

October 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:30am-10:30am Power Hour Aerobic Studio India		9:30am-10:30am Power Hour Aerobic Studio India	
11:30am-12:30pm Silver Sneakers Aerobic Studio Marion		11:30am-12:30pm Silver Sneakers Aerobic Studio Marion		11:30am-12:30pm Silver Sneakers Aerobic Studio Marion
				12:30pm-1:30pm Yoga Aerobic Studio Marion
6:00pm-7:00pm Body Sculpting Aerobic Studio Xstra	5:30pm-6:30pm Functional Movement Aerobic Studio Sarah	6:00pm-7:00pm Abs Only Aerobic Studio Xstra	5:30pm-6:30pm Total Body Strength Aerobic Studio Issac	6:00pm-7:00pm HITT Aerobic Studio Xstra
7:00pm-8:00pm Abs Only Aerobic Studio Xstra	6:30pm-7:30pm Restorative Yoga Aerobic Studio Sarah	7:00pm-8:00pm Zumba Aerobic Studio Xstra		7:00pm-8:00pm Flex & Flow Aerobic Studio Xstra

GROUP EXERCISE CLASS DESCRIPTIONS

Flex and Flow: This class incorporates yoga postures, gentle movement sequences, and guided relaxation to support increased awareness and mindfulness of the breath and body. Participants are encouraged to bring their own mat and towels for floor work.

Power Hour: Power Hour is a dynamic fitness class that combines cardio, strength training, and core exercises to deliver a full-body workout that maximizes your potential. Led by our expert trainers, each session is carefully crafted to challenge your endurance, improve your strength, and enhance your overall fitness levels.

Abs Only: Join our Ab's Only Workout Class for a dynamic core-strengthening experience. Sculpt and tone your abs with crunches, planks, twists, and more. You'll feel the burn and see results as you work towards a stronger and more defined midsection. Our knowledgeable instructors will provide guidance and motivation every step of the way.

SILVER SNEAKERS®: 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.

Zumba: An interval-style dance fitness party that combines low-intensity and high-intensity moves. You'll burn lots of calories as you move to the rhythm with Latin-inspired dance move

HIIT: This high intensity interval training utilizes 8 exercises all done in 4-minute intervals. Can be used for weight loss as well as improving overall fitness.

YOGA: A dynamic and fast-paced style of yoga that provides a great full-body workout to enhance strength, flexibility, posture, and mental focus. Poses are done one by one by connecting with the breath, warming the body, and raising heart rate. The body's range of motion will be challenged with both seated and standing postures, twists, backbends, forward folds, and hip openers.

Body Sculpting: Transform your body by targeting major muscle groups with strength training, cardio, and bodyweight movements. Equipment like dumbbells and stability balls are used to sculpt and tone.

Indoor Cycling: An exhilarating ride focusing on endurance, strength, and interval training.



Horario de Ejercicios en Grupo de Octubre

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DESCRIPCIONES DE LAS CLASES DE EJERCICIO EN GRUPO

Flex and Flow: Incorpora posturas de yoga, movimientos suaves, y relajación guiada para mejorar la conciencia de la respiración y el cuerpo. Se recomienda traer esterilla y toallas.

Power Hour: Clase dinámica que combina cardio, fuerza, y ejercicios básicos para un entrenamiento completo. Diseñada para mejorar resistencia, fuerza, y condición física general.

Abs Only: Fortalece y tonifica tus abdominales con ejercicios como planchas y giros. Nuestros instructores te guiarán para lograr una sección media más fuerte y definida.

SILVER SNEAKERS®: Ejercicios con música para aumentar la fuerza muscular, rango de movimiento, y habilidades diarias. Uso de pesas, tubos elásticos, pelota, y silla para apoyo.

Zumba: Fiesta de fitness con movimientos de baja y alta intensidad inspirados en el baile latino. Quema calorías al ritmo de la música.

HIIT: Entrenamiento de alta intensidad con 8 ejercicios en intervalos de 4 minutos. Ideal para perder peso y mejorar la condición física.

YOGA: Yoga dinámico y rápido para mejorar fuerza, flexibilidad, postura, y concentración. Desafía el rango de movimiento con posturas variadas.

Body Sculpting: Clase que combina fuerza, cardio, y movimientos de peso corporal para esculpir y tonificar todo el cuerpo con mancuernas y pelotas de estabilidad.

Indoor Cycling: Recorrido emocionante que mejora la condición física y rendimiento, enfocado en resistencia, fuerza, e intervalos. Apto para todos los niveles.