kristin (Gym) @10:45a <b>Spin 101</b> Eric *11:00a <b>Begin. Yoga</b> Kristie 4:15p <b>BODYPUMP™</b> Janet (Gym) 5:30p <b>ZUMBA</b> Mandi (Gym) 6:30p <b>Pilates</b> Christi (Gym)</p>	<p>9</p> <p>*5:30a <b>Pilates</b> Christi 8:30a <b>Adv Pilates</b> Debra (Gym) *9:00a <b>Gentle Yoga</b> Amy 9:30a <b>BODYATTACK 3D</b> Bridget *9:30a <b>Power Hr</b> cancelled 10:30a <b>Back to Basics</b> Sharon/ Bridget (Gym) *4:15p <b>Kids Dance Party</b> @Kandy 4:30p <b>H.I.I.T.</b> Heather (Gym) 5:30p <b>BODYATTACK™</b> Chris L (Gym) 5:30p <b>Spin Endurance</b> Susi B *5:30p <b>PiYo</b> Carrie 6:30p <b>BODYPUMP™</b> Diana (Gym) *6:45p <b>Yoga</b> Anita</p>	<p>10</p> <p>**5:30a <b>Power Hr</b> Kristin (Gym) 5:30a <b>Spin Interval</b> Dana *8:00a <b>Silver Fit</b> Michelle @8:30a <b>Kick box</b> Sharon (Gym) @9:00a <b>Core Ball</b> Sharon (Gym) *9:00a <b>Body Barre</b> Jennifer 9:30a <b>ZUMBA</b> Kandy (Gym) 9:30a <b>Spin Strength</b> AC *10:00a <b>Power Flow Yoga</b> Jennifer 10:45a <b>BODYPUMP™</b> Kristin (Gym) @10:45a <b>Spin 101</b> Sharon 4:15p <b>BODYPUMP™</b> Christi (Gym) 5:30p <b>ZUMBA</b> Beth (Gym)</p>	<p>11</p> <p>8:30a <b>ZUMBA</b> Jessica (Gym) 8:30am <b>Spin Endurance</b> AC (Anna Catherine) *9-10:30a <b>Gentle Yoga</b> Kristie 9:30a <b>BODYPUMP™</b> Terri (Gym) 10:30a <b>BODYATTACK™</b> Chris L (Gym)</p> <p>12</p> <p>2:00p <b>POUND™</b> Nancy 3:00 <b>Cardio Jam</b> Michelle</p>
<p>13</p> <p>5:30a <b>Step &amp; Sculpt</b> Kristin 5:30a <b>Spin Strength</b> Dana *8:00a <b>Silver Fit</b> Michelle 8:30a <b>BODYPUMP™</b> Diana *9:00a <b>Body Barre</b> Tara 9:30a <b>Cardio Jam</b> Michelle 9:30a <b>Spin Race Day</b> Maria *10:00a <b>Pwr Flow Yoga</b> Jennifer 10:45a <b>BODYPUMP™</b> Terri *11:00a <b>Begin. Yoga</b> Kristie 11:45a <b>Ab Attack</b> Terri 4:15p <b>BODYPUMP™</b> Christi @5:15p <b>Ab Attack</b> Christi 5:30p <b>BODYATTACK™</b> Amber 6:30p <b>Pilates</b> Christi</p>	<p>14</p> <p>5:30a <b>Pilates</b> Christi 8:30a <b>Adv Pilates</b> Debra *9:00a <b>Gentle Yoga</b> Kristie 9:30a <b>BODYATTACK™</b> Sharon *9:30a <b>Power Hr</b> Kristin 10:30a <b>Back to Basics</b> Sharon/Bridget *3:45p <b>Kids Yoga</b> @ Megan 4:30p <b>H.I.I.T.