

# Ashwaubenon Group Fitness

Mon	Tue	Wed	Thur	Fri	Sat
<p><b>The Ride</b> in the group ex. room 530-620 am Dennis</p>		<p><b>Core &amp; More</b> in the group ex. room 530-620 am Katie L.</p>	<p><b>Fitness Intervals</b> in the group ex. room 530-620am Dennis</p>		
	<p><b>Fitness Intervals</b> in the group ex. room 8-850 am Rick</p>	<p><b>Move &amp; Groove</b> in the group ex. room 8-850 am Lissa</p>	<p><b>Fitness Intervals</b> in the group ex. room 8-850 am Rick</p>	<p><b>The Ride</b> in the group ex. room 8-850 am Chris</p>	
	<p><b>Yoga</b> in the group ex. room 9-950 am Katie L.</p>		<p><b>Yoga</b> in the group ex. room 9-950 am Lissa</p>	<p><b>HIIT IT</b> in the group ex. room 9-950 am Chris</p>	
<p><b>Active Adults</b> in the gym 10-1050 am Andrea</p>	<p><b>SilverSneakers®</b> in the group ex. room 10-1050 am Katie L.</p>	<p><b>Active Adults</b> in the gym 10-1050 am Andrea</p>	<p><b>SilverSneakers®</b> in the group ex. room 10-1050 am Instructor Rotation</p>	<p><b>Active Adults</b> in the gym 10-1050 am Katie L.</p>	
	<p><b>Silver Fit &amp; Strong</b> on the turf 1030-11 am Tessa</p>		<p><b>Silver Fit &amp; Strong</b> on the turf 1030-11 am Tessa</p>		
<p><b>Gentle Chair Stretch</b> in the group ex. room 11-1130 am Andrea</p>	<p><b>SilverSneakers®</b> in the group ex. room 11-1150 am Katie L.</p>	<p><b>Gentle Chair Stretch</b> in the group ex. room 11-1130am Andrea</p>	<p><b>SilverSneakers®</b> in the group ex. room 11-1150 am Instructor Rotation</p>	<p><b>Gentle Chair Stretch</b> in the group ex. room 11-1130 am Katie L.</p>	
<p><b>Move &amp; Groove</b> in the group ex. room 430-520pm Ireta</p>	<p><b>Fitness Fusion</b> in the group ex. room 430-520pm Ireta</p>	<p><b>Barre Blend</b> in the group ex. room 430-520 pm Ireta</p>			
<p><b>Yoga</b> in the group ex. room 530-620pm Ashley</p>			<p><b>Yoga</b> in the group ex. room 530-620pm Ashley</p>		

**December 2021**

# 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.

**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.

**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.

**Fitness Fusion**— This class brings together several of your favorite workouts like kickboxing, step, weights, core, stretching, and more. It's a total body experience including strength, agility, endurance, balance, coordination, flexibility ...and some fun! All fitness levels are welcome.

**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!

**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.

**HIIT IT**—This class combines strength and core moves with short intervals of heart pumping HIIT activities. A variety of equipment will be used including weights, bands, balls and mats. Burn those calories before your weekend begins.

**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!

**Silver Fit & Strong** – A twist on our Silver Circuit Class that was previously offered. Get your heart rate up and improve functional strength and mobility. Have a better understanding of how to complete basic, everyday functional movements that will help strengthen your body.

**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!

**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