

CLASS SCHEDULE

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------|---------------------------------------|---|--------------------------------|---|---------------------------------------|----------|-------------------------------|
| 5:45 a.m. | Jump Start Your Day (45min. class) | Muscle Wake Up (45min. class) | | Muscle Wake Up (45min. class) | Jump Start Your Day (45min. class) | | |
| 8:15 a.m. | Fit & Strong (45min. class) | | Fit & Strong (45min. class) | | | | |
| 9:00 a.m. | | Sliver Sneakers® Classic (60min. class) | | Sliver Sneakers® Classic (60min. class) | | | |
| 5:00 p.m. | | | | | | | Gentle Yoga (45min. class) |
| 5:15 p.m. | | HIIT (30min. class) | | HIIT (30min. class) | | | |
| 5:30 p.m. | Cardio Mix (70min. class) | | Cardio Mix (70min. class) | | | | |
| 5:45 p.m. | | Power Pump (45min. class) | | Power Pump (45min. class) | | | |
| 6:00 p.m. | | | | | | | Basic Yoga (60min. class) |

Please note: If SDA schools have a late start, early dismissal, or school is cancelled, then all classes before 5:00 p.m. are cancelled. Classes will be held after 5:00 p.m. based on the current weather conditions & instructor availability. If you are planning to come to a class at the Fitness Center during questionable weather, please call first to avoid unnecessary driving. If there is no answer, or your message is not returned in a timely manner, you can consider class cancelled.

- Classes will not be held for less than 3 participants
- Classes are free to full members
- Non-members may purchase a day pass to attend classes
- Silver Sneakers® is a registered mark of Healthways Health Support, Inc.
- Staff: Silver Sneakers®, AFAA and Certified Yoga Instructors



CARDIO-MIX - This 70 minute class offers low impact moves, but high intensity to raise your heart rate and burn calories in the first 60 minutes. This complete workout may include a warm-up, a cardio section, a step segment, an interval segment. The last 10 minutes will include a short ab workout, cool down, and stretches.

FIT & STRONG - This 45 minute morning class is an energizing mix of cardio and strength training, for individuals looking to enhance their fitness levels. The first 30 minutes are low impact cardio, followed by 15 minutes of full body strength training.

HIIT - This 30-minute class immediately precedes the Power Pump Class and has alternating periods of short intense anaerobic exercise with less-intense recovery periods.

JUMP START YOUR DAY - This 45 minute class is formatted to include a variety of cardio, strength training, cool down and stretch. A great way to jump-start your day!

MUSCLE WAKE UP (Toning & Core) -Are you ready to enlist? These 45 minute classes include cardio with muscle toning and strength exercises to challenge your strength and endurance while burning lots of calories. Core stability is included along with a cool down/stretch to end this dynamic workout.

POWER P.U.M.P. (Promoting Unlimited Muscle Potential) - This 45 minute class is for anyone who is looking to strength-train, trim and tone, and sculpt the muscles. This workout targets upper and lower body muscle groups and core muscles. Hand weights of your choice from 5 lbs. to 15 lbs., stability ball, tubing, dynabands or weighted bars may be used and includes a warm-up to begin the class and a stretch at the end for an overall effect toward raising your metabolism and gaining strength and definition.

QUIK FIT BOOT CAMP - Having trouble finding time for your workout? How about 30 short minutes twice a week, for a 6 week session. This class will be offered at peak times throughout the year. Check with Fitness Plus for current schedule.

SILVERSNEAKERS® 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.

YOGA - Choose the class that best fits your schedule and interests.

- **Basic Flow** is a 60 minute class designed for all levels of yoga. This class offers the full spectrum of yoga benefits including a vigorous workout, increased flexibility and balance and a bliss filled mind. It is the perfect way to unwind from a busy weekend and get energized for the coming week.
- **Gentle Yoga** - This 45 minutes class, for the true beginner, or anyone who may want a bit slower pace. Combined with slow movements and restorative elements, this class will get you ready for the week ahead!