



Group Exercise: December Class Schedule

Time	Class	Studio	Instructor
MONDAY			
7:00 AM	Vinyasa	YS	Teresa
8:15 AM	Gentle Yoga	YS	Rachel
8:30 AM	Total Body Conditioning	SFG	Carlene
9:30 AM	Hatha (75 min.)	YS	Josie
9:30 AM	Zumba®	SFG	Asya
9:30 AM	Barre Intensity®	MS	Sooyeon
10:00 AM	Aqua Fitness	OP	Carlene
10:30 AM	Nia®	MS	Nancy
11:00 AM	Chair Yoga	YS	Josie
12:00 PM	BODYPUMP™ - <i>Reservations Required</i>	MS	Dorota
12:15 PM	Qigong	YS	Jiin
4:00 PM	Therapeutic Yoga (75 min.)	YS	Shannon
4:30 PM	Cycling	CS	Lisa
5:30 PM	Power Flow Fusion	YS	Terri
5:30 PM	Vitamin D(ance)®	MS	Rowe
6:00 PM	Deep Water Fitness	OP	Victoria
6:30 PM	Strength & Stretch	MS	Fi
6:30 PM	Power Vinyasa	YS	Jaclyn
7:30 PM	POP Pilates®	MS	Sooyeon
TUESDAY			
6:15 AM	Early Morning Yoga	YS	Katy
7:00 AM	BODYPUMP™	MS	Vered
8:00 AM	Vinyasa	YS	Vince
8:30 AM	Dance Fever	MS	Fi
9:30 AM	POP Pilates®	MS	Sooyeon
9:30 AM	Cycling - <i>Reservations Required</i>	CS	Lisa
9:30 AM	Hatha	YS	Mansi
10:30 AM	Strong Nation®	MS	Asya
11:00 AM	Healthy for Life	YS	Lynda
11:00 AM	Aqua Fitness	OP	Carlene
12:00 PM	Mat Pilates	MS	Matt
12:00 PM	Vinyasa	YS	Bronweyn
1:00 PM	Yin Yoga	YS	Bronweyn
4:30 PM	Gentle Yoga (75 min.)	YS	Rachel
5:30 PM	BODYCOMBAT™	MS	Medea
6:00 PM	Bollywood FitJam	SFG	Gurleen
6:30 PM	BODYPUMP™	MS	Medea
6:30 PM	Stretch & Restore	YS	Fi
6:30 PM	Cycle Sculpt (75 min.)	CS	Allan
7:30 PM	Shotokan Karate (90 min.)	MS	Sensei
WEDNESDAY			
6:15 AM	Cycling	CS	Jeanmarie
7:00 AM	Vinyasa	YS	June
8:00 AM	POP Pilates®	MS	Sooyeon
8:30 AM	Total Body Conditioning	SFG	Carlene
9:00 AM	Feldenkrais Movement	YS	Brad
9:30 AM	Zumba®	SFG	Asya
10:00 AM	Aqua Fitness	OP	Carlene
10:45 AM	Zumba® Gold	MS	Asya
12:00 PM	Pilates: Center & Restore	YS	Melinda
12:00 PM	BODYPUMP™ - <i>Reservations Required</i>	MS	Dorota
4:30 PM	Vinyasa	YS	Bronweyn
5:30 PM	Vitamin D(ance)®	MS	Rowe
6:00 PM	Power Vinyasa (75 min.)	YS	Bronweyn
6:30 PM	Burn and Tone	MS	Fi
7:30 PM	Tai Chi Chuan	MS	Brent

Studio Key

CS - Cycle Studio
MS - Main Studio
SFG - Seiler Family Gymnasium
YS - Yoga Studio

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schedule.



