

# GROUP EXERCISE

VAUGHAN ATHLETIC CENTER • APRIL 9 - JUNE 3

|            | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY                          | SUNDAY                                    |
|------------|--|---|--|--|---|-----------------------------------|---|
| 5 a.m.     |  | <b>Body Blitz</b><br>Ryan                       | <b>Barbell Blast</b><br>Nancy                    |  |   |                                   |   |
| 5:15 a.m.  | <b>Cycling</b><br>Ryan<br><b>Chisel</b><br>Chrissa |   |  | <b>Cycling</b><br>Ryan                             | <b>Body Blitz</b><br>La Shawn                   |                                   |   |
| 7 a.m.     |  |   |  |  |   | <b>Tabata</b><br>Paula            |   |
| 7:15 a.m.  | <b>Yoga Basics</b><br>Deb                          |   | <b>Yoga Stretch &amp; Strengthen</b><br>Annette  |  | <b>Yoga Stretch &amp; Strengthen</b><br>Annette |                                   |   |
| 8:15 a.m.  |  | <b>HIIT &amp; Heal</b><br>Julie B               |  | <b>Barre Body Fusion</b><br>Stacy                  |   | <b>Step &amp; Sculpt</b><br>Nancy |   |
| 8:30 a.m.  | <b>Cycling</b><br>Ryan                             |   |  |  | <b>Greatest Hits</b><br>Stacy                   |                                   | <b>Group Strength</b><br>Chrissa          |
| 8:45 a.m.  |  |   | <b>Power Hour</b><br>Gera                        |  |   |                                   |   |
| 9 a.m.     | <b>P.A.R.T.Y!</b><br>▶ Stacy                       |   |  | <b>Cycling</b><br>Jill                             |   | <b>Extreme Cycle</b><br>John      |   |
| 9:30 a.m.  |  | <b>Zumba Toning</b><br>Charity                  |  | <b>Zumba®</b><br>Charity                           | <b>Body Blitz</b><br>Gera                       | <b>Pilates</b><br>Bridget         | <b>Recover &amp; Restore</b> ■<br>Chrissa |
| 10 a.m.    |  | <b>Total Body Sculpt</b><br>Ryan                |  |  |   |                                   |   |
| 10:15 a.m. |  |   |  |  |   |                                   | <b>Restorative Yoga +</b><br>Deb          |
| 10:30 a.m. | <b>Gentle Vinyasa Yoga</b><br>Rose                 |   |  |  |   |                                   |   |
| 10:45 a.m. |  | <b>Zumba GOLD Toning</b><br>Charity             |  |  |   | <b>Yoga Basics</b><br>Libby       |   |
| 11 a.m.    |  |   |  | <b>Fit Over 50</b><br>Amy J.                       | <b>Functional Fitness</b><br>Ryan               |                                   |   |
| 11:15 a.m. |  |   | <b>Gentle Flow &amp; Release Yoga</b><br>▶ Marie |  |   |                                   |   |
| 3:30 p.m.  |  | <b>Core &amp; Restore</b><br>▶ Judy             |  | <b>Core &amp; Restore</b><br>▶ Judy                |   |                                   |   |
| 5:15 p.m.  | <b>Barbell Blast</b><br>Jill                       | <b>Power Hour</b><br>Kim                        | <b>Strictly Strength</b><br>Katie                | <b>Group Strength</b><br>Chrissa                   |   |                                   |   |
| 6:15 p.m.  |  |   | <b>Zumba®</b><br>Katie ■                         |  |   |                                   |   |
| 6:30 p.m.  | <b>Zumba®</b><br>Bridget                           | <b>Yoga Stretch &amp; Strengthen</b><br>Annette |  | <b>Zumba®</b><br>Kelly<br><b>Cycling</b><br>Stacey |   |                                   |   |
| 7 p.m.     |  |   | <b>Pilates</b><br>Bridget                        |  |   |                                   |   |

**CLASS FORMAT INFORMATION:**  
Unmarked classes are one hour in length.

- 30-minute class
- ▶ 75-minute class
- ◆ 45-minute class
- ✦ Held only on the first Sunday of each month. (May 5, June 2)

# GROUP EXERCISE AT VAUGHAN

**Barbell Blast:** A barbell-based class using light to moderate weights and high repetitions that targets increased calorie burn and lean muscle growth. You will experience an upbeat and fun total body strength workout which includes all muscle groups large and small!

**Barre Body Fusion:** Combine the basics of Barre, Pilates, & Yoga. A challenging, but low-impact workout with small, controlled movements, isometric holds and high repetitions. All levels welcome.

**Body Blitz:** A challenging full body workout that will improve your overall fitness ability using a variety of equipment & exercises ranging from traditional strength movements to cardio conditioning exercises.