</b> Heather *5:30p <b>PiYo</b> Carrie 5:45p <b>BODYPUMP™</b> Diana 5:45p <b>Spin Strength</b> Tom Fluker @6:45p <b>Core &amp; More</b> Diana *6:45p <b>Yoga</b> Amy 7:00p <b>POUND™</b> Nancy</p>	<p>15</p> <p>5:30a <b>BODYPUMP™</b> Christi 5:30a <b>Spin Endurance</b> Laura *8:00a <b>Silver Fit</b> Debra 8:30a ZUMBA Rachel 9:30a PiYo Michelle 9:30a <b>Spin Endurance</b> Eric *9:45a <b>Align. Yoga</b> Jennifer 10:45a <b>BODYPUMP™</b> Terri @10:45a <b>Spin 101</b> Eric *11:00a <b>Begin. Yoga</b> Kristie 4:15p <b>BODYPUMP™</b> Kristin 5:30p <b>Cardio Jam</b> Michelle 6:30p <b>Pilates</b> Christi</p>	<p>16</p> <p>5:30a <b>Pilates</b> Christi 8:30a <b>Adv Pilates</b> Debra *9:00a <b>Gentle Yoga</b> Amy @9:30a <b>BODYATTACK 3D</b> Sharon *9:30a <b>Power Hr</b> Kristin @10:00a <b>Arms, Abs, &amp; Legs</b> Sharon 10:30a <b>Back to Basics</b> Kristin *4:15p <b>Kids Dance Party</b> @Kandy 4:30p <b>H.I.I.T.</b> Heather 5:30p <b>BODYATTACK™</b> Bridget 5:30p <b>Spin Endurance</b> Susi B *5:30p <b>PiYo</b> Ericka 6:30p <b>BODYPUMP™</b> Diana *6:45p <b>Yoga</b> Anita</p>	<p>17</p> <p>**5:30a <b>Power Hr</b> Kristin 5:30a <b>Spin Endurance</b> Dana *8:00a <b>Silver Fit</b> Debra @8:30a <b>Kick box</b> Sharon @9:00a <b>Core Focus</b> Sharon *9:00a <b>Body Barre</b> Jennifer 9:30a <b>Cardio Jam</b> Michelle 9:30a <b>Spin Endurance</b> AC *10:00a <b>Power Flow Yoga</b> Jennifer 10:45a <b>BODYPUMP™</b> Kristin @10:45a <b>Spin 101</b> Sharon 4:15p <b>BODYPUMP™</b> Christi 5:30p <b>ZUMBA</b> Mandi</p>	<p>18</p> <p>8:30a <b>ZUMBA</b> Mandi 8:30am <b>Spin Interval</b> Tom Fluker *9-10:30a <b>Gentle Yoga</b> Amy 9:30a <b>BODYPUMP™</b> Kristin 10:30a <b>BODYATTACK™</b> Amber</p> <p>19</p> <p>2:00p <b>POUND™</b> Lynelle 3:00 <b>ZUMBA</b> Sheree</p>
<p>20</p> <p>5:30a <b>Step &amp; Sculpt</b> Kristin 5:30a <b>Spin Race Day</b> Dana *8:00a <b>Silver Fit</b> Michelle 8:30a <b>BODYPUMP™</b> Diana *9:00a <b>Body Barre</b> Tara 9:30a <b>Cardio Jam</b> Michelle 9:30a <b>Spin Endurance</b> Maria *10:00a <b>Pwr Flow Yoga</b> Jennifer 10:45a <b>BODYPUMP™</b> Terri *11:00a <b>Begin. Yoga</b> Megan 11:45a <b>Ab Attack</b> Terri 4:15p <b>BODYPUMP™</b> Christi @5:15p <b>Ab Attack</b> Christi 5:30p <b>BODYATTACK™</b> Amber 6:30p <b>Pilates</b> Christi</p>	<p>21</p> <p>5:30a <b>Pilates</b> Christi 8:30a <b>Adv Pilates</b> Debra *9:00a <b>Gentle Yoga</b> Amy 9:30a <b>BODYATTACK™</b> Bridget *9:30a <b>Power Hr</b> Kristin 10:30a <b>Back to Basics</b> Bridget/ Sharon *3:45p <b>Kids Yoga</b> @ Megan 4:30p <b>H.I.I.T.