



Class Schedule

9/30/2024








www.Fitnesserie.com

(814) 459-3033

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7:45 AM Yoga Pat G.	7:30 AM 55+ Josh		7:30 AM SPIN Chris H.		
					8:00 AM (55m) SPIN Chris H.	8:00 AM (55m) SPIN Mary R.
9:00 AM ZUMBA Peggy S.	9:00 AM BODY PUMP Mary R.	9:00 AM ZUMBA Peggy S.	9:00 AM BODY PUMP Chris H.	9:00 AM ZUMBA Peggy S.	9:00 AM BODY PUMP Chris H.	9:00 AM BODY PUMP Mary R.
9:55 AM Yoga Cathleen	10:30 AM Senior Fitness Tammy		10:30 AM SS Classic Mary R.			
11:05 AM SS Classic Mary R.	11:30 AM Chair Yoga Tammy	11:00 AM Senior Fitness Joan		11:05 AM (45m) BODY PUMP Express Mary R.		
		12:15 PM SPIN Traci				
	4:15 PM (45m) Cardio Zone Deb D					
4:30 PM (45m) SPIN Chris H.		4:30 PM (55m) SPIN Mary R.				
	5:00 PM Functional Fitness Deb D					
5:30 PM BODY PUMP Sarah W.		5:30 PM BODY PUMP Mary R.				
		6:30 PM ZUMBA STRONG Katie				
7:00 PM ZUMBA Katie		7:00 PM ZUMBA Katie				



CLASS DESCRIPTIONS

	<p>55+ - Instruction led by a certified Personal Trainer. A Full body fitness class for ages 55 and up only.</p>
	<p><u>BODY PUMP</u> – This class is the original barbell class and is ideal for anyone looking to get lean, toned, and fit. Using light to moderate weights with lots of repetition. The combination of scientifically backed moves, motivating instructors and great music helps you achieve much more than you would on your own.</p>
	<p><u>BODY PUMP EXPRESS</u> - is a 45-minute strength workout. This class gives you the moves to burn fat, gain strength, sculpt, tone, and strengthen your entire body.</p>
	<p><u>CARDIO ZONE</u> – A high-energy workout using a variety of movements to increase your heart rate and improve your overall fitness level.</p>
	<p><u>FUNCTIONAL FITNESS</u> – A total body workout focusing on muscle strengthening, toning, and shaping exercises.</p>
	<p><u>SENIOR FITNESS</u> - Join our many active and fit senior members for fun and variety, helping you stay happy and healthy</p>
	<p><u>SILVER SNEAKERS CLASSIC</u> – Increase muscle strength and range of movement and improve activities for daily living. You'll have a chair for seating exercises and standing support. Your instructor can modify the exercises for your fitness level.</p>
	<p><u>SPIN</u> – high-intensity indoor cycling workout done on a stationary bike with a heavy flywheel attached to its pedals. It is also known as indoor cycling or studio cycling. The workout is instructor-led and involves pedaling at various levels of speed and resistance, using different positions on the bike to target different muscles.</p>
	<p><u>YOGA</u> – Enjoy the benefits of spending one hour truly centered and in the moment. Practice physical postures that reduce stress, increase flexibility, and improve balance.</p>
	<p><u>CHAIR YOGA</u> - Chair yoga is a gentle form of yoga that's done while seated or using a chair for balance, makes the practice more accessible. In chair yoga, it's possible to move into poses like cat/cow, warrior, sun salutations and forward folds, all while seated.</p>
	<p><u>ZUMBA</u> – Dance your way to fitness with this high energy class, a motivation instructor and great music.</p>
	<p><u>ZUMBA STRONG</u> – Strong by Zumba is a high-intensity interval training workout (HIIT) that's all about boot camp.</p>