**Chisel:** A strength training class using compound movements to provide a full body workout using a variety of equipment. No two classes are alike!

**Core & Restore:** A gentle core strengthening class that emphasizes breathing, simple movements targeting mobility, stability and stress reduction.

**Cycling:** A dynamic indoor cycling experience on a specially designed stationary bike and set to music. A great non-impact workout for all fitness levels. Follow ride with cooldown and stretch.

**Extreme Cycle:** A calorie burning, high tempo, sprint, mountain ride using cadence, and heart rate drills.

**Fit Over 50:** Designed for the active older adult. Focus on strength, cardio endurance, balance, and flexibility. Levels will be offered to meet fitness abilities.

**Functional Fitness:** Low-impact cardio & functional moves to improve strength, endurance, flexibility & balance. Designed for active adults 55+, or those looking to make everyday activities easier.

**Gentle Flow & Release Yoga:** Balance Yin & Yang with breath guided flow designed to warm & strengthen. Then surrender into part yin/part restorative postures leaving you relaxed & renewed.

**Gentle Vinyasa Yoga:** Focus on postures held & explored. Breath facilitates movement & helps deepen postures. This produces specific energetic effects in mind & body from highly energizing to deeply calming. Proper alignment & modifications accommodate individual practices.

**Greatest Hits:** Set to an awesome music soundtrack created to inspire you, this class motivates you to move using interval and strength training through choreography and a variety of equipment.

**Group Strength:** Get strong using straight bars and plates, hand weights, tubes, or your own body weight.

**\*NEW\* HIIT & Heal:** This high intensity interval training class consists of 45 minutes of muscle conditioning and cardio with the science of Synced Music Motivation followed by 15 minutes of flexibility and foam rolling to a soundtrack featuring healing tones and sound frequencies to focus your mind and reduce stress.

**P.A.R.T.Y!:** Kick off your week with a PARTY! Get lost in motivating music and crank the fun factor to the max. A mix of equipment will help increase your heart rate, strengthen your muscles, and improve flexibility and mobility, including bands, balls, and weights. Finish class with yoga poses, meditation, and optional aromatherapy. This class is designed for all fitness levels. #NeverMissAMonday P - Punch and kick. A- Aerobics and Abs (hi-lo) R- Rolling and Resistance T- Tabata Y- Yoga

**Pilates:** Traditional mat class designed to work the body's core to improve flexibility & strength.

**Power Hour:** An intense total-body workout that challenges the body through a variety of methods to improve overall fitness with cardio kickboxing, weight training, athletic drills, and circuit training.

**Recover & Restore:** This class focuses on restoring your body through deeper muscular lengthening and stretching. Equipment such as yoga blocks, and straps will be used to help open tight pockets of the body to leave you feeling more recovered and well-balanced.

**Restorative Yoga:** We will relax mind and body through gentle poses and a guided relaxation at the end of class. Restorative yoga is for anyone; from those with no yoga experience to those who practice regularly. This class only meets on the first Sunday of the month. Dates for this schedule: 5/5 and 6/2

**Step & Sculpt:** Simple, heart-pumping step aerobics routines combined with strength training intervals to give you a complete cardio & strength workout. Excellent cross-training for all skill & fitness levels.

**Strictly Strength:** This class is designed to increase muscular strength through weight-bearing and resistance exercises. We will use a variety of equipment to keep progressing our muscular endurance over time. Class participants can expect to perform both compound and functional movement exercises utilizing every major muscle group in each class—for a full body workout.

**Tabata:** A very specific type of HIIT workout designed to squeeze maximum burn into minimal workout time. Through a variety of simple, yet intense timed exercises you will boost your cardio fitness and calorie burn.

**Total Body Sculpt:** An anaerobic, muscle-toning class focused primarily on core & body muscle strength. Burn calories & fat, while increasing overall metabolism through the simple act of building lean muscle.

**Yoga Basics:** Learn the fundamentals of yoga postures, focusing on proper alignment, stretching, and breathing through poses appropriate for beginners. No previous yoga training required!

**Yoga Stretch & Strengthen:** Increase flexibility, develop strength, improve balance, and release tension through safe stretching, movement, poses and restorative relaxation.

**Zumba®:** Ditch the workout and join the party! A fun cardio workout with easy-to-follow dance steps inspired by Latin rhythms, featuring "sizzling" south-of-the border moves that are "spicy hot!"

**Zumba® GOLD Toning:** Tailored for active older adults who want to focus on muscle conditioning and lightweight activity. Zumba® GOLD Toning blends the Zumba® party you love at a slower pace with a redefining total body workout using Zumba® Toning Sticks to shake up those muscles!

**Zumba® Toning:** Take Zumba to the next level! This combination of cardio and dynamic resistive exercises is an effective use of progressive lightweight training to improve overall performance.