</b> Heather *5:30p <b>PiYo</b> Ericka 5:45p <b>BODYPUMP™</b> Diana 5:45p <b>Spin Interval</b> Chris J 6:45p <b>Core &amp; More</b> Diana 6:45p <b>Yoga</b> Amy 7:00p <b>POUND™</b> Lynelle</p>	<p>22</p> <p>5:30a <b>BODYPUMP™</b> Kristin 5:30a <b>Spin Recovery</b> Laura *8:00a <b>Silver Fit</b> Debra 8:30a ZUMBA Mandi 9:30a PiYo Carrie 9:30a <b>Spin Race Day</b> Eric *9:45a <b>Align. Yoga</b> Jennifer 10:45a <b>BODYPUMP™</b> Kristin @10:45a <b>Spin 101</b> Eric *11:00a <b>Begin. Yoga</b> Megan 4:15p <b>BODYPUMP™</b> Diana 5:30p Zumba Mandi 6:30p <b>Pilates</b> Christi</p>	<p>23</p> <p><b>Happy Thanksgiving</b> <b>YMCA Closed</b></p> 	<p>24</p> <p><b>Turkey Take Off Day</b> 8:00a <b>Silver Fit</b> Debra 9:30a <b>Spin Interval</b> Susi B 9:30a ZUMBA Mandi 10:45a <b>BODYPUMP™</b> Diana</p> 	<p>25</p> <p>8:30a <b>ZUMBA</b> Kandy 8:30am <b>Spin Strength</b> Terry Cagle *9-10:30a <b>Gentle Yoga</b> Amy 9:30a <b>BODYPUMP™</b> Amber 10:30a <b>BODYATTACK™</b> Bridget</p> <p>26</p> <p>2:00p <b>POUND™</b> Lynelle 3:00p <b>ZUMBA</b> Sheree</p>
<p>27</p> <p>5:30a <b>Step &amp; Sculpt</b> Kristin 5:30a <b>Spin Endurance</b> Dana *8:00a <b>Silver Fit</b> Michelle 8:30a <b>BODYPUMP™</b> Diana *9:00a <b>Body Barre</b> Tara 9:30a <b>Cardio Jam</b> Michelle 9:30a <b>Spin Interval</b> Maria *10:00a <b>Pwr Flow Yoga</b> Jennifer 10:45a <b>BODYPUMP™</b> Terri *11:00a <b>Begin. Yoga</b> Michelle 11:45a <b>Ab Attack</b> Terri 4:15p <b>BODYPUMP™</b> Christi @5:15p <b>Ab Attack</b> Christi 5:30p <b>BODYATTACK™</b> Amber 6:30p <b>Pilates</b> Christi</p>	<p>28</p> <p>5:30a <b>Pilates</b> Christi 8:30a <b>Adv Pilates</b> Debra *9:00a <b>Gentle Yoga</b> Amy 9:30a <b>BODYATTACK™</b> Sharon *9:30a <b>Power Hr</b> Kristin 10:30a <b>Back to Basics</b> Bridget/ Sharon *3:45p <b>Kids Yoga</b> @ Megan 4:30p <b>H.I.I.T.</b> Heather *5:30p <b>PiYo</b> Carrie 5:45p <b>BODYPUMP™</b> Diana 5:45p <b>Spin Race Day</b> Terry C 6:45p <b>Core &amp; More</b> Diana *6:45p <b>Yoga</b> Amy 7:00p <b>POUND™</b> Nancy</p>	<p>29</p> <p>5:30a <b>BODYPUMP™</b> Christi 5:30a <b>Spin Strength</b> Laura *8:00a <b>Silver Fit</b> Debra 8:30a ZUMBA Rachel 9:30a PiYo Michelle 9:30a <b>Spin Race Day</b> Eric *9:45a <b>Align. Yoga</b> Jennifer 10:45a <b>BODYPUMP™</b> Terri @10:45a <b>Spin 101</b> Eric *11:00a <b>Begin. Yoga</b> Michelle 4:15p <b>BODYPUMP™</b> Kristin 5:30p Zumba Mandi 6:30p <b>Pilates</b> Christi</p>	<p>30</p> <p>5:30a <b>Pilates</b> Christi 8:30a <b>Adv Pilates</b> Debra *9:00a <b>Gentle Yoga</b> Amy @9:30a <b>BODYATTACK 3D</b> Sharon *9:30a <b>Power Hr</b> Kristin @10:00a <b>Arms, Abs, &amp; Legs</b> Sharon 10:30a <b>Back to Basics</b> Kristin *4:15p <b>Kids Dance Party</b> @Kandy 4:30p <b>H.I.I.T.</b> Heather 5:30p <b>BODYATTACK™</b> Bridget 5:30p <b>Spin Recovery</b> Susi B *5:30p <b>PiYo</b> Erika 6:30p <b>BODYPUMP™</b> Diana *6:45p <b>Yoga</b> Anita</p>		

