



GROUP FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 - 6:30 Spinning - Rob	5:30 - 6:30 Yoga - Rob	5:30 - 6:30 Circuit - Lee	5:30 - 6:30 Spinning - Lee	5:30 - 6:30 HIIT - Sam	7 - 7:55 Strength - Rosa	7:30 - 8:25 a Circuit - Rosa
9 - 9:55 Spinning - Sam	9 - 9:55 Spinning - Lee	9 - 9:55 Spinning - Mary	9 - 9:55 Spinning - Sam	9 - 9:55 Spinning - Elyse	8 - 8:55 STEP/Interval Rosa	8:30 - 9:25 Spinning - Rosa
9 - 9:55 POUND - Kate S.		9 - 9:45 HIIT - Dawn	9 - 9:55 a Zumba - Kate S.		8 - 8:55 Spinning - Sam	8:30 - 9:25 Zumba - Mary R
10 - 10:45 Strength - Sam	10 - 10:30 Strength - Susie	10 - 10:55 Yoga - Elyse	10 - 10:55 a Yoga - Jana	10 - 10:55 POUND - Kate S.	9 - 9:55 Zumba - Tallie	
10 - 10:55 Yoga - Beth	10:30 - 11 Yoga Stretch - Susie	10 - 10:45 Strength - Beth			NOTES: 1. Please be on time for class - experience the warm up, body of class and cool down. All important aspects to a successful workout. 2. Respect those around you. Please keep conversations to before or after class. 3. Disconnect! Leave the phone outside the studio and focus on clearing your mind and body for a great workout. 4. Please dress appropriately for the class you're taking. What you need for Spinning may not be your best choice for Zumba! Shoes need to be on your feet in all classes except Yoga. Out of respect for others we request that you don't wear excessive perfume or cologne. 5. We highly recommend that you have medical clearance before beginning any exercise program. 6. Smile and have fun!	
5 - 5:45 Strength - Dawn	5 - 5:55 Yoga - Lynne					
6 - 6:45 HIIT - Dawn		6 - 6:55 ZumbaTone-Mary R	6 - 6:55 Yoga - Barbara			
6 - 6:55 Spinning - Rosa						
6 - 6:45 Zumba - Tallie						

Schedule to start May 1st. This is a preliminary schedule and will be adjusted to fit the needs of the membership.

POUND - A very different (and fun), rhythm and drum inspired class using sticks to work out to the beat of the music and make you forget that you are exercising.

CIRCUIT - Circuit training is a technique that involves doing a series of strength training exercises, and cardio exercises. Moving quickly between exercise will help you burn calories lose weight and tone up.

H.I.I.T - High Intensity Interval Training

Sports-inspired total body workout. You will get Cardio bursts with strength and core work in between. A great workout for those who want to be pushed.

ZUMBA® - This class fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. And you will have fun doing it! **ZUMBA TONED** uses the same international rhythms with light weights to tone your body.

Spinning - The ultimate low impact, high energy, calorie burning workout. It's as simple as riding a bike! We will guide you through the ride of your life. If you can ride a bike, you can spin! This is the only class you have to sign up for ... 24 hours in advance at the Front Desk.

Yoga - All of our Yoga classes focus on basic yoga poses and healthy alignment, breathing, meditation, and relaxation. Several instructors teach Vinyasa Flow Yoga which is a dynamic flow of yoga poses where postures are connected through the breath in a traditional or creative manner. Also includes breathing, meditation/relaxation. We also offer a Chair Yoga class a therapeutic stretching program performed while sitting in a chair, and Yoga Stretch which focuses on basic yoga poses along with stretching.

Strength - These classes focus on muscles and may incorporate hand weights, BOSUs, stability balls, gliding discs and more. Instructors will show a variety of options based on individual ability levels. All are welcome!

Cedardale has three Group Fitness Studios. Please feel free to bring your own yoga mat, as we do not provide those for you. Our Instructors are certified through various organizations and are also certified in CPR.

Group Fitness Director:

Mary Lynch

mlynch@cedardale-health.net

(978) 373-1596