



# December Group Fitness Schedule

| Monday   | Tuesday  | Wednesday  | Thursday  | Friday                     | Saturday |
|--|--|--|---|----------------------------|----------|
|  |  |  |   | 1<br>5:30am YFit Derek     | 2        |
| 4<br>5:30am YFit Derek<br>9am Yoga I Pat<br>5:30pm Yoga II Alina<br>6:30pm DanceFit Sterling     | 5<br>5:30am Boot Camp Derek<br>7am Yoga III Stephanie<br>9am Silver Sneakers Classic Penelope<br>5:30pm YFIT AI<br>Butts & Guts 6:30pm           | 6<br>5:30am YFit Derek<br>9am Yoga I Pat<br>6:30pm DanceFit Sterling     | 7<br>5:30a Boot Camp Derek<br>7am Yoga III Stephanie<br>9am Silver Sneakers Classic Penelope<br>5:30pm YFIT AI<br>Butts & Guts 4:00pm Alina     | 8<br>5:30am YFit Derek     | 9        |
| 11<br>5:30am YFit Derek<br>9am Yoga I Pat<br>5:30pm Yoga II Alina<br>6:30pm DanceFit Sterling    | 12<br>5:30am Boot Camp Derek<br>7am Yoga III Stephanie<br>9am Silver Sneakers Classic Penelope<br>5:30pm YFIT AI<br>Butts & Guts 6:30pm Alina    | 13<br>5:30am YFit Derek<br>9am Yoga I Pat<br>6:30pm DanceFit Sterling    | 14<br>5:30a Boot Camp Derek<br>7am Yoga III Stephanie<br>9am Silver Sneakers Classic Penelope<br>5:30pm YFIT AI<br>Butts & Guts 4:00pm Alina    | 15<br>5:30am YFit Derek    | 16       |
| 18/25<br>5:30am YFit Derek<br>9am Yoga I Pat<br>5:30pm Yoga II Alina<br>6:30pm DanceFit Sterling | 19/26<br>5:30am Boot Camp Derek<br>7am Yoga III Stephanie<br>9am Silver Sneakers Classic Penelope<br>5:30pm YFIT AI<br>Butts & Guts 6:30pm Alina | 20/27<br>5:30am YFit Derek<br>9am Yoga I Pat<br>6:30pm DanceFit Sterling | 21/28<br>5:30a Boot Camp Derek<br>7am Yoga III Stephanie<br>9am Silver Sneakers Classic Penelope<br>5:30pm YFIT AI<br>Butts & Guts 4:00pm Alina | 22/29<br>5:30am YFit Derek | 23/30    |

**YFit:** With constantly varied, high-intensity functional movements, YFit is a training philosophy that coaches people of all shapes and sizes to improve their physical well-being and cardiovascular fitness in a hardcore yet accepting and encouraging environment. YFit is a program developed to offer a full-body workout that combines elements of cardio, weightlifting, core training and more to prepare the body for the unexpected.

**BootCamp:** These programs are designed to build strength and fitness through a variety of intense group intervals over a 1 hour period of time. Boot Camp training often commences with dynamic stretching and running, followed by a wide variety of interval training, including lifting weights/objects, pushups/situps, plyometrics, and various types of intense explosive routines. Many other exercises using weights and/or body weight, similar to CrossFit routines, are used to lose body fat, increase cardiovascular efficiency, increase strength, and help people get into a routine of regular exercise.

**Yoga II:** Beginner yoga classes are great for newbies. Don't be nervous; here's everything you need to know before stepping it up on the mat. Instructors teaching beginner classes often use the English names of poses and may follow up with the Sanskrit name to help you learn. This class is designed for those who have had some exposure to yoga, including an introduction to basic yoga poses and proper alignment. The experienced beginner student would like to explore their practice and begin to become more familiar with poses and use of the breath.

**Yoga III:** This class is designed for more experienced yogis with a very solid understanding of basic yoga postures who are comfortable performing more advanced poses. The advanced-intermediate student practices yoga regularly and has begun to master connection of breath with movement.

**Silver Sneakers Circuit:** An active older adult program that is designed to increase strength, range of motion, agility, balance, and coordination.

**DanceFit:** A combination of Ballet, Jazz, Hip-Hop and freestyle dance techniques used to tone your body, increase flexibility, stamina and overall health and fitness. It is a fun way to get fit, stay fit, and get your feet tapping. DanceFit is all about having fun, working out, and loving the experience.

**Pickleball:** A combination of ping pong, tennis and badminton. The game is played by 2 or 4 people on a badminton-sized court using paddles and a wiffle ball.

**Butts and Guts:** This class is focused on reducing, shaping, and lifting those stubborn areas in your glutes, core, and thighs. The workout is geared toward melting away unwanted fat around the middle section and toning thighs and glutes.