

**ABAC GROUP FITNESS SCHEDULE (Blue Classes are Live & Zoomed)**
**January 2023**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7:30 AM TAI CHI 24 KATHRYN	7:30 AM BALANCED STRETCH KATHRYN	7:00 AM YOGA BEGINNER RICHARD	7:15 AM- GENTLE YOGA SUMMER		
	8:30 AM ACTIVE STRETCH KATHRYN	8:30AM (40 min) CORE/GLUTE CINDY	8:15 AM PYRAMID DANIELLE		8:30 AM BODYPUMP CINDY	
9:00 AM - Zoom Only Healthy Back - Kate  9:30AM BODYFLOW GWYNNE	9:30 AM ZUMBA TYLER	9:15 AM SCULPT CINDY	9:15 AM BODYPUMP DANYA	9:15 AM ZUMBA DANYA	9:30 AM HIIT CINDY	9:15 AM - YOGA TAMMY / VICTORIA
10:45 AM BO STRETCH CYNDI	10:30 AM YOGA INTERMEDIATE RICHARD	10:00 AM - LIFT CINDY	10:30 AM YOGA INTERMEDIATE RICHARD	10:15 AM BODYFLOW DANYA	10:30 AM VINYASA FLOW (register) GWYNNE	
					11:45 AM PILATES SEAN	11:00 AM - Dance Mix BUDDY
	12:00PM LONGEVITY QIGONG CYNDI	12:00 PM - TRX (register) SUZANNE	3:45 PM KID'S KEMPO GARY	12:00PM TRX (register) Buddy		
4:15 PM - GENTLE YOGA SUZANNE	4:15PM CORE AND SCULPT CINDY	4:30 PM - CARDIO BARRE DIANA	4:30 PM - Dance Mix BUDDY	4:15 PM YOGA BEGINNER GWYNNE		
5:30 PM TRX (register) JAN	5:15 PM BODYPUMP CINDY	5:30 PM YIN YOGA GWYNNE	5:30PM BODY PUMP LAUREN			

**CYCLE SCHEDULE - ALL CYCLE CLASSES ARE HELD IN THE PAVILION**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM CYCLE BUDDY		6:30 AM CYCLE MITCH		6:30 AM CYCLE SARA		
	8:15 AM CYCLE / CORE MELBRA		8:15 AM CYCLE / CORE MELBRA	8:15 AM CYCLE PATTY	8:15 AM CYCLE / CORE SARA	9:00 AM CYCLE JANA
9:30AM CYCLE / SCULPT MARNI		9:15 AM CYCLE PATTY	9:30 AM CYCLE / SCULPT MARNI			

**POOL SCHEDULE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9 AM GROUP SWIM MITCH		9 AM GROUP SWIM AMELIA			
11 AM AQUA MARNI	11 AM AQUA CAROLYN	11 AM AQUA SHAIREE	11 AM AQUA MARNI	11 AM AQUA SUE		

### Class Etiquette

- Athletic shoes and appropriate workout attire is required.
- For safety reasons, please arrive on time and remain for the entire class.
  - Do not wear perfume or scented lotions.
- Give the trained, certified instructor your full attention.
  - Keep chit chat to a minimum.

**ACTIVE STRETCH** - (45 Minutes) This class includes stretches for the entire body. It will balance your workout routine with flexibility and relaxation. All levels are welcome.

**AQUA** - (60 Minutes) This class takes place in the pool and offers strength and cardio exercises. It is a fun, safe, and effective way to improve cardiovascular health, strength, and endurance. All levels are welcome.

**BALANCED STRETCH** - (45 Minutes) This class uses simple movements to improve flexibility and balance. All levels of welcome.

**BO STRETCH** - (60 Minutes) A full body 60 minute stretch promoting increased circulation and mobility. This multi-level class integrates the Bo Staff to enhance strength, flexibility, alignment, and balance.

**BODYFLOW™ LES MILLS** - A yoga-based workout for anyone wanting to improve their flexibility, core strength and sense of wellbeing.

