



WARNING!
Exercise Has
Been Known To
Cause Health &
Happiness!

Group Fitness 2019

Classes Meet at the SaddleBrooke Fitness Center

CARDIO DRUMMING- MONDAY 8:00 \$5 Yvonne

FRIDAY 10:00 \$7 Janis

SELECT SATURDAYS \$7 Janis/ Signe

Experience a fun cardio workout that combines great music, drumming riffs (on an exercise ball) and simple movements for a full body workout that will leave you feeling happy, energetic and ready for your day!

TRX® TRAINING- \$8 MONDAY 12:45 Dianne

TUESDAY 7:00 & 8:00 Janis

THURSDAY 11:30 Dianne/Janis

FRIDAY 2:30 Janis

SATURDAY 7:00 Janis/ Pam

TRX® Suspension Training: a highly effective and versatile method of training using body weight and gravity for resistance. TRX® exercises work multiple muscles at once in a variety of ways. Train from the core to extremities, train for strength, mobility, function. TRAIN FOR MOVEMENT!

TRX® BASICS- \$7 MONDAY 10:00 Signe

WEDNESDAY 12:20/1:10 Janis

FRIDAY 1:40 Janis

This class emphasizes the Fundamentals of TRX® Training. Get experience working on the TRX® Suspension Straps and learn the principles of body weight training.

...because life demands we move freely through space

**...IF IT DOESN'T CHALLENGE YOU
IT DOESN'T CHANGE YOU**

INTERVAL TRAINING- \$7 WEDNESDAY 7:00 Jacqueline

Several cycles of short duration exercise followed by a rest interval. This time efficient workout will burn calories, make your heart stronger, build endurance, improve sports performance and increase speed.

Zumba!- \$7 WEDNESDAY 9:00 Yvonne

Dance your way to all elements of fitness: cardio, muscle conditioning, balance, core strength & flexibility. Zumba may feel like a dance party, but it is also a highly effective total body exercise!

Meringue...Salsa...Cha-cha...experience the party!

CARDIO CIRCUIT \$7 THURSDAY 7:00 Jacqueline

Add variety, fun and challenge to your cardio workouts.

...experience Cardio Circuit- a  pumping, engaging cardio class designed for folks of all fitness levels. It's easy on your joints, easy to follow and NOT boring. Burn calories, fat and improve your cardio conditioning. It's a Win-Win!

CARDIO MIX- \$5 FRIDAY 8:00 Yvonne/Vicki

Take your Cardio Conditioning to the next level. Cardio Mix combines low-high cardio moves and delivers a heart pumping fun and effective aerobic workout!

Adding just one vigorous workout to your week will help you build muscle, increase power & cardio conditioning and burn calories.



FACT: Muscle loss of 3% - 8% begins in your 30's and worsens with each passing decade.

It is **VITAL to include Strength Training and Muscle Conditioning as part of any well-balanced Conditioning Program.**

Strength Train today for functional and independent living tomorrow, next year and beyond!

Strength Training- \$5 **MONDAY 8:35** Yvonne/Vicki
WEDNESDAY 10:00 Signe/Jacqueline
FRIDAY 8:45 Yvonne/Vicki
SATURDAY 9:30 Janis/Paula

CORE TRAINING- \$8 **MONDAY & WEDNESDAY 11:00**

Janis leads this class of integrated exercises, using body weight training, bracing techniques, light resistance and layering in instability when appropriate for a complete and effective Core Conditioning program.

- ...increase strength & endurance in abdominal/back muscles
- ...improve flexibility in chest-shoulders-hips-back
- ...build a strong, flexible, core

BOSU CORE- \$7 **FRIDAY 7:00** Jacqueline

BOSU (Both Sides Up) – a half ball on a platform base used as a bench, a step, an unsteady base. The music is on and the pace is steady as you move through a series of BOSU Core exercises and drills. The ultimate in mind-body. This class focuses on building core strength, improving balance, endurance, coordination and agility. And it's fun!



YOGA MOVE & RESTORE \$8 FRIDAY 11:00 Sue

Join Certified Ayuryoga Instructor, Sue Murphy, for a therapeutic gently paced yoga experience. The focus is on long holds of passive postures, seated or lying down. Working in this manner will stretch and stimulate muscles and connective tissues while realigning the skeletal structure. It's a great balancing practice for those who lead active lives.

...plusyoga - \$8 TUESDAY 1:00 Janis

This class combines foam-rolling techniques, body weight training plus selected yoga postures for a stronger body and greater muscle balance; strengthening the weaker muscles, stretching and rolling the short, tight muscles, building endurance and strength for a healthier body and mind.

BEGINNING YOGA- \$8 WEDNESDAY 2:00 Sue

Join Certified Ayuryoga Instructor, Sue Murphy, for a gentle class open to anyone new to yoga or to those revisiting foundation pieces. Modifications will be presented for the more advanced participant.

WALL RESTORE: A Prop Friendly Yoga Experience \$8 MONDAY 2:00 Sue

...experience ways to modify or deepen yoga poses by using bolsters, blocks, the floor and the wall. These props help to open the body and stabilize the pose allowing your body to find its optimal alignment.

MEN'S STRETCH \$7 WEDNESDAY 3:15 Sue

...stretching helps relax muscles, increases the flow of blood and nutrients to muscles and cartilage, promotes ease in movement, healthier joints, greater strength and power. But it's hard to do on your own.

GUYS ...come to Men's Stretch Class and learn how to S-T-R-E-T-C-H effectively. Your back, hips, knees, shoulders and Golf Swing will thank you!

SILVER SNEAKERS \$7 TUESDAY 11:30 Janis/ THUR 1:00 /FRIDAY 12:15 Jeanne

Silver Sneakers is a national fitness program designed for the over 50 crowd. This chair-based exercise class focuses on posture, balance and functional strength. The Silver Sneakers program is supplemented by many health insurance plans. Call or email Vital Moves for more information.

Silver Sneaker Members No Charge

POSTURE & BALANCE- \$5 WEDNESDAY 10:30 Paula

SATURDAY 10:05 Paula/Janis

The way we live, work & play has a big impact on posture. Left unchecked, postural imbalances develop: certain muscles get too tight & too strong. Other muscles become weak & overstretched. This class combines the proper strengthening exercises with flexibility & mobility work to develop a greater sense of balance & proprioception (run + catch ball) and a stronger, steadier body. Move with less pain, greater ease and more confidence.

“I must be right. Never an aspirin. Never injured a day in my life. The whole country, the whole world, should be doing my exercises. They’d be happier.”

Joseph Hubertus Pilates, 1965 (age 86)

PILATES- \$8 MONDAY 9:05 – Beginning Level Jacqueline

WEDNESDAY 8:00- Mixed Level Jacqueline

Strengthening and flexibility exercises designed to strengthen the body’s core, mobilize the spine, improve flexibility and stability.

PILATES BARRE - \$8 THURSDAY 8:00 Jacqueline

SATURDAY 8:15 Pam

An energetic class based on Pilates principles while practicing a variety of dance moves at the Barre. A great lower body workout! Plus...Upper body conditioning and core work on the floor. Improve Balance and Flexibility and feel more Energized!