

WEST PARK GROUP EXERCISE MAY 2024

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING	8:30AM		NEW CLASS ALERT!				Pure Strength Kim	
	9:00AM			Mommy & Me Fitness Alex				
	9:15 AM		PURE STRENGTH Adria		YOGA FLOW VINYASA Kim W.	CARDIO COMBO Adria		
	9:30AM	Zumba Gold Angie					Boot Camp Kim/Deirdre	
	10:00AM			Chair Yoga Ann				
	10:30AM	Balance & Strength Teresa	SILVER SNEAKER CLASSIC- GYM Christine		SILVER SNEAKER CLASSIC-GYM Teresa	FITNESS AFTER 50 Mo		
	11:00AM			Tai Chi Chris	NEW CLASS ALERT!			
	11:30AM				Self Defense Chris			
EVENING	5:30 PM	CYCLE HIIT EXPRESS Deirdre/Delinda						
	5:45 PM				STEP EXPRESS Delinda/Mary			
	6:00 PM		Zumba Nicole Family Boot Camp (gym) Jennifer	Y CYCLE Adria		CYCLE/YOGA COMBO Courtney		
	6:15 PM	PURE STRENGTH Andrea AQUA Aerobics- Pool Delinda						
	6:30 PM					PURE STRENGTH Angela	Master Class -May 4th. 9am-11am ALL REGULAR CLASSES CANCELLED	
	7:00 PM		BARRE Alex	YOGA/PILATES FLOW Kim				
	7:15 PM	YOGA FLOW VINYASA Kim R						
	7:30PM				Pilates Alex			



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE DESCRIPTIONS

- **Aqua Aerobics:** A grounding practice in the water. A gentle class great for those with limited mobility and injuries. All levels and bodies welcomed!
- **Balance & Stretch:** Dynamic stretching with movement. Balance exercises to help maintain strong muscles to prevent falls.
- **Barre:** is a hybrid **workout class** - combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training.
- **BootCamp:** An athletic-based cardio class designed to improve cardio endurance, strength, speed and agility. Core based exercises will be incorporated at the end of each class.
- **Cardio Combo:** This **class** encompasses weighted and body weight exercises to gain muscle mass, while achieving cardiovascular endurance.
- **Chair Yoga:** A gentle practice for everybody. This is usually practiced sitting on a chair, or standing using a chair for support. Using motion with breath, this class allows for stretches and mobility exercises. A great class for beginners and those with experience.
- **Cycle HIIT Express:** A High Intensity Interval Training cycle class. Using various levels of resistance and effort. A 30 min cardio workout that helps strengthen legs.
- **Fitness after 50:** Using a variety of music, this comprehensive class has low-impact cardiovascular conditioning, muscular strength work and flexibility, and range-of-motion exercises.
- **Mommy & Me: Fitness after 50:** Using a variety of music, this comprehensive class has low-impact cardiovascular conditioning, muscular strength work and flexibility, and range-of-motion exercises.
- **Pilates:** Pilates is a mat-based, full-body experience focused on the principles of core muscular strength, increased flexibility, breath control and proper body alignment to improve posture.
- **Pure Strength:** This classic muscle building and conditioning class will upgrade your physique with dumbbells, resistance bands, and body weight.
- **Silver Sneakers Classic:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand - held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.
- **Tai Chi:** Tai Chi is a series of movements performed in a slow, focused manner and accompanied by deep breathing. Tai Chi is sometimes described as meditation in motion because it promotes serenity with gentle movements that connect your spirit, mind, and body.
- **Y Cycle:** This 50 min cycle class uses intensity to tone your muscles and improve cardio.
- **Yoga Flow Vinyasa:** Vinyasa style yoga links poses with breath to create a continuous flow of movement from one pose to the next. The instructor safely guides you in and out of poses to allow for the benefits of deep stretching, strength building, proper alignment and attention to breath. Yoga Flow provides a safe environment for beginners as well as advanced practitioners.
- **Zumba:** Fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program. The routines feature interval-training sessions where fast and slow rhythms and resistance training are combined to tone your body while burning fat.