

Aerobics Schedule

SPRING 2021

February 8th-April 29th

**Classes are FREE to Fitness Center Members
Call Fitness Center to Sign up**

- Phone Number: 413-572-5500.
- Please give first and last name when signing up for a class.
- Sign ups begin the morning of class. No advance daily sign ups.
- Please contact the Fitness Center if you have signed up for class but can no longer attend.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
MORNING CLASSES			
SUNRISE YOGA 8:00-9:00 Stacy		INDOOR CYCLING 8:00-8:45 Arianna	
EVENING CLASSES			
CLASSES ARE LIMITED TO <u>8 PARTICIPANTS!</u> *Please call the day of the participate in a class*			HIIT 5:00-5:30 Sydney
ZUMBA 5:30-6:15 Alyssa	LOWER BODY BLAST 5:30-6:15 Sydney	POWER YOGA 5:00-6:00 Stacy	ZUMBA 5:45-6:30 Alyssa
INDOOR CYCLING 6:45-7:15 Ashling	INDOOR CYCLING 6:45-7:15 Jillian	INDOOR CYCLING 6:30-7:15 Jillian	INDOOR CYCLING 6:45-7:30 Arianna

Class Descriptions

HIIT: (High Intensity Interval Training) HIIT is a quick 30 minute class that increases cardiovascular endurance and helps build strength. This class incorporates quick intense bursts of exercise (100%) followed by short recovery periods. This class will get you burning MAXIMAL Calories in a short time.

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.

Lower Body Blast: This 45 minute butt-kicking, gut-wrenching class will focus and target those “problem areas” of the lower body and core. Strengthen, lift and tone your thighs, glutes and core in one quick workout.

Power Yoga: This is a powerful and energetic form of yoga where students fluidly move from one pose to another while connecting their breathing to their movement. This class will not only help you build strength, but will assist with balance, flexibility and stability.

Sunrise Yoga: Start your day in the most perfect way! Awaken your senses with an invigorating and energizing 60 minute yoga class. Flow through series of dynamic postures designed to physically and mentally awaken your body and mind.

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!

***Classes are designed to accommodate all fitness levels!**