

GROUP EXERCISE

VAUGHAN ATHLETIC CENTER • OCTOBER 22 - JANUARY 6



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 a.m.		Body Blitz Ryan	Barbell Blast Nancy				
5:15 a.m.	Cycling Ryan			Cycling Ryan	Body Blitz La Shawn		
	Chisel Chrissa						
6:45 a.m.				Zumba® Toning Charity			
7 a.m.						Body Blast Paula	
7:15 a.m.	Yoga Basics Deb		Yoga Stretch & Strengthen Annette		Yoga Stretch & Strengthen Annette		
8:15 a.m.		HIIT & Heal Julie B				Step & Sculpt Nancy	
8:30 a.m.	Cycling Ryan				Morning Boost Stacy	Cycling Ryan	Group Strength Chrissa
8:45 a.m.			Power Hour Gera				
9 a.m.	P.A.R.T.Y! ▶ Stacy	Cycling Ryan		Cycling Jill			
9:30 a.m.		Zumba Karla		Zumba Karla	Body Blitz Gera	Pilates Bridget	Recover & Restore ■ Chrissa
10 a.m.			Total Body Sculpt Ryan				
10:15 a.m.							Restorative Yoga + Deb
10:30 a.m.	Gentle Vinyasa Yoga Rose						
10:45 a.m.						Yoga Basics Libby	
11 a.m.				Fit Over 50 Amy J.	Functional Fitness Ryan		
11:15 a.m.			Gentle Flow & Release Yoga ▶ Marie				
3:30 p.m.		Core & Restore ▶ Judy		Core & Restore ▶ Judy			
5:15 p.m.	Barbell Blast Jill	Power Hour Kim	Strictly Strength Katie	Group Strength Chrissa	Barre Above Katie		
6:15 p.m.			Zumba Katie ■				
6:30 p.m.	Zumba Bridget	Yoga Stretch & Strengthen Annette		Zumba Kelly	Cardio Drumming Karla		
7 p.m.			Pilates Bridget				

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

- 30-minute class
- ▶ 45-minute class
- ▶ 75-minute class
- ✦ Held only on the first Sunday of each month. (Nov. 3, Dec. 1, Jan. 5)

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 Above: Based on principles of the Lotte Burke method (the genesis of the Barre movement), this class uses cutting-edge exercise science to blend ballet, Pilates, yoga and strength training movements into a signature sequence that is adaptable to all fitness levels and body types. Extract every drop of your grace and grit with this total body sculpting and toning class!

Body Blast: Full body strength training with cardio bursts throughout, which assists in added calorie burn by keeping the heart rate elevated. All levels of exercisers are welcomed.

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.

Cardio Drumming: Activate all of your muscles in this fun and dynamic, low-impact workout that combines drumming and cardio to the beat of the music.

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.

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.

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

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.

Morning Boost: Elevate your day with a refreshing burst of energy by incorporating hi-lo exercises, barre elements, core work, and stretching to release feel-good hormones and positively set the tone. A variety of equipment may be used, and all fitness levels are welcome.

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: 9/1 and 10/6

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.

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® 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.