Time	Class	Studio	Instructor
THURSDAY			
6:15 AM	Early Morning Yoga	YS	Katy
7:00 AM	onCORE	MS	Vered
8:00 AM	Vinyasa	YS	Vince
8:30 AM	Total Body Conditioning	MS	Fi
9:15 AM	Feldenkrais Movement	YS	Brad
9:30 AM	Hatha Yoga	SFG	Josie
9:30 AM	Cycling - <i>Reservations Required</i>	CS	Lisa
9:30 AM	Zumba®	MS	Katie
10:30 AM	Nia®	YS	Nancy
10:45 AM	BODYCOMBAT™	MS	Anita
11:00 AM	Aqua Fitness	OP	Carlene
12:00 PM	Mat Pilates	MS	Matt
12:00 PM	HIIT/Core	SFG	Anita
1:00 PM	BODYPUMP™ - <i>Reservations Required</i>	MS	Jo
4:30 PM	Gentle Yoga (75 min.)	YS	Rachel
5:30 PM	BODYCOMBAT™	MS	Medea
6:00 PM	Vinyasa (75 min.)	YS	Gloria
6:00 PM	Zumba®	SFG	Yuliya
6:30 PM	BODYPUMP™	SFG	Jerrica
7:30 PM	Shotokan Karate (90 min.)	MS	Sensei
FRIDAY			
8:00 AM	Vinyasa	YS	Teresa
8:30 AM	BODYPUMP™ - <i>Reservations Required</i>	MS	Dorota
9:30 AM	Hatha (75 min.)	YS	Josie
9:30 AM	Cycling - <i>Reservations Required</i>	CS	Bruce
9:45 AM	Zumba®	SFG	Katie
10:00 AM	Zumba Gold®	MS	Asya
11:00 AM	Chair Yoga	YS	Josie
11:00 AM	Stretch and Restore (45 min.)	MS	Asya
12:00 PM	Power Flow Fusion	MS	Terri
12:15 PM	Qigong	YS	Jiin
3:00 PM	Gentle Yoga	YS	Jiin
5:30 PM	Zumba®	MS	Sooyeon
SATURDAY			
7:30 AM	Vinyasa (75 min.)	YS	Vince
8:15 AM	BODYPUMP™ - <i>Reservations Required</i>	MS	Allan
9:00 AM	Aqua Fitness	OP	Victoria
9:30 AM	Cycling - <i>Reservations Required</i>	CS	Bruce
9:30 AM	BODYPUMP™ - <i>Reservations Required</i>	MS	Medea
10:00 AM	Yoga / Qigong Fusion (75 min.)	YS	Gloria
10:00 AM	Vitamin D(ance)® (75 min.)	SFG	Rowe
10:45 AM	Pilates & Strength	MS	Hema
11:30 AM	Shotokan Karate (120 min.)	SFG	Sensei
SUNDAY			
8:15 AM	BODYPUMP™ - <i>Reservations Required</i>	MS	Vered
8:30 AM	Hatha Flow (70 min.)	YS	Gloria
9:30 AM	Cycling - <i>Reservations Required</i>	CS	Peggy F.
9:30 AM	BODYCOMBAT™	MS	Laam
9:45 AM	Gentle Yoga	YS	Jiin
10:45 AM	Restorative Yoga and Rolling (75 min.)	YS	Jiin
4:00 PM	Vinyasa (75 min.)	YS	Jaclyn

Classes are 55 minutes in length unless noted

- Members aged 13 and older are welcome at our classes.
- Please be on time. If arriving more than 10 minutes after class has started, defer to instructor for admittance.
- Reservations will be forfeited to members on the waitlist if participant has not arrived by the scheduled class start time.
- Please set cellular devices to "silent" and take any necessary calls in the lobby or outside.