## CLASS DESCRIPTIONS: Intensity Level (IL): 1=Comfortable | 2=Challenged | 3=Uncomfortably Challenged

**AB ATTACK and CORE & MORE-** This 10-15 minute class focuses on strengthening the abs, core and lower back. This class caters to all fitness and works towards improving abdominal strength. The ab attack is the perfect class to do at the end of your workout. IL=2/3

**ADVANCED (ADV.) TO INTERMEDIATE (INT.) PILATES-** When you're ready to increase the challenge, the Advanced to Intermediate level Pilates class takes you through a dynamic, full-body workout focusing on improving flexibility, core strength, and toning all muscle groups. IL=2/3

**ALIGNMENT YOGA** -Yoga that helps each student get into the classical ideal way and structurally safe way that the pose should be done using props when needed. IL=1/2

**ARMS LEGS & ABS-** You'll love it! 30 minutes of strength and toning for your arms, legs and abdominals! IL= 2/3

**BACK TO BASICS-**A low impact slower paced class tailored to the specific needs of beginners, seniors and those returning to an exercise program after a long absence. Enjoy a 30-45 minute low impact cardio workout, followed by strengthening and balance exercises. IL-1/2

**BARRE CORE, BODY BARRE-** A high-energy, intense fat & calorie burning, non-impact workout designed to work every muscle in your body! BARRE Core will sculpt your upper body, streamline your thighs, lift your seat, flatten your abs, and lengthen you from head to toe! Each strength training segment is followed by deep stretching to create a long, lean look and improved range of motion. We promise to leave your body quivering, shaking, and begging for more! Barre Yo- includes yoga breathing, barre work, ab and mat work as well as yoga stretching and relaxation at the end! IL= 2/3

**BEAMFIT PILATES-**This class will teach mat pilates on a foam balance beam. This low-to-no-impact workout teaches the body proper balance and alignment techniques while increasing focus on engaging core muscles. This class looks "deceptively simple", but most people find it very challenging. IL= 2/3

**BODYATTACK™ (LES MILLS™)-** Body Attack is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals - from the weekend athlete to the hard-core competitor! Like all the LES MILLS™ programs, a new BODYATTACK™ class is released every three months with new music and choreography. Team teaches will be once every three months with the launch of new choreography/ music. All instructors will come together and teach a track on the new release. IL=2/3

**BODYATTACK™ 3D (LES MILLS™)-** This is a 30 minute express version of BODYATTACK™ but with a more sporty feel! The essence of BODYATTACK™ is still there in this class! IL=2/3

**BODYPUMP™ (LES MILLS™) -** Les Mills body pump is the original barbell class that strengthens your entire body. This 60 minute workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for-fast. Like all the LES MILLS™ programs, a new BODYPUMP™ class is released every three months with new music and choreography. This class promises to burn up to 600 calories per class. Team teaches will be once every three months with the launch of new choreography/ music. All instructors will come together and teach a track on the new release. IL= 2/3

**CARDIO JAM-** High energy, fast paced aerobic workout with fun easy-to-follow choreography. This is a great cardio dance class for everyone to enjoy! The entire time spent in class is a total body jam session. Sweating, shouting, laughing, moving, grooving, shaking, are some of the rules. IL=1/2

**GENTLE YOGA/ BEGINNER (BEGIN.) YOGA-** Improve muscle tone, balance, flexibility, and strength. Stretching, breathing, and mindful awareness will be a focus. IL=1

**H.I.I.T. (High Intensity Interval Training)-** When it comes to calorie burning during exercise, research shows that H.I.I.T. training (shorter, higher-intensity interval workouts) burns more calories than longer, lower intensity aerobic workouts. You will get results in this class! This class will incorporate shorter segments of high intensity cardio work using the step, floor aerobics, and or the stairs as well as alternating longer segments of weight training. IL=3

