

LIVE Group Fitness Schedule *effective January 9, 2023*

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|
| 5:55-6:25 a.m. Hybrid Cycling Jasmina Studio 1 | 6-7 a.m. Hybrid Group Power Leslie Studio 1 | 5:55-6:25 a.m. Hybrid R30 Leslie Studio 1 | 6-7 a.m. Hybrid Group Power Nikki/Carmen* Studio 1 | 6-7 a.m. Hybrid Group Centergy Jesse Studio 1 | | |
| 6:30-7 a.m. Hybrid 3D30 Jesse Studio 1 | | 6:30-7 a.m. Hybrid Group Core Leslie Studio 1 | | | 6:45-7:45 a.m. Hybrid Group Ride Shannon Studio 1 | |
| *NEW* 7-7:30 a.m. Workout of the Week Jasmina/Elisa Synrgy 360 | 9-10 a.m. Hybrid Yoga Erikka Studio 4* | 8:45-9:15 a.m. Hybrid R30 Jesse Studio 1 | *NEW* 8-8:30 a.m. Workout of the Week Lizzie/Jackie Synrgy 360 | 8-8:30 a.m. Hybrid R30 Diana Studio 1 | 8:15-9 a.m. Aqua Yoga Shannon East Pool | 8-9 a.m. Hybrid Cycling & Abs Jandra Studio 1 |
| 8-8:30 a.m. Hybrid R30 Nikki/Jesse* Studio 1 | *NEW* 9:30-10:15 a.m. Boot Camp Katie Studio 3 | | 9:05-10 a.m. Aqua Zumba Martha West Pool | 8:30-9:25 a.m. Aqua Blast Krista West Pool | 8:30-9:30 a.m. Boot Camp Katie/Jasmina Studio 3 | |
| 8:30-9:25 a.m. Aqua Mix Shannon West Pool | 10:15-11:10 a.m. Aqua Mix Shannon West Pool | 9:05-10 a.m. Aqua Blast Krista West Pool | 9:30-10:15 a.m. Hybrid Gentle Pilates Jessie Studio 4 | *NEW TIME* 8:35-9:05 a.m. Hybrid Move 30 Diana Studio 1 | 8:15-9:15 a.m. Hybrid Group Power Leslie Studio 1 | 9-10 a.m. Yoga Fundamentals Corinne Studio 4 |
| *NEW TIME* 8:35-9:05 a.m. Hybrid Group Core Nikki/Jesse* Studio 1 | 10:15-11:15 a.m. Hybrid Group Active Diana Studio 1 | 9:20-9:50 a.m. Hybrid 3D30 Jesse Studio 1 | 10:15-11 a.m. Hybrid Zumba Jandra Studio 1 | 9:15-10:15 a.m. Hybrid Group Fight Francie Studio 1 | | 9:15-10:10 a.m. Aqua Blast Jandra West Pool |
| 9:15-10:15 a.m. Hybrid Group Fight Nikki/Katie Studio 1 | 11:30 a.m.-noon Hybrid Move 30 Diana Studio 1 | 10-11 a.m. Hybrid Group Groove Francie Studio 1 | 11-11:45 a.m. AAE Shannon West Pool | 10:15-11 a.m. Aqua Yoga Shannon East Pool | 9:15-10:10 a.m. Aqua Blast Shannon West Pool | 9:30-10:30 a.m. Hybrid Group Blast Sophia Studio 1 |
| 10:15-11 a.m. AAE Suzanne East Pool | 11:45 a.m.-12:15 p.m. Hybrid Meditation Lin Studio 4 | 10:15-11 a.m. AAE Krista East Pool | 11:15 a.m.- 12:15 p.m. Hybrid Yoga Lisa Studio 4 | 10:30-11 a.m. Hybrid 3D30 Francie Studio 1 | 9:30-10:30 a.m. Hybrid Group Groove Erin/Kerry Studio 1 | 10:15-11:10 a.m. Aqua Mix Suzanne West Pool |
| 10:30-11:30 a.m. Hybrid Group Power Studio 1 Francie | 12:15-12:45 p.m. Hybrid R30 Francie Studio 1 | *NEW* 12:15 – 12:45 p.m. Workout of the Week Jordimar Synrgy 360 | 12:15-1:15 p.m. Boot Camp Lizzie Studio 3 | 10:30-11:15 a.m. Hybrid Stretch & Tone Diana Studio 4 | 10-11 a.m. Hybrid Yoga Tim Studio 4 | 10:45-11:45 a.m. Hybrid Group Centergy Erika/Nikki Studio 1 |
| 10:30-11:30 a.m. Hybrid Gentle Yoga Jessie Studio 4 | 12:30-1:15 p.m. AAE Suzanne East Pool | 12:30-1:30 p.m. Hybrid Chair Yoga Tim Studio 4 | 12:30-1:15 p.m. Hybrid Stretch & Tone Jandra Studio 1 | 11:30 a.m.- 12:15 p.m. AAE Leslie East Pool | 10:35-11:35 a.m. Hybrid Group Fight Erika Studio 1 | 11-11:50 a.m. Stability Ball Heather Studio 4 |
| 11:30 a.m.-12:15 p.m. AAE Shannon West Pool | 12:30-1:30 p.m. Hybrid Chair Yoga Lin Studio 4 | 2-2:45 p.m. AAE Shannon East Pool | | *NEW* Noon-1 p.m. Hybrid Group Active Katie Studio 1 | | 12-12:50 p.m. Hybrid Zumba Heather Studio 1 |
| 12:30-1:15 p.m. Hybrid Chair Fitness Leslie Studio 4 | 4:30-5:15 p.m. Hybrid Stretch & Tone Jandra Studio 1 | 4-4:45 p.m. Hybrid Pilates Mat Valerie Studio 1 | | Noon-1 p.m. Hybrid Tai Chi Lin Studio 4* | | |
| 5 – 6 p.m. Hybrid Group Active Dannah Studio 1 | *NEW* 5-5:30 p.m. Workout of the Week Angel/Mathias Synrgy 360 | 5:30-6:15 p.m. Aqua Yoga East Pool Shannon | | *NEW* 12:15-12:45 p.m. Workout of the Week Nicole/Leo Synrgy 360 | | |
| | | 5:30-6:30 p.m. Hybrid Group Power Dannah/Jandra* Studio 1 | 4:30-5:30 p.m. Hybrid Group Ride Shannon Studio 1 | 4:30-5 p.m. Hybrid R30 Lora Studio 1 | | |
| 6:05-7:05 p.m. Hybrid Group Power Dannah Studio 1 | 5:45-6:45 p.m. Hybrid Group Fight Sophia Studio 1 | 6:30-7:25 p.m. Aqua Blast Shannon West Pool | 6-6:55 p.m. Aqua Blast Shannon West Pool | 5-5:50 p.m. Hybrid Latin Dance Workout Ami Studio 4 | | |
| 6-7 p.m. Yoga Shannon Studio 4 | 6-6:55 p.m. Aqua Zumba Jandra West Pool | 6:30 – 7:30 p.m. Live Candlelight Yoga Studio 4 Lisa | 6-7 p.m. Hybrid Group Active Katie Studio 1 | *NEW TIME* 5:05-5:35 p.m. Hybrid Group Core Lora Studio 1 | | |
| 7:15-8:15 p.m. Hybrid Group Ride Lora/Carmen Studio 1 | 7-8 p.m. Hybrid Group Groove Mary Studio 1 | 7-8 p.m. Hybrid Group Blast Retha/Carmen Studio 1 | 7:05-8:05 p.m. Hybrid Group Centergy Nikki/Sophia Studio 4 | 6-7 p.m. Hybrid Yoga Fundamentals Shannon Studio 4 | | |

