



**Montgomery Township Community and Recreation Center**  
**Winter Group Exercise Class Schedule**  
**Starts 1/2/2019**

**Mondays:**

5:45am Spin  
9:30am Zumba  
9:30am PiYo  
11am Silversneakers Classic  
5pm Functional Mobility  
6:15pm Pilates and Barre Fusion  
7:30pm Evening Flow Yoga

**Tuesdays:**

8:30am Tai Chi  
8:30am Cardio Interval Training (  
9:30am Zumba Gold Toning  
11am Silversneakers Stability  
4:30pm Express Bootcamp  
5pm Express Ab Attack  
6:15pm PiYo  
6:30pm Spin  
7:30pm Zumba Toning

**Wednesdays:**

5:45am Spin  
9:30am Tabata, Core & More  
9:30am Zumba Gold  
11am Silversneakers Classic  
6:15pm Pilates and Barre Fusion  
7:30pm Evening Flow Yoga

**Thursdays:**

8:30am Tai Chi  
9:30am Strength and Toning  
11am Silversneakers Yoga  
4:30pm Express Cardio Kickboxing  
5pm Express 10:10:10  
6:15pm Zumba  
6:30pm Spin

**Fridays:**

5:45am Spin  
9:30 am Morning HIIT  
9:30am Yagalates  
11am Silversneakers Cardio Circuit

**Saturdays:**

8:30am Zumba Toning  
8:30 am Spin  
10am Total Body Conditioning  
**(Formerly Cardio Blast)**



## Group Exercise Descriptions

*\*Note: Our "Express" classes are all 30 minutes in duration*

**Evening Flow Yoga:** A class focused on core strength, cardiovascular fitness, flexibility, and an overall sense of well-being. We will build upon basic yoga poses to target specific muscle groups while maintaining safe alignment. You don't need to be able to touch your toes; you just have to be willing to try.

**Express 10/10/10:** The 30 minute workout which incorporates nonstop movements to give you a total body workout. This class includes 10 minutes of upper body strength training, 10 minutes of lower body strength training, and 10 minutes of core conditioning. Great for all levels.

**Express Ab Attack:** Get ready to work through 30 hard minutes of core strengthening exercises while using the weights, medicine balls and much more!

**Express Bootcamp:** Classic calisthenics mixed with bodyweight strength exercises designed to develop speed, agility, and more. Designed to provide you with a total body workout in just 30 minutes! Good for all levels. In just 30 minutes!

**Express Cardio Interval Training:** This energetic class will challenge you with a variety of low impact aerobics, step, running, cardio kickboxing, high intensity interval training (which can be modified to meet everyone's needs) and cycling. ***Class will meet in the Cycle Studio.***

**Express Cardio Kickboxing:** An action-packed workout that combines a series of punching and kicking combinations, this class improves strength, muscle tone and endurance.

**Functional Mobility:** An educational class to help you learn how to take care of your joints, prevent and recover from injury, and develop more usable ranges of motion that a healthy body needs. Through various stretching and strengthening challenges, this class will be a supplement for your life inside and outside the gym

**Morning HIIT:** This class provides the variety your body needs by combining fun cardio movements with specific muscle conditioning using timed intervals. This is a great time to enjoy yourself and feel the burn at the same time!

**Pilates and Barre Fusion:** This workout combines elements of the standard Barre-Method workout with additional emphasis on the core through various Pilates inspired movements. Get ready for whole-body exercises targeting the muscles which play the greatest role in body change!

**PiYo:** PiYo combines the muscle-sculpting, core strengthening benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll perform a series of high-intensity, low-impact moves that will work every single muscle for a long, lean and incredibly defined physique.

**SilverSneakers Cardio Circuit:** The SilverSneakers Circuit workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for support. This class is suitable for nearly every fitness level and can be adapted depending on the skill of individual participants.



**SilverSneakers Classic:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. A chair is available if needed for seated or standing support. Low- impact movements are programmed to energize your active lifestyle.

**Silversneakers Stability:** Exercise strategies to improve balance by development of core muscles through bodyweight strength training and functional movements. These strategies can also counteract pain, injury and age-related weakness.

**SilverSneakers Yoga:** A complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**Spin:** Indoor Cycling has something for everyone! Intervals, rolling hills, sprints, climbs, runs, and surges all to music hand-picked to motivate and inspire! This is a great workout if you want to burn calories and increase endurance. Come on in for the ride!

**Strength and Toning:** Come burn fat and become stronger at our strength and tone class. This class targets every muscle group with specialized props and techniques so members can burn fat and become stronger.

**Tabata, Core & More:** Tabata is an high-intensity interval workout that allows you to push yourself for short durations of time. It consists of 4-minute long rounds where you perform an exercise for 20 seconds followed by a ten second break. This class focuses on cardio, strength training and core work. The tabata portion is 45 minutes long and is followed by a stretch and strength section. Modifications will be provided and weights will be used during many exercises. Please bring a mat and wear comfortable, supportive sneakers.

**Tai Chi:** Tai chi is a Chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind. That is why this class has been considered to be a form of 'meditation in motion' which promotes serenity and inner peace.

**Total Body Conditioning:** Get a 'head to toe" toning workout. Every day is different in this class that combines cardio and strength training by incorporating a variety of equipment and exercises.

**Yogalates:** A low-impact workout combining yoga and pilates to improve flexibility, muscular strength, posture and alignment. No experience required. Modifications and progressions will be provided. (Mat required)

**Zumba:** Zumba combines high-energy dance moves with more traditional exercises such as lunges, squats and arm curls. Throughout the routine, moves are performed to upbeat music selections, including merengue, salsa, mambo, flamenco and hip-hop.

**Zumba Gold:** Zumba Gold takes the popular Latin-dance inspired workout of Zumba and makes it accessible for seniors, beginners or others needing modifications in their exercise routine. Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves.



**Zumba Gold Toning:** The Zumba® Gold-Toning program combines the enticing world rhythms of the Zumba Gold® program with the strength-training techniques of the Zumba® Toning program, creating an easy-to-follow, health-boosting dance-fitness program for the active older adult as well as beginners.

**Zumba Toning:** Many people who become involved with Zumba, a workout class that functions more like a party, want more. Zumba Toning keeps Zumba's essence while focusing on strength training the arms, abs and thighs.