

Cardio Interval

Tuesday, 9:00am- Susan Lozier

This class is "the total package". Guaranteed to increase or maintain aerobic capacity, muscular strength and flexibility, core strength, stability and balance.

Cardio Mix

Monday 9:15am- Melissa Durinsky

High-energy interval training class, combines athletic aerobic movements with strength and stabilization exercises. Sometimes sports-inspired, sometimes dance-inspired cardio workout for building strength and stamina.

Core and More

Wednesday & Friday, 8:15am—Michelle Peterson

Goal: To improve strength and stability of the abdominals and back while including cardio and strength exercises. Achieve total body conditioning using a variety of equipment with challenges for all levels.

Core Fusion

Tuesday, 10:00am—Susan Lozier

Strengthen your abdominals, mid/lower back, and increase functional flexibility through a fusion of Pilates, yoga, & core strength exercises.

Deep Water Aerobics

Tuesday & Thursday, 4:00pm—Jamie Mixson

A fun cardio workout wearing a weighted belt. Work your entire body without any pressure to your joints. This class is ideal for people with knee, hip or lower back problems.

Flow Yoga (Live Oak Hall)

Thursday, 9:00am— Natasha Stevens

Awaken your body with full sun salutations. Experience release & new flexibility through a broader range of seated poses, twists, forward/back bends & inversions. Suitable for those looking to expand, refine & develop their practice.

Gentle and Restorative Yoga (Live Oak Hall)

Wednesday, 4:00pm- Natasha Stevens

Relieve fatigue and stress, promote well-being, and bring healing balance into your life through a range of gentle movement, breathing and supported postures.

Gentle Yoga (Live Oak Hall)

Monday, 8:30am—Stacey Abbatista

This is a great way to learn the yoga positions, increase flexibility, promote spinal health and reduce stress. This class combines gentle movement with the breath followed by a deep relaxation.

Get Pumped (Live Oak Hall)

Tuesday, Thursday, & Friday, 11:00am, - Melissa Durinsky

An original free weight class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music and motivating instruction to inspire you to get the results you came for - and fast!

Pilates (Live Oak Hall)

Saturday, 8:30am- Kelly Bowling

Full Body workout with an emphasis on "core" stability which tones abs and strengthens the back.

Pure Stretch Express

Monday, 10:15am—Melissa Durinsky

This 45 minute class is pure *Stretching*. The goal is to promote flexibility through proper stretching techniques. Benefits include low risk of injury, improved range of motion and reduced lower back discomfort. This program is designed for anyone wishing to release tension and stimulate circulation. Members will leave feeling relaxed, loose and better prepared to meet their fitness goals.

RideSBI

Tuesday, 6:00pm

Saturday, 8:30am—Sarah Mae

Accompanied by a high energy playlist, rides span 45 minutes delivering a high energy cardio workout. Effective, calming stretching concludes the class leaving you feeling stronger and invigorated. Space is limited.

Splashers

Monday & Wednesday 8:30am—Kelly Bowling

This is a low impact water aerobic and stretching class with the goal to strengthen and add flexibility to the body.

Strength & Flexibility Express (Live Oak Hall)

Wednesday & Friday, 10:15am— Meagan Bergeron

Participants are guided through a carefully structured series of stretches, moves and poses based on yoga, tai-chi, and Pilates. Set to powerful, inspiring music, creating a holistic workout that brings your body into a state of harmony and balance and improves your overall strength and flexibility to keep you safe and strong in all of your daily activities. (45 MIN Class)

Total Body Toning

Monday & Wednesday, 10:45am—Kelly Bowling

This medium paced class will emphasize toning exercises that target muscle strength and stability from the core while incorporating other major body muscle groups simultaneously.

Water Aerobics

Tuesday & Thursday 8:30am— Jamie Mixson

Friday 8:30am— Kelly Bowling

A fun cardio workout with upper body strengthening and stretching. Relieve stress while splashing your way to better health.

Zumba (Live Oak Hall)

Wednesday & Friday, 9:15 am— Meagan Bergeron

Zumba feature exotic rhythms set to high energy Latin and international beats. Get fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating!

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NO CLASS	8:30am Splashers 8:30am Gentle Yoga 9:15am Cardio Mix 10:15am Pure Stretch Express 10:45am Total Body Toning	8:30am Water Aerobics 9:00am Cardio Interval 10:00am Core Fusion 11:00AM Get Pumped 4:00pm Deep Water Aerobics 6:00pm Evening RideSBI	8:15am Core & More 8:30am Splashers 9:15am Zumba 10:15am Strength & Flexibility Express 10:45am Total Body Toning 4:00pm G & R Yoga	8:30am Water Aerobics 9:00am Flow Yoga 11:00am Get Pumped 4:00pm Deep Water Aerobics	8:15am Core and More 8:30am Water Aerobics 9:15am Zumba 10:15am Strength & Flexibility Express 11:00am Get Pumped	8:30am Pilates 8:30am RideSBI