

**Ashwaubenon**  
**Group Fitness**

mon	tue	wed	thu	fri	sat
<p><b>The Ride</b> 530–620 am <i>Dennis</i></p> <p><b>Boot Camp</b> <i>on the turf</i> 530–630 am <i>Eydie</i></p> <p><b>The Ride</b> 8–850 am <i>Rick</i></p> <p><b>Step &amp; Strength</b> 9–950 am <i>Lissa</i></p> <p><b>Active Adults</b> 10–1050 am <i>Andrea</i></p> <p><b>Gentle Chair Stretch</b> 11–1130 am <i>Andrea</i></p> <p><b>SilverSneakers®</b> 12–1250 pm <i>Liza</i></p> <p><b>Move &amp; Groove</b> 430–520 pm <i>Ireta</i></p> <p><b>Cycle + Strength</b> 530–620 pm <i>Mackenzie</i></p> <p><b>Small Group Training</b> <i>Moderate</i> 530–6 pm <i>Tim</i></p> <p><b>Yoga</b> 630–720 pm <i>Miranda</i></p>	<p><b>Yoga</b> 530–620 am <i>Stephanie K.</i></p> <p><b>Fitness Intervals</b> 8–850 am <i>Rick</i></p> <p><b>Yoga</b> 9–950 am <i>Katie L.</i></p> <p><b>Silver Circuit</b> <i>on the track</i> 10–1050 am <i>Liz</i></p> <p><b>SilverSneakers®</b> 10–1050 am <i>Katie L.</i></p> <p><b>Functional Movement</b> 11–1150 am <i>Liz</i></p> <p><b>SilverSneakers®</b> 12–1250 pm <i>Darlene</i></p> <p><b>Fitness Intervals</b> 430–520 pm <i>Stefanie</i></p>	<p><b>Core &amp; More</b> 530–620 am <i>Katie L.</i></p> <p><b>Move &amp; Groove</b> 8–850 am <i>Lissa</i></p> <p><b>Cardio Step Tabata</b> 9–950 am <i>Eydie</i></p> <p><b>Active Adults</b> 10–1050 am <i>Andrea</i></p> <p><b>Gentle Chair Stretch</b> 11–1130 am <i>Andrea</i></p> <p><b>SilverSneakers®</b> 12–1250 pm <i>Darlene</i></p> <p><b>Step &amp; Stretch</b> 430–520 pm <i>Ireta</i></p> <p><b>Functional Movement</b> <i>on the track</i> 5–530 pm <i>Tim</i></p> <p><b>Core &amp; More</b> 530–620 pm <i>Katie S.</i></p> <p><b>Small Group Training</b> <i>Moderate</i> 530–6 pm <i>Tim</i></p>	<p><b>Kickboxing</b> 530–620 am <i>Jodi</i></p> <p><b>TRX Strength</b> <i>on the track</i> 530–630 am <i>Dennis</i></p> <p><b>Fitness Intervals</b> 8–850 am <i>Rick</i></p> <p><b>Power Yoga Flow</b> 9–950 am <i>Rick</i></p> <p><b>Silver Circuit</b> <i>on the track</i> 10–1050 am <i>Liza</i></p> <p><b>SilverSneakers®</b> 10–1050 am <i>Darlene</i></p> <p><b>Functional Movement</b> 11–1150 am <i>Liza</i></p> <p><b>SilverSneakers®</b> 12–1250 pm <i>Darlene</i></p> <p><b>Move &amp; Groove</b> 430–520 pm <i>Ireta</i></p> <p><b>Small Group Training</b> <i>Moderate</i> 430–530 pm <i>Liza</i></p> <p><b>Cycle + Strength</b> 530–620 pm <i>Rotation</i></p>	<p><b>Fitness Intervals</b> 530–620 am <i>Eydie</i></p> <p><b>Yoga</b> 630–720 am <i>Katie L.</i></p> <p><b>The Ride</b> 8–850 am <i>Mackenzie</i></p> <p><b>Fitness Intervals</b> 9–950 am <i>Darlene</i></p> <p><b>Active Adults</b> 10–1050am <i>Darlene</i></p> <p><b>Gentle Chair Yoga</b> 11–1130 am <i>Darlene</i></p> <p><b>SilverSneakers®</b> 12–1250 pm <i>Darlene</i></p>	<p><b>The Ride</b> 7–8 am <i>Instructor rotation</i></p> <p><b>Super Saturday</b> 815–915 am <i>Instructor rotation</i></p>

# Class Descriptions

**Active Adults** – Maintain cardiovascular health and improve strength and flexibility while bringing ease to your everyday activities. The music will get you moving, and the friends will keep you coming back. All levels welcome.

