

# GROUP EXERCISE



Effective November 9, 2020

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30am	<b>Spin</b> Judylynn		<b>Spin</b> Kristen		<b>Spin</b> Alan		
	<b>Cross Training</b> David	<b>Ult. Conditioning</b> Allie	<b>Cross Training</b> Allie	<b>Ult. Conditioning</b> Stephen	<b>Cross Training</b> David		
6:15am		<b>Aqua Sport</b> Heidi					
7:00am	<b>Hydro Therapy Trn.</b> Joel				<b>Hydro Therapy Trn.</b> Joel		
8:00am	<b>Basics Bootcamp</b> Christo	<b>Definitions</b> Soraya	<b>Cross Training</b> Heidi		<b>RX60</b> David	<b>BodyPump</b> Kristen	<b>Cross Training</b> David/Christo/Steve
			<b>Aqua Jogging</b> Paula				
9:00am				<b>Cardio Strength</b> Paula	<b>Body Pump</b> Karen	<b>Insanity Max &amp; Stretch</b> Christo (45)	<b>Beyond Barre</b> Lourdes [MB]
							<b>Spin</b> Alan
9:30am	<b>BodyPump</b> Kristen	<b>Beyond Barre</b> Nicole [MB]	<b>BodyPump</b> Kristen	<b>Beyond Barre</b> Nicole [MB]			
10:00am					<b>Mat Pilates</b> Lisa		
10:15am			<b>Mat Pilates</b> Lisa				<b>BodyPump</b> Kali
11:30am			<b>Young at Heart</b> Julie				
6:00pm	<b>BodyPump</b> tba		<b>Insanity Max &amp; Stretch</b> Christo (45)	<b>BodyPump</b> Gina			
6:30pm		<b>Mat Pilates</b> Lisa					
7:15pm				<b>Aqua Fusion</b> Heidi			

( ) = Class length      \$ = Non-member Fee

All classes will be held in the Group Exercise Studio unless otherwise noted:

= Pool

[F] = Fitness Floor

[MB] = Mind/Body Studio

[S] = Sports Performance Room

[B] = Basketball Courts

# GROUP EXERCISE CLASSES

## FITNESS

### BACK TO BASICS BOOTCAMP

This outdoor class will include resistance, cardio and endurance training. An old-school bootcamp workout. All levels.

### BEYOND BARRE

A unique body transforming workout that incorporates body sculpting, fat burning and muscle lengthening. Light weights will be used to tone the arms. Abdominal work will narrow the waist and barre work will sculpt the thighs and lift the seat.

### BODYPUMP™

A barbell class that strengthens your entire body. Designed to improve strength and endurance, this workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music and your choice of weight inspire you to get the results you came for – and fast!

### CARDIO STRENGTH

Easy to follow foot patterns to get your heart rate up with muscle conditioning to tone your body. Various props will be used.

### CIRCUIT STRENGTH

Fusion of total body conditioning utilizing functional fitness circuits of plyometrics, strength and cardio. The use of resistance bands, medicine balls and weights are used to increase stability, gain strength and burn calories. Challenging yet doable.

### CROSS TRAINING

Find your inner athlete during these workouts with an emphasis on strength, quickness, stamina and balance in a group training format. This training will also lead to long-term joint protection, injury prevention and increased metabolism.

### DEFINITIONS

Muscle conditioning for the entire body - this class utilizes light and heavy weights as well as additional props to target major muscle groups with the added benefit of deep core conditioning and stretching.

### FUNCTIONAL FLEXIBILITY

This class is designed to increase flexibility and range of motion. Feel better by stretching.

### HIIT & STRETCH

25 minutes of high-intensity intervals followed by 5 minutes of lengthening through gentle yoga stretches.

### INSANITY MAX 30 & STRETCH

Sweat like never before. Push your limits and your body will adapt. Insane workout. Insane results. 30' with a stretch at the end for a total of 45'.

### MUSCLE CONDITIONING

Define your muscles and condition your body and mind to a stronger you. This conditioning class is designed to improve muscular strength and endurance utilizing a variety of resistance equipment such as tubing, free weights and medicine balls.

### MAT PILATES

An artful, non-impact form of exercise based on the methods pioneered by Joseph Pilates. Breathing techniques are used to aid in developing abdominal strength and stabilization through a series of controlled movements. Come see why this has become one of the most popular forms of exercise today. This class is appropriate for all ages and fitness levels.

### RX60

Prescription for progress! We have bundled your complete fitness workout into 90 or 60 minutes. Start with a dynamic warm up followed by challenging core and balance work, power moves, strength training, cardiovascular and end with stretching and you have a formula for success for any fitness goal. All levels and all abilities.

### TEEN BOOTCAMP

For middle and high school students.

This class will incorporate cardio and resistance training in a fun and motivating way. Class will take place outdoors (weather permitting) or in the sports performance room.

### ULTIMATE CONDITIONING

An intense cardiovascular, core and strength training workout. The cardiovascular training will be high intensity, high impact. The strength training portion will focus on sculpting and toning muscles as well as core conditioning. Class may be outside weather permitting. All levels.

### YOUNG AT HEART

This class is designed to help protect joints, increase energy and make everyday life more comfortable. We will focus on functional fitness movements, balance, core strength, endurance and multi-joint flexibility. It's the perfect opportunity to train the body, have fun and establish new social connections with Kingsbury members..  
Class held outdoors weather permitting.

## SWIM

### AQUA FUSION

This aqua class utilizes aqua bells to provide a low impact workout using drag resistance training. Resistance is created while carrying out a variety of exercise tempo's to target a full body workout, keeping joints healthy and reducing the risk of injury. Working opposing muscle groups is the goal to help achieve muscle balance and symmetry.

### AQUA JOGGING

Learn how to use the The AquaJogger® buoyancy belt to improve fitness without impact and weight bearing limitations. The AquaJogger® buoyancy belt comfortably suspends you at shoulder level in deep water allowing you to breathe normally and move freely while performing a wide variety of water exercises. Includes a general intro to water fitness and the various equipment used. Participants should be comfortable in deep water. Appropriate for adults of all ages and fitness levels.

### AQUA SPORT

This moderate to high intensity deep water class will use a variety of exercises to enhance cardiovascular while strengthening and toning muscles. Participants must be comfortable in deep water.

### HYDRO THERAPY TRAINING

Enjoy a full body, low impact work out with Joel St. Cyr. This class will concentrate on cardiovascular training and full range of motion full-body muscular training. Class will be held in the shallow end of the pool.

## SPIN

### SPIN

60 minute cardiovascular workout on a stationary bike in a group setting. Spinning has a reputation for intensity but all classes are designed for beginners, hard-core cyclists and everyone in between. Instructors motivate riders and guide them to adapt their workout to their own experience and skill level.

## YOGA

### FLUID YOGA

Fluid Yoga is a dynamic Vinyasa Flow. Fluid Yoga places attention in a mindful way on breath and movement. It incorporates organic and intuitive flows while emphasizing continual movement throughout the mindful practice to build endurance, flexibility, strength and a clear mind. Fluid will both challenge and evolve your practice if you come with an open mind and mindful approach.

### VINYASA FLOW YOGA

This invigorating power yoga based full body workout has a strong focus on the core that will leave you energized and stress free. Moderately heated room (75 degrees); towel and water bottle recommended. All levels welcome.

### YOGA SHRED

This class is a energetic blend of flowing yoga sequences, cardio sets and strength training with free weights. All levels are welcome – just bring a sense of adventure. Come to be challenged and get pumped, leave grounded and refreshed.