

# OCTOBER GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30a	<b>YOGA</b> 5:45a-6:30a <b>Aerobics Room</b> Sara/Cathy	<b>Dirty 30</b> 5:45a-6:15a <b>Aerobics Room</b> Camille Donaldson	<b>YOGA</b> 5:45a-6:30a <b>Aerobics Room</b> Sara/Cathy	<b>Dirty 30</b> 5:45a-6:15a <b>Aerobics Room</b> Camille Donaldson	<b>YOGA</b> 5:45a-6:30a <b>Aerobics Room</b> Sara/Cathy	
7:30a/ 8:15a	<b>STEP</b> 7:30a-8:15a <b>Aerobics Room</b> Mary Terwelp	<b>SUSPENSION&amp; ROW</b> 7:45a-8:15a <b>MULTI-PURPOSE ROOM</b> Mary Terwelp			<b>TABATA BOOT CAMP</b> 7:45a-8:15a <b>Aerobics Room</b> Heather Williams	<b>YOGA</b> 7:30a-8:30a <b>Aerobics Room</b> Sara/Cathy
8:30a	<b>Ballet Burn</b> 8:30a-9:15a <b>Multi purpose room</b> Meghan Medsker  <b>Muscle Maddness</b> 8:30a-9:15a <b>Aerobics Room</b> Mary Terwelp	<b>Warrior Cross Train</b> 8:30a-9:15a <b>Outside</b> Megan Costigan  <b>Get Fit</b> 8:45a-9:30a <b>Aerobics Room</b> Lisa Warner	<b>Barre</b> 8:30a-9:15a <b>Aerobics Room</b> Meghan Medsker	<b>Warrior Cross Train</b> 8:30a-9:15a <b>Outside</b> Megan Costigan  <b>Get Fit</b> 8:45a-9:30a <b>Aerobics Room</b> Lisa Warner	<b>ICE</b> 8:30a-9:15a <b>Aerobics room</b> Mary Terwelp <b>High Fitness</b> 8:45a-9:30a <b>BFIT ROOM</b> Lisa Warner	<b>Boxing Conditioning</b> 8:15a-9:00a <b>BFIT ROOM</b>  <b>Power Cycle</b> 8:30a-9:30a <b>Cycling Room</b> Robin Carlson
9:30a & 10:00a	<b>Fit To Fight</b> 9:45a-11:00A <b>Aerobics Room</b> Jacob Obert  <b>Vinyasa Flow Yoga</b> 9:30a-10:30a <b>Aerobics Room</b> Emely	<b>Fit To Fight</b> 10:30a-12:00p <b>Aerobics Room</b> Cathy Schluckebier	<b>Vinyasa Flow Yoga</b> 9:30a-10:30a <b>Aerobics room</b> Emely  <b>Cycling</b> 9:30a-10:15a <b>Cycling Room</b> Judy	<b>Fit To Fight</b> 9:45a-11:00A <b>Aerobics Room</b> Jacob Obert	<b>Fro Flow Chair Yoga</b> 9:30a-10:15a <b>Aerobics Room</b> Joe Ware  <b>Fit To Fight</b> 10:30a-12:00p <b>Aerobics Room</b> Cathy Schluckebier	9:00a-9:45a <b>Aerobics Room</b> Lisa Warner  
12:15p	<b>Muscle Madness</b> 12:15p-1:00p <b>Aerobics Room</b> Beth Mackenzie	<b>YOGA</b> 12:15p-12:45p <b>Aerobics Room</b> Cathy Schluckebier  <b>SUSPENSION&amp; ROW</b> 12:15p-1:00p <b>MULTI-PURPOSE ROOM</b> Beth Mackenzie	<b>PiYo</b> 12:15p-1:00p <b>Aerobics Room</b> Beth Mackenzie	<b>Tabata</b> 12:15p-1:00p <b>Aerobics Room</b> Beth Mackenzie	<b>YOGA</b> 12:15p-12:45p <b>Aerobics Room</b> Cathy Schluckebier  <b>Instructors Choice</b> 12:15p-1:00p <b>Meet in Lobby</b> Jacob Obert	
5:00p	<b>Muscle Tone</b> 5:00p-5:30p <b>Aerobics Room</b> Jen Oitker	<b>Women's Boxing</b> 5:00p-6:00p <b>BFit</b> Riley Giesing		<b>Women's Boxing</b> 5:00p-6:00p <b>BFit</b> Riley Giesing	  <b>FALL INTO FITNESS FAMILY EVENT</b>  <b>LAZY IRONMAN</b>  <b>MONTH LONG EVENT</b> <b>OCTOBER 1-28</b>	
5:15p		<b>PiYo</b> 5:15p-6:00p <b>Aerobics Room</b> Brenna Zanger				
5:30p	<b>Cardio Circuits</b> 5:30p-6:00p <b>Aerobics Room</b> Jen Oitker	<b>YOGA</b> 5:30p-6:15p <b>MULTI-PURPOSE ROOM</b> Cathy Schluckebier  <b>Power Cycling</b> 5:30p-6:30p <b>Cycling Room</b> Robin Carlson	 5:30p-6:15p <b>Aerobics Room</b> Lisa Warner	<b>YOGA</b> 5:30p-6:15p <b>MULTI-PURPOSE ROOM</b> Kelle Bunch  <b>Power Cycling</b> 5:30p-6:30p <b>Cycling Room</b> Robin Carlson		
6:00P 7:30p	 6:45p-7:30 <b>Aerobics Room</b> Lisa Warner	<b>Boxing</b> 6:00PM-7:00PM <b>BFIT Room</b> Riley Giesing		<b>Boxing</b> 6:00PM-7:00PM <b>BFIT Room</b> Riley Giesing		