**Cardio Step Tabata** – Get ready to work hard in this high-intensity, Tabata style class! Includes highly choreographed step routines and cardio intervals. An invigorating workout guaranteed to make you sweat!

**Core & More** – See yourself in high definition! A high-energy, motivating class that combines core work with cardio and strength training for an efficient, calorie-burning class! Modifications are provided for all levels.

**Cycle + Strength** – Cross training at its best! Gear up for the challenge by switching it up with this perfect cardio and strength combo. Work hard on and off the bike to get a total body workout!

**Fitness Intervals** – Class features time-based intervals of work and rest focusing on improving cardio and strength simultaneously. Challenge yourself as much or as little as you want in this full body workout!

**Functional Movement** – Are you not moving like you used to? This class will teach the principles of how to move better, become more efficient and minimize injury by working exclusively on flexibility and core. All levels welcome.

**Gentle Chair Stretch & Mobility** – Similar to Gentle Chair Yoga class with less emphasis on traditional yoga and more on relaxation and stretching. All levels welcome.

**Gentle Chair Yoga** – Increase circulation, flexibility, range of motion, balance and overall energy. Perfect for those with physical limitations that find it difficult to get on and off the floor. Come warmed up and ready to go!

**Kickboxing** – This powerful, high-energy class is full of kicks and punches that will help you increase strength, improve definition and work your cardiovascular endurance.

**Move & Groove** – Get into the groove and get moving with this Zumba® dance-inspired fitness class. Using fast and slow rhythms, you will have tons of fun while toning your entire body. No experience needed...all levels welcome!

**Power Yoga Flow** – A twist on the conventional yoga practice. Learn powerful yoga moves that flow from one to the next in this easy to follow format. Levels vary.

**Silver Circuit** – Get your heart rate up and improve functional strength. Have a better understanding of how and when to use our Cybex Weight Machines as well as the benefits of resistance training.

**SilverSneakers® Classic** – Increase muscular strength, range of movements and activity for daily living. Build functional strength using hand-held weights, elastic tubing, and a ball for resistance. A chair is used for seated and/or standing support. Perfect for beginners but all levels welcome!

**Step & Strength** – This fast-paced class is guaranteed to burn fat and builds cardiovascular endurance. Includes heart-pumping cardio work mixed with strength & toning for a complete full body workout.

**Step & Stretch** – A new hi-lo combo that combines high-intensity step moves with low-intensity stretching techniques is sure to make you feel accomplished and limber.

**Super Saturday** – This nonstop, 60-minute class will offer you a variety of instructors, class formats, and all fitness levels. A combination of cardio and strength that may include step aerobics, kickboxing, weights, tubing and more.

**The Ride** – Outdoor cycling with indoor comfort. An amazing cardio workout filled with intervals, hill climbs, speed work, and endurance training. You control the intensity of the ride, we control the "bumps and curves" in the road.

**Yoga** – A mind/body exercise focusing on improving your flexibility, strength and balance while enhancing your posture, coordination and mental focus.

## Small Group Training

**Barre Blend** – An effective, calorie-burning class combining ballet-inspired movements with Pilates, Yoga and total body movement. Raise the Barre high with a workout that will challenge you, inspire you and leave you feeling strengthened, stretched and invigorated! This class is ideal for all fitness levels.

**Boot Camp** – Anything goes in this high-intensity workout! Prepare to work hard and reap the expertise and benefits of personal training in a Small Group setting. This dynamic total-body workout will deliver results with its limited rest time between each move to get your heart rate up... burning calories fast!

**Small Group Training** – Invest in yourself in a big way but at a small price! This is a great way to break into the world of personal training without breaking the bank. Once you reap the benefits, you may decide that working out with a personal trainer is the perfect way for you to get fit properly and stay motivated.

**TRX Strength\*** – This non-stop training class is designed to give you the biggest bang for your buck! Develop total body and core strength with every move. You can easily progress the difficulty of each TRX exercise, to find the challenge you need to take your strength to the next level.

► **Please note:**

All classes in the shaded boxes are paid Small Group Training Classes. Please stop at the Front Desk for more details.