**BODYPUMP™ LES MILLS** - BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit – fast.

Using light to moderate weights with lots of repetition, BODYPUMP is a total body workout.. With scientifically proven moves and great, pumping music, it's a fantastic and motivating class for instructors to teach.

**CARDIO BARRE** - (45 minutes) This class offers a unique, high energy / no impact workout that combines barre work with lightweights for a great fat burning workout. All levels are welcome.

**CARDIO KICK** - (45 Minutes) This class combines martial arts techniques with fast-paced cardio. It is a high-energy workout that challenges the beginner and elite athlete alike. You will build stamina, burn calories, improve coordination and flexibility, while building lean muscle during this fun and challenging workout.

**CORE / GLUTE** - (45 Minutes) This class focuses on the core and glutes. All levels are welcome.

**CYCLE** - (45 Minutes) This class is a great cardiovascular workout. Pedal through climbs, sprints, and other challenging drills and exercises. All levels are welcome.

**CYCLE / CORE** - (45 Minutes) This cycle class will give you a bonus core workout off the bike. All levels are welcome.

**CYCLE / SCULPT** - (45 Minutes) This cycle class will give you a bonus strength workout on and off the bike. All levels are welcome.

**DANCE MIX** - (45 Minutes) A dynamic fusion of dance styles that create an all out cardio jam. All levels are welcome.

**GENTLE YOGA** - (60 Minutes) This yoga class focuses on releasing tension, connecting with the breath and helps with strength and flexibility. All levels are welcome.

**GROUP SWIM** - (60 Minutes) Swim sets given in a group environment to push you to achieve your next level. All levels welcome. Must be able to swim the length of the pool.

**HIIT** - (45 Minutes) High Intensity Interval Training is a class that will improve your overall fitness level with high / low intensity movements. All levels are welcome. Instructor will offer modifications and progressions.

**LIFT** - (45 Minutes) A strength training class that uses dumbbells and barbells and will challenge all the major muscle groups in the body. Squats, presses, lifts, and curls will be combined with great music for a fun and effective workout. Space is limited.

**LONGEVITY QIGONG** - (60 Minutes) Integrating physical movement, mental cultivation, and regulated breathing to enhance immunity, vitality, and regenerative capacities.

**PILATES** - (45 Minutes) Pilates is a low-impact class that aims to strengthen muscles while improving postural alignment and flexibility. The core is targeted, but the class offers an overall body workout. All levels are welcome.

**PYRAMID** - (45 Minutes) This class is HIIT with a twist. All exercises are performed in intervals, starting with 1 exercise and building up to 7, then back down again. Its cardio, strength and core all wrapped into a quick, efficient, fun workout.

**SCULPT** - (45 Minutes) This class is intended to sculpt your body using different equipment and body weight. All levels are welcome.

**TAI CHI / CHI BALL** - (45 Minutes) This class combines Tai Chi, dance, yoga, Pilates and meditation. It is low impact and low intensity but you leave energized and rejuvenated. All levels are welcome.

**TRX** - (45 Minutes) This is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability. It requires the use of the TRX Suspension Trainer.

**VINYASA FLOW** - (60 Minutes) This yoga class practices flowing movements through a variety of postures to improve balance, strength and endurance. All levels are welcome.

**YIN YOGA** - (60 Minutes) This class is a restorative class that holds poses and stretches for a longer length of time while utilizing the breath. All levels are welcome.

**YOGA** - (75 Minutes) Yoga is a basic, foundational class where postures are practiced to align, strengthen, and promote flexibility in the body. Full-body relaxation and balance in the body is the goal. All levels are welcome.

**YOGA BEGINNER** - (60 Minutes) A yoga class that is geared toward those beginning to practice. All levels are welcome. Class is for beginners.

**YOGA INTERMEDIATE** - (60 Minutes) A yoga class that is geared toward those that are progressing in their practice. Intermediate levels welcome. Some yoga experience is strongly recommended.

**ZUMBA** - (45 Minutes) A high intensity workout that combines Latin and international music with dance moves that focuses on defining muscles and improving overall cardiovascular strength.