## WELLNESS CENTER UPDATES

- ALL GROUP FITNESS CLASSES ARE DROP IN EXCEPT THE FOLLOWING
  - HIGH FITNESS & BOOT CAMP ARE ALL PAID CLASSES



- REGISTRATION IS NECESSARY FOR ALL FIT TO FIGHT CLASSES

register now!



2023

## **CLASS DESCRIPTIONS**

1. **Barre** – A revolution that blends the best of ballet, strength, yoga and Pilates. A total body workout designed around the ballet bar that lifts your seat, tones your thighs, abs and arms.
2. **Bootcamp**– **An intense conditioning class that integrates both cardio and strength exercises class meets offsite. Registration is necessary.**
3. **Boxing Conditioning** – This class combines the fundamentals of boxing along with cardio work which is essential for a boxing program. Participants will learn proper punches and footwork, utilizing the heavy bag, speed bag and double end bag.
4. **Circuits** – A high intensity, electrifying workout combining resistance training and aerobics. This class employs various circuits to not only keep participants interested, but also to provide a total body workout.
5. **Cycling** – A cycling class for all levels with the ability to tailor the workout to meet your needs and your experience level.
6. **Dirty Thirty** – Your early morning wake-up call! It is never the same class twice, but always offers a full-body workout and variations to guarantee everyone gets a workout 30 or 50 sec full-on rounds and 10 sec of rest hitting muscles, cardio or combination of both.
7. **Fit to Fight**: Two separate classes designed for those battling cancer or living with Parkinson's. Registration is required and is free for members.
8. **Fro Flow Chair Yoga**– **Class is geared toward active older Adults. Go through a flow of yoga poses in a chair, modification if needed. Chair is used for sitting and support to practice balance**
9. **Get Fit** – Ideal for someone just starting an exercise program. Low impact exercises and muscle conditioning.
10. **High Intensity Interval Training (HIIT)** – a full-body, heart-pumping workout. Combine strength and endurance training with high-intensity cardio bursts. Set to energizing and motivational music. Modifications for all fitness levels.
11. **High Fitness**– **Old school aerobics is back with a new exciting and intense twist. Come workout to amazing music and be ready to sweat and PARTY. Registration is necessary.**
12. **ICE (Intermediate Circuit Extreme)** – A fun workout for all fitness levels but geared to the intermediate individual. Lower impact exercise that still gets the heart pumping and makes the muscles burn. Enjoy a wide variety in this class with different themed workouts.
13. **Instructors Choice**– **Type varies each week. Be prepared for ANYTHING. Class meets in the lobby.**
14. **Muscle Tone** – Muscular strength and endurance exercises for total body conditioning, great for all levels. Hand weights, body bars, bands, and balls are used for this workout.
15. **Pilates** – Pilates is a body conditioning method based on the fusion of body and mind which results in improved posture, flexibility, strength and the transformation of the way a person's body feels, looks and performs. We will focus on: Alignment, Breath, Concentration on Core strength, Control and Stability.
16. **PiYo** – Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. Crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.
17. **Power Cycling** – This class is a full 60 minutes of indoor cycling focused on power and strength on the bike.
18. **Suspension and Row Fusion** – Want an intense workout? This class will utilize suspension trainers, rowers and other equipment. It will fire up your core and give you an incredible fat and calorie burning workout.
19. **Tabata** – 20 seconds of work, 10 seconds of rest for 8 rounds, class will incorporate bodyweight strength and cardio moves as well as resistance training moves. Class is a high intensity workout and designed for any ability level.
20. **Vinyasa Flow Yoga** – This is an intermediate level class. Building strength, flexibility and balance by flowing breath and movement together. Focusing on skills to advance your practice! Taught by Emely Rose.
21. **Warrior Cross Train** – Find your inner warrior in this intense boot camp style class is designed to get your heart rate up, increase strength and endurance. Be ready to run and sweat. Class is held outside when weather permits.
22. **Yoga** – All classes are variations of Ashtanga Yoga classes that differ per instructor.
23. **Walk Fit**– A 45 min class that will keep you moving with no running required. Join this group to get some steps in for the day as well as strength training. Class meets outside and is weather permitting.

