

# ASHWAUBENON

## Group Fitness

October 2022

**MON**

**TUE**

**WED**

**THU**

**FRI**

**SAT**

### The Ride

w/ Dennis  
Group Ex. Room  
5:30-6:20 am

### Fitness Intervals

w/ Dennis  
Group Ex. Room  
5:30 - 6:20 am

### Cycle & Strength

w/ Stef  
Group Ex. Room  
8:00-8:50 am

### Fitness Intervals

w/ Rick  
Group Ex. Room  
8:00-8:50 am

### Move & Groove

w/ Lissa  
Group Ex. Room  
8:00-8:50 am

### Fitness Intervals

w/ Rick  
Group Ex. Room  
8:00-8:50 am

### The Ride

Instructor Rotation  
Group Ex. Room  
8:00-8:50 am

### Super Saturday

Instructor Rotation  
Group Ex. Room  
8:00-9:00am

### Advanced Active Adults

w/ Lissa  
Group Ex. Room  
9:00-9:50 am

### Yoga

w/ Katie  
Group Ex. Room  
9:00-9:50 am

### Yoga Strong

w/ Lissa  
Group Ex. Room  
9:00-9:50 am

### Yoga

w/ Rick  
Group Ex. Room  
9:00-9:50 am

### Silver Fit & Strong

w/ Liz  
Turf Area  
9:30-10:00 am

### Active Adults

w/ Andrea  
Group Ex. Room  
10:00-10:50 am

### Silver Sneakers

w/ Katie  
Group Ex. Room  
10:00-10:50 am

### Active Adults

w/ Andrea  
Group Ex. Room  
10:00-10:50 am

### Silver Sneakers

w/ Liz  
Group Ex. Room  
10:00-10:50 am

### Active Adults

w/ Katie  
Group Ex. Room  
10:00-10:50 am

### Gentle Chair Stretch

w/ Andrea  
Group Ex. Room  
11:00-11:30 am

### Gentle Chair Stretch

w/ Andrea  
Group Ex. Room  
11:00-11:30 am

### Silver Sneakers

w/ Liz  
Group Ex. Room  
11:00-11:50 am

### Gentle Chair Stretch

w/ Katie  
Group Ex. Room  
11:00-11:30 am

### Move & Groove

w/ Ireta  
Group Ex. Room  
4:30-5:20 pm

### Fitness Fusion

w/ Ireta  
Group Ex. Room  
4:30-5:20 pm

### Barre Blend

w/ Ireta  
Group Ex. Room  
4:30-5:20 pm

**You are one  
workout away  
from feeling  
better today!**

# 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.

**Advanced Active Adults** – Similar to Active Adults, but a step up. This class will help you maintain and improve cardio and strength through time-based intervals of work and rest. Challenge yourself as much or as little as you want in this full body workout.

**NOTE:** Being able to get up and down off of the ground will be a requirement of this class.

**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.

**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 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.

**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.

**Yoga Strong**– Balance strength with surrender! Through contraction and relaxation, we build strength and train our muscles to relax. Fusing Hatha and Vinyasa yoga styles, we create a dynamic and connected series of asana. This offers opportunities to create surrender in each pose while increasing strength, balance, flexibility, overall fitness, and reducing tension and stress. This class will invite participants to add a variety of optional movement with props, blocks, yoga straps, and light hand weights. Each class will begin with focus on pranayama to clear the mind, free the breath, and channel energy. Class will conclude with a meditative relaxation.