

# Aerobics Schedule

## SPRING 2023

**January 17th - April 28**

**Classes are FREE to Fitness Center Members**

- Sign up for classes by calling fitness center 413-572-5500 or stopping by main fitness desk. Sign ups begin at 7am.
- Sign ups are on a first come first serve basis. Sign ups highly recommended (limited space in classes). Drop in welcomes if room is available.
- No advance sign ups allowed (can only sign up the day of class)
- All classes are co-ed
- Please call fitness center if you have signed up for class, but can no longer attend.
- Classes may not run on Holidays. Check Instagram for updates.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>CLASS SCHEDULE</b>			
<b>HIIT/BOOT CAMP</b> 5:00p-5:45p Gracie	<b>INDOOR CYCLING</b> 5:00p-5:45p Sarah	<b>INDOOR CYCLING</b> 7:30a-8:15a Aly	<b>INDOOR CYCLING</b> 5:00p-5:45p Sarah
<b>ZUMBA</b> 6:00p-6:45p Emily	<b>ZUMBA</b> 6:00p-6:45p Emily/Kathryn	<b>YOGA</b> 4:00p-5:00p Stacy	<b>ZUMBA</b> 6:00p-6:45p Kathryn
<b>INDOOR CYCLING</b> 7:00p-7:45p Lea	<b>AGUA FITNESS</b> 6:30p-7:15p Gwyneth	<b>INDOOR CYCLING</b> 5:15p-6:00p Stacy	Class updates will be posted on our Instagram page <a href="#">elyfitnesscenter</a>

### CLASS DESCRIPTIONS

**Aqua Fitness:** A low impact but high intensity water aerobics class where no swimming skills are needed. This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back. Exercises are performed to lively, motivating music and are effective and easy to follow.

**Indoor Cycling:** This class is done on a stationary bike to high energy and motivating music while traveling flat roads, climbing hills and sprinting. \*If you are new to this class, arrive 5-10 minutes before class starts to have your bike properly set up for you.

**HIIT/Boot Camp:** Complete total body workout that combines strength and cardio training utilizing weights, resistance bands and your own body weight.

**Zumba:** Featuring Latin rhythms and easy to follow dance moves, Zumba® is a dance exercise class that keeps everyone motivated by creating a dance party atmosphere. Come join the party!

**Yoga:** Whether you are just beginning your yoga practice or looking to deepen your practice, this class focuses on the basic principles of yoga.