# SEPTEMBER GROUP FITNESS SCHEDULE

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5:30am	<b>YOGA</b> 5:45a-6:30a <b>Aerobics Room</b> Sara/Cathy	<b>Dirty 30</b> 5:45a-6:15a <b>Aerobics Room</b> Camille Donaldson	<b>YOGA</b> 5:45a-6:30a <b>Aerobics Room</b> Sara/Cathy	<b>Dirty 30</b> 5:45a-6:15a <b>Aerobics Room</b> Camille Donaldson	<b>YOGA</b> 5:45a-6:30a <b>Aerobics Room</b> Sara/Cathy	
7:30am /8:15am	<b>STEP</b> 7:30a-8:15a <b>Aerobics Room</b> Mary Terwelp	<b>SUSPENSION&amp; ROW</b> 7:45a-8:15a <b>MULTI-PURPOSE ROOM</b> Mary Terwelp			<b>TABATA BOOT CAMP</b> 7:45a-8:15a <b>Aerobics Room</b> Heather Williams	<b>YOGA</b> 7:30a-8:30a <b>Aerobics Room</b> Sara/Cathy
8:30am	<b>Ballet Burn</b> 8:30a-9:15a <b>Multi purpose room</b> Meghan Medsker  <b>Muscle Maddness</b> 8:30a-9:15a <b>Aerobics Room</b> Mary Terwelp	<b>Warrior Cross Train</b> 8:30a-9:15a <b>Outside</b> Megan Costigan  <b>Get Fit</b> 8:45a-9:30a <b>Aerobics Room</b> Lisa Warner	<b>Barre</b> 8:30a-9:15a <b>Aerobics Room</b> Meghan Medsker	<b>Warrior Cross Train</b> 8:30a-9:15a <b>Outside</b> Megan Costigan  <b>Get Fit</b> 8:45a-9:30a <b>Aerobics Room</b> Lisa Warner	<b>ICE</b> 8:30a-9:15a <b>Aerobics room</b> Mary Terwelp <b>High Fitness</b> 8:45a-9:30a <b>BFIT ROOM</b> Lisa Warner	<b>Boxing Conditioning</b> 8:15a-9:00a <b>BFIT ROOM</b>  <b>Power Cycle</b> 8:30a-9:30a <b>Cycling Room</b> Robin Carlson
9:30am & 10:00am	<b>Fit To Fight</b> 9:45a-11:00A <b>Aerobics Room</b> Jacob Obert  <b>Vinyasa Flow Yoga</b> 9:30a-10:30a <b>Aerobics Room</b> Emely	<b>Fit To Fight</b> 10:30a-12:00p <b>Aerobics Room</b> Cathy Schluckebier	<b>Vinyasa Flow Yoga</b> 9:30a-10:30a <b>Aerobics room</b> Emely	<b>Fit To Fight</b> 9:45a-11:00A <b>Aerobics Room</b> Jacob Obert	<b>Fro Flow Chair Yoga</b> 9:30a-10:15a <b>Aerobics Room</b> Joe Ware  <b>Fit To Fight</b> 10:30a-12:00p <b>Aerobics Room</b> Cathy Schluckebier	9:00a-9:45a <b>Aerobics Room</b> Lisa Warner  \$ <b>HIGH</b> fitness