Updated: 12/1/2025

Group Exercise Class Descriptions



**FITNESS
AND
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CENTER**

Cardio and HIIT (High Intensity Interval Training)

Cycle Sculpt	Get your cardio and lower body workout cycling on our Keiser M3i stationary bikes. Then grab some dumbbells for an off-bike strength workout targeting your upper body and core. A full-body workout in just 75 minutes!
Cycling	Cycling is a highly effective workout on our Keiser M3i stationary bicycles. Class formats include cadence, intervals or zone training (heart rate or power/watts) using studio or real-road techniques. Reservations required.
HIIT & Core	Power-up your workout! This class will help you improve overall strength, endurance and balance through intervals of cardio, core and strength exercises using a variety of equipment, including dumbbells, barbells, resistance tubing and more.
Strong Nation™	Stop counting the reps. Start training to the beat. STRONG Nation™ combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

Dance Fitness

Bollywood FitJam	A Bollywood-inspired dance-fitness program with both cardio and toning routines in one action packed class. Get ready to be hooked onto this incredible workout with authentic Bollywood flavor that will have you moving and grooving!
Dance Fever	This cardio dance workout starts high energy and leaves you dripping. All levels are welcome - learn the base moves, then amp them up into fun combinations. Come join the party!
Vitamin D(ance)®	Good vibes, Good energy and Good times! Its a cardio dance party! Fun, easy to follow dance combinations, with music you'll love! Before you know it, your fun workout is done!
Zumba®	Everybody and every body! We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style calorie-burning dance fitness party.
Zumba® Gold	Offering Zumba® with less impact on the joints, and simplified movements, but with all the fun of a regular Zumba class! Great for anyone looking to try Zumba® at a slower pace.

Pilates

Barre Intensity	Join a Barre Intensity® classes for a high-energy, full-body workout that blends ballet-inspired movements with Pilates, yoga, and strength training techniques. Classes are optimized for maximum results, focusing on high repetitions, small controlled movements, and isometric holds to build endurance, enhance flexibility, and strengthen the core.
Mat Pilates	Introduce yourself to the fundamentals of Pilates technique. Focus on alignment, opposition, balance and functional fluid movement from your body's powerhouse - the all important core!
Pilates: Center & Restore	Both restorative and challenging, this class will help you cultivate your true strength and mobility. Taking a dynamic approach to the deep core work of Pilates, yoga, and other mind-body practices, each progression will offer options for every fitness level. Balance and efficient movement will be a main focus.
Pilates & Strength	Elevate your mat Pilates experience with the use of dumbbells and resistance bands to improve upper and lower body strength while toning the all-important core. Progressive levels of techniques are presented, providing options to accommodate a range of experience and ability.
POP Pilates®	An incredible fusion of ab-chiseling and total body defining moves choreographed to upbeat pop songs, this intense, mat-based workout challenges students to rhythmically flow from one exercise to the next, developing a rock-solid core while leaving no muscle untouched.
Power Flow Fusion	An invigorating total-body athletic workout fusing yoga, Pilates, barre, and core conditioning. Functional strength, endurance, balance, stretching, and mobility are woven into a challenging, multilevel class.

Group Exercise Class Descriptions (cont.)



**FITNESS
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Strength Training

BODYPUMP™	The original barbell class! Strength training is important for all levels and all ages of fitness. BODYPUMP™ will challenge major muscle groups with proper technique and form. Reservations required.
Burn & Tone	Get your workout accomplished in this fast-paced format, incorporating equal segments of cardio, resistance
Healthy for Life	Build strength and flexibility while increasing range of motion! Low impact aerobic conditioning, strength training and core stability training for active agers. Easy to follow steps and light weights give you a great full-body workout at an easy pace.
onCORE	Elevate your heart rate and build functional strength with this sport-inspired cardio and core workout!
Strength and Stretch	A energizing combination of low-impact movement, functional balance and toning; incorporating cardio, strength exercises using dumbbells, Pilates core-strengthening moves and Yoga stretches.
Total Body Conditioning	Start your day off with a full-body workout incorporating cardio and strength training to tone from head-toe. Each class varies but always includes a mixture of bodyweight, resistance, core and cardio intervals.