**HORIZONTAL CONDITIONING-** Horizontal conditioning is core and so much more. It works your body from head to toe, from the inside out. It has best been described as "pilates on steroids". Workouts use body weight with a few props from resistance. Horizontal conditioning gives you total body definition, endurance and strength. You get lean and defined muscles without bulk. IL=2/3

**KICK BOX /CORE BALL-**This class is 30 minutes of kickboxing and 30 minutes of Core Ball. This is a great full body workout, incorporating a broad range of athletic drills, balance, coordination and strength building moves. Core Ball incorporates strengthening, toning, and stretching your entire body using exercises that combine stability balls and free weights. This class focuses on improving posture, balance, and flexibility all while challenging your core. IL=2/3

**KIDS DANCE PARTY-**This is the ultimate dance fitness party for young dance fans. This program features age-appropriate music and moves that get kids movin' to the beat. It's all about feeling fearless on the dance floor, reinforcing the idea that it's okay to just be yourself and dance like no one's watching! 1 2

**KID FIT-** This is a high energy class for kids. Enjoy fun filled activity that is guaranteed to keep you moving. (Last 15 minutes of class will be held on the track) Ages 5 and up please! IL=1/2

**KIDS YOGA-** Class is 45 minutes. Improve strength, flexibility, and coordination. ... Kids will also learn self-respect and respect for others with the practice of fun and challenging poses, partner and group poses, lots of **yoga** games, breathing and basic anatomy. IL=1

**POWER HOUR-**A high intensity class filled with strength training, plyometrics, and speed drills etc. Take your workout and your body to a whole new level. This is an athletic class! IL=2/3

**POWER YOGA/POWER FLOW YOGA-**This vinyasa power flow class is lively and energetic. We do not follow a set sequence of postures. You can expect a great cardiovascular and strength building workout combined breath work for greater concentration and focus. Come prepared to take on new challenges with rapid movement through sun salutations and various asanas such as arm balances, twists, backbends, hip openers and a whole lot of core work to tone and balance your body. IL=2/3

**PIYO-** "Low impact, High intensity", This class combines muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll use your body weight to perform a series of continuous, targeted moves to define every single muscle-big and small! IL=2

**PILATES-** A new, innovative flexibility and strength class. No impact focusing on core muscle strength and body conditioning. Class is limited to first 24 participants. IL=1/2

**POUND™-** Created by two female drummers, the **POUND™ workout** fuses cardio interval training with drumming to provide a challenging, heart-pumping workout. The constant up-and-down drumming targets your inner and outer thighs, butt, and core. And those drumsticks aren't just for show; at one-fourth pound per stick and a little shorter than the standard length, they're perfectly designed to maximize your arm workout. IL=1/2

**SILVER FIT-** Stay active! Stay strong! Designed for seniors and older adults, this class helps you keep and improve your Strength, Balance, and Flexibility. No matter your fitness level, instructors use a variety of exercises to make it fun and functional. IL=1

**SPIN 101-** This is a 30 minute spin class for beginners, or seniors. This class will mainly focus on endurance rides with some strengthening moves that will be incorporated on the bike. (This class is limited to first 20 participants). IL=1/2

**SPIN-** This is an exciting class using stationary bikes. Break a sweat and become part of the cycling addiction. Please bring a hand towel and water! (This class is limited to first 20 participants) If new please arrive 15 minutes early to be set up on a spin bike. IL=2/3

**STEP & SCULPT -** This class combines two all-time favorites. This class alternates five minutes of fat-burning step with two minutes of toning and strengthening exercises to give you the best of both worlds. Burn fat and tone those muscles-all in one hour! IL=2

**INTERMEDIATE and REGULAR YOGA-** Busy day at work or just need to relax! Yoga improves muscle tone, increases flexibility and reduces daily stress. (Class is limited to the first 24.) IL=2

**ZUMBA** -Zumba/Latin Jive fuses hypnotic latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got ZUMBA/Latin Jive! IL=1/2