12:15pm	<b>Muscle Madness</b> 12:15p-1:00p <b>Aerobics Room</b> Beth Mackenzie	<b>YOGA</b> 12:15p-12:45p <b>Aerobics Room</b> Cathy Schluckebier  <b>SUSPENSION&amp; ROW</b> 12:15p-1:00p <b>MULTI-PURPOSE ROOM</b> Beth Mackenzie	<b>PiYo</b> 12:15p-1:00p <b>Aerobics Room</b> Beth Mackenzie	<b>Tabata</b> 12:15p-1:00p <b>Aerobics Room</b> Beth Mackenzie	<b>YOGA</b> 12:15p-12:45p <b>Aerobics Room</b> Cathy Schluckebier  <b>Instructors Choice</b> 12:15p-1:00p <b>Meet in Lobby</b> Jacob Obert	
4:00pm						
5:00pm	<b>Muscle Tone</b> 5:00p-5:30p <b>Aerobics Room</b> Jen Oitker	<b>Women's Boxing</b> 5:00p-6:00p <b>BFit</b> Riley Giesing		<b>Women's Boxing</b> 5:00p-6:00p <b>BFit</b> Riley Giesing		
5:15pm		<b>PiYo</b> 5:15p-6:00p <b>Aerobics Room</b> Brenna Zanger	<b>HIGH</b> fitness	5:30p-6:15p <b>Aerobics Room</b> Lisa Warner		
5:30pm	<b>Cardio Circuits</b> 5:30p-6:00p <b>Aerobics Room</b> Jen Oitker	<b>YOGA</b> 5:30p-6:15p <b>MULTI-PURPOSE ROOM</b> Cathy Schluckebier  <b>Power Cycling</b> 5:30p-6:30p <b>Cycling Room</b> Robin Carlson		<b>YOGA</b> 5:30p-6:15p <b>MULTI-PURPOSE ROOM</b> Kelle Bunch  <b>Power Cycling</b> 5:30p-6:30p <b>Cycling Room</b> Robin Carlson		
6:00PM / 6:30PM & 7:00PM	<b>Power Pilates</b> 6:00PM-7:00PM <b>Aerobics Room</b> Kim Kulhman	<b>Boxing</b> 6:00PM-7:00PM <b>BFIT Room</b> Riley Giesing		<b>Boxing</b> 6:00PM-7:00PM <b>BFIT Room</b> Riley Giesing		



the

## UPCOMING EVENT

### SEPTEMBER 29TH

### SENIOR FITNESS DAY

### HIGHLIGHTED SENIOR CLASSES

IN AEROBICS STUDIO:

- 5:45AM – 6:30AM YOGA
- 8:45AM-9:30AM CHAIR YOGA
- 9:45AM-10:15AM GUEST SPEAKER
- 10:30AM-12:00PM FIT TO FIGHT
- 12:15PM-1:00PM GENTLE YOGA

IN THE POOL:

- 7:30AM-8:30AM AQUA AEROBICS
- 8:30AM-9:30AM WATER VOLLEYBALL
- 9:30AM-10AM LAP SWIM
- 1:30PM-2:30PM AQUA ACTIVE

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