Mobility and Recovery

Feldenkrais Movement	Feldenkrais Movement classes quickly improve balance, coordination, mobility and posture. This creates more flexibility and power without strain. Classes are perfect for all ages and fitness levels. .
Nia	Enjoy a fun total Body/Mind low impact workout. Based on the dance arts (modern, jazz), the martial arts (tai chi, taekwondo) and healing arts (yoga.) It's a joyful fitness party. No dance experience necessary.
Qigong	"Qi" (pronounced "chee") is the life force or vital-energy that flows through all things in the universe while "Gong" (pronounced "Kung") means power. Qigong is an expert handling of life energy force integrating physical postures, breathing techniques and focused intention.
Yoga Qigong Fusion	This practice includes the best of both the Yoga and Qigong worlds, which complement each other nicely. If you love yoga, you will love the addition of these flowy qigong moves and meditation which will help bring strength, flexibility, suppleness, to the body and mind: allowing the free flow of healing prana or life force energy (Qi) to circulate within us. We leave with better health and vitality
Stretch & Restore	Enhance mobility, prevent injury, improve posture and relax tired muscles through a variety of seated and standing stretches. Use tools such as straps, blocks and/or foam rollers to enhance muscular recovery and reduce tension.
Tai Chi Chuan	This internal martial art, often referred to as movement meditation, is an internal martial art best known for its ability to improve balance, mindfulness, and stress relief. Participants will enjoy learning Yang Style Tai Chi along with other mindfulness exercises like Qigong and guided meditation to help relax and develop improved body control.

Group Exercise Class Descriptions (cont.)



**FITNESS
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Aqua

Aqua Fitness	Aqua Fitness offers a total body, low-impact workout. Cardiovascular, strength and flexibility exercises are great for rehabilitating from an injury or a killer workout! All levels welcome. No swimming required. Classes taught in the shallow end of our Outdoor Pool.
Deep Water Fitness	This non-impact workout is great for both first time participants and challenging experienced aqua participants. Deep water buoyancy reduces the stress on weight-bearing structure of the body and addresses cardiovascular fitness, increased flexibility and muscular resistance training.

Yoga

Chair Yoga	Chair Yoga is a gentle class adapting traditional yoga poses with a chair. This class cultivates awareness and deep relaxation through meditation, breath work, and gentle stretches all without the stress of getting up and down off the floor. Participants will experience the same benefits of other yoga classes, such as improved balance, strength, and mobility.
Early Morning Yoga	Early morning yoga to awaken and stimulate the body. A mix of flowing vinyasa forms and hatha postures to bring vitality into the body. Through this practice, we'll build strength, flexibility, and awareness.
Gentle Yoga	This gentler class is ideal for anyone wanting to work on stress release, flexibility and balance, gradually and comfortably. Students will ease into a variety of yoga postures, breath work and focused relaxation, and come out feeling great!!
Hatha	Hatha is the foundation of yoga. This is an excellent class to learn the basics of yoga in a safe and supportive environment. Postures are held for an extended period to ensure proper alignment and build strength and flexibility. Excellent for those new to yoga.
Hatha Flow	A balanced class focusing on deep body awareness through the holding of postures, flowing from one to another. Prior Hatha experience encouraged.
Restorative and Foam Rolling	All the benefits of a traditional Restorative Yoga class mixed with foam rolling to reduce muscle soreness and aid in a quick recovery. The perfect post-workout recovery!
Therapeutic Yoga	Alleviate pain common pain and discomfort in the hips, lower back, and pelvic floor in this non-flow class. We'll begin each session by re-connecting with our breath. Next we proceed to exercises that lengthen and build strength/stability in the muscles associated with these areas. This practice will highlight the pelvic floor's connection to the mind and body. Each week will focus on a different area of the body.
Vinyasa	A continuous flow of movement with a dynamic system of poses (asanas), building flexibility, strength and the synchronization of breath. Experience in Hatha recommended.