*All new additions and changes to the previous version of the Group Fitness class schedule are marked with a star.

Group Fitness classes are free to attend with membership. See reverse side for class descriptions.

For more information or to sign up for a class, visit galterlifecenter.org

CLASS DESCRIPTIONS

3D30 - 3D30 integrates strength and cardio training to build muscle, burn calories and improve agility. Dynamic music drives the energetic 30-minute workout with athletic movements and phases of high-intensity interval training. Train the way the body was designed to move.

AAE: Arthritis Foundation Aquatic Program - Water exercise geared specifically to those with arthritis. Improve joint flexibility and coordination; reduce muscle weakness and decrease pain and stiffness.

Aqua Blast - Add a little challenge, with this fun high-intensity water workout. This class includes explosive cardiovascular conditioning, upper and lower body toning benefits along with some soothing stretches. Moderate to high intensity without the joint impact.

Aqua Mix - Increase your cardio fitness, improve your strength and develop better balance and flexibility while performing exercises using noodles or buoys for a total body exercise experience.

Aqua Yoga (Arthritis Foundation) - Relaxing aquatic exercise with focus on balance and strength using traditional yoga poses in the water.

Aqua Zumba - Add high energy Latin music and movement to the basic water workout and you get Aqua Zumba. This class is appropriate for all fitness levels and requires no swimming or dancing skills.

Barre Concepts - Fusing elements of the strengthening exercises dancers do with modern fitness concepts, Barre improves posture, balance and core strength while lengthening and sculpting the entire body.

Boot Camp - Every minute counts! Intervals of strength and cardio will take your fitness to a new level. Run, stair climb, lunge and burpee your body strong!

Candlelight Yoga - A well-rounded, all levels class that is a mindful combination of breath, synchronized movement and static postures, all within a relaxing candlelit atmosphere.

Chair Fitness (Arthritis Foundation) - Chair exercise that will improve your range of motion, flexibility, aerobic capacity and endurance.

Chair Yoga (Arthritis Foundation) - A gentle form of yoga utilizing the chair for support. Chair Yoga allows greater flexibility and joint mobility through breath and relaxation techniques. Great for beginners and seniors.

Cycling and Abs - Burn calories and strengthen your legs as you ride over mixed terrain. Climb hills, sprint the flats and power through intervals to great music. Complete this workout with targeted core training. Enjoy the ride!

Gentle Pilates - This gentle Pilates mat class combines the fundamentals of core engagement, proper posture and alignment to achieve an overall balanced body. This class is perfect for beginners or people with physical limitations.

Gentle Yoga - This class offers a therapeutic approach to yoga with simple poses/stretchers and moving at a slower pace. Gentle Yoga focuses on relaxation of the mind and body through easy breath work and restorative poses that can be done on the back, belly and in seated positions.

Group Active® - This class gives you all the fitness training you need – cardio, strength, balance and flexibility. Get stronger, fitter and healthier with inspiring music, adjustable dumbbells, weight plates, body weight and simple athletic movements. **ACTIVATE YOUR LIFE!**

Group Blast® - Cardio training that uses The STEP® in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination and strength with exciting music and group energy. **HAVE A BLAST!**

Group Centergy® - Grow longer and stronger with an invigorating mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility and the core. **REDEFINE YOUR SELF.**

Group Core® - Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, weight plates, a towel and a platform – all to challenge you like never before. **HARD CORE!**

Group Fight™ - Tap into the hottest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness! From the boxing ring to the fighting cage, Group Fight combines cutting-edge moves with thrilling music. This electric experience is addictive! **FIGHT FOR IT!**

Group Groove® - Sweat with a smile during this energizing fitness class. It's a sizzling cardio experience that is a fusion of club, urban and Latin dance styles set to the hottest current hits and the best dance songs ever produced! **IF YOU CAN MOVE, YOU CAN GROOVE!**

Group Power® - Blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight Group Power combines squats, lunges, presses and curls with functional integrated exercises. **POWER UP!**

Group Ride® - A cycling experience brought indoors. Roll over hills, chase the pack, spin the flats, climb mountains and sprint to the finish! Feel the thrill of energetic music and group dynamics as you get all the benefits of authentic interval training. **RIDE ON!**

Latin Dance Workout - As you learn the basic steps of Salsa, Merengue, Bachata and Cha Cha you'll get your heart rate up and have some spicy fun! Improve your dance skills and cardio!

Meditation - Help prep your mind, body and spirit for a healthier today and a happier tomorrow. Learn techniques to help you get through life's toughest situations.

Move 30 - This class is for anybody looking to improve their overall movement health, to move better, with ease and less restriction and discomfort. This could be someone looking to build their movement confidence and start an exercise program, or even an individual who is already active but needs to spend time reconditioning their body to help prevent pain or injury.

Move to Heal - Move to Heal classes are for everybody with long- or short-term healing goals like recovery from injury, surgery, trauma, addiction; also Parkinson's and other movement challenges. It is a mindful movement class, done to a variety of music and crafted to inform, calm, inspire, energize, strengthen, motivate and always to connect to feeling better in our bodies and our lives. Chairs are available and used.

Nia - Combines movements and concepts from yoga, martial arts and dance to improve your cardio as well as increase body awareness, endurance, flexibility and energy levels. Nia is an exhilarating mind/body dance workout that is designed to invigorate, and then relax.

Pilates Mat - These classes focus on improving strength and flexibility for the whole body without building bulk. The Pilates Method includes over 500 exercises that focus on the muscles of the abdomen, back and glutes.

R30® - This class will get you fitter and feeling better in only 30 minutes. Inspiring music and motivating coaching will get you to burn calories, improve muscular endurance and build cardio fitness as you ride with surges, short intervals, power and end with a rush. **EVERYONE FINISHES FIRST!**

Stretch and Tone - This class is geared to strengthen and stretch the body. Improve your balance, posture, muscle strength and flexibility to inspiring music.

Tai Chi Chuan - A meditative form of exercise that links the health of the body to a relaxed state of mind. It combines breathing techniques with a series of slow movements that stretch and tone the body. It is easy on the joints, improves balance and posture, reduces falls, lowers blood pressure and improves concentration.

Workout of the Week (WOW) – A 30-minute interval training workout will combine strength and cardio for an efficient, challenging workout that can be modified for all levels.

Yoga - Designed for the student with some prior yoga experience. This class will refine alignment in the asanas and introduce advanced poses and sequenced combinations of poses. Build strength and flexibility along with developing breath control techniques (pranayama) in your practice.

Yoga Fundamentals - This class is designed with the foundation of yoga as the primary focus. It will go over the principles of yoga including breathing, asanas (poses done to increase strength, flexibility, and body awareness), diaphragmatic breathing, and relaxation techniques. All levels welcome. A great class to get started with your yoga practice.

Zumba - Dance/fitness inspired by Latin and international rhythms that is fun for all ages.