

# GROUP EXERCISE CLASS DESCRIPTIONS

## DEFINE YOURSELF

### STRENGTH

**A.O.A CHAIR FITNESS:** Burn calories and tone muscle while seated in a chair. Gentle and effective for beginners and older adults.

**A.O.A TRAINING:** A lower intensity program recommended for seniors. Participants will increase cardiovascular fitness, muscle strength and increase flexibility.

**BARRE SCULPT:** Combines elements of Ballet, Pilates, and Yoga. Engage your core muscles as you work through a challenging series of barre and body strength moves.

**BIKINI BOTTOM BLAST:** It's bottoms up in this express class for everything south of your waistline.

**PILATES:** A mind-body program that tones and strengthens muscles, reduces stress, and creates a streamline body shape. Improve core postural muscle strength, stability, and flexibility through graceful movement.

**TANK TOP TONING:** Dare to go bare and show off your sculpted upper body. This express class tones everything from your waist up.

**TOTALLY TONED:** Define, firm, and condition all major muscle groups. This non-impact workout uses weights, resistance bands, body bars, and benches.

## MIX IT UP

### CARDIO/STRENGTH

**CARDIO SCULPT:** A mixture of strength and cardio intervals for a total cross training effect.

**MORNING BURN:** A cardio and conditioning workout like no other to get the day started! Using free-weights, resistance bands, and just your own body weight, this class will tone, burn & define your body. Burn calories, sculpt muscles, and "burn" your body into great shape.

**R.I.P.P.E.D.®:** Resistance, Intervals, Power, Plyometrics, Endurance, Diet. This 50 min. workout combines an easy, yet effective cardiovascular routine interlaced with weights and resistance, a combination that keeps your body moving.

**TABATA TRAINING:** Fire up your metabolism and kiss calories goodbye in this unique style of High Intensity Interval Training (HIIT) that is easy to adapt to all levels. What's Tabata? 20 seconds of intense exercise 10 seconds of rest. Perform 8 rounds for a total of 4 min.

**ZUMBA® TONE:** Combines targeted body sculpting exercises and high-energy cardio work with Zumba moves to create a calorie-torching strength-training workout.

## GET YOUR SWEAT ON

### CARDIO

**CARDIO KICK & JAB:** A cardiovascular workout incorporating boxing and kickboxing moves. A great total body workout.

**ZUMBA® GOLD :** Zumba for the Active Older Adults, beginner participant and other special populations who may need modifications for success. Created to emphasize the basics, this explosive program is so easy to follow that students at any age can do it.

**WALK & TONE:** Get off the treadmill and walk to a beat. Features low-impact walking moves that can be modified to a fast walk or jog for more intensity. Class is the equivalent of a three mile walk. May include light weights.

**ZUMBA® :** High energy Latin and hip hop moves and rhythms with motivating music that is fun and easy too. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba is a "feel-happy" workout that is great for both the body and the mind.

## JUST BREATHE

### YOGA

**HATHA YOGA:** Experience greater flexibility, strength, and increase your range of motion, balance, and reduce stress.

**RESTORATIVE YOGA:** Employs the use of props (pillows, blankets, blocks, etc) to support the body so that you can hold the poses longer, allowing the body to release through passive stretching.

**SUNRISE YOGA:** Wake up the right way with this early morning yoga class. Each posture and sequence is designed to ensure the body is prepared for the daily activities. Appropriate for beginners through skilled practitioners.



### NEED MORE INFO?

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# GROUP EXERCISE CLASS SCHEDULE


Effective JUNE 19 - SEPTEMBER 3


FRANKLIN LAKES  
COMMUNITY CENTER


— a Proud Partner of —  
WYCKOFF FAMILY YMCA


## MONDAY:

 TOTALLY TONED  
8:00-9:00am  
S2 - Silvia


 RIPPED®  
9:15-10:15am  
S2 - Allison

 BARRE SCULPT  
9:15-10:00am  
S1 - Flora


 ZUMBA GOLD®  
10:15-11:00am  
S2 - Clara


 RESTORATIVE YOGA  
10:15-11:15am  
S3 - MaryAnn

 AOA CHAIR FITNESS  
11:00-11:45am  
S2 - Christina B.


 CARDIO EXPRESS  
5:30-6:00pm  
S2 - Ellen


 TOTALLY TONED EXPRESS  
6:00-6:30pm  
S2 - Ellen


 WALK & TONE  
6:30-7:30pm  
S2 - Ellen

 HATHA YOGA  
6:30-7:30pm  
S3 - Kim


## TUESDAY:


 MORNING BURN  
6:15-7:00am  
S2 - Jody

 CARDIO SCULPT  
8:00-8:45am  
S2 - Merrill


 HATHA YOGA  
9:15-10:15am  
S2 - Susan


 CARDIO KICK & JAB  
9:15-10:00am  
S3 - Alison

 TOTALLY TONED  
10:15-11:00am  
S1 - Ellen


 HATHA YOGA  
10:30-11:30am  
S3 - Susan


 WALK & TONE  
11:00-12:00pm  
S2 - Ellen


 CARDIO SCULPT  
5:30-6:30pm  
S2 - Jill T.

 ZUMBA®  
6:30-7:30pm  
S2 - Missy

## WEDNESDAY:


 BARRE SCULPT  
8:00-9:00am  
S2 - Silvia


 ZUMBA®  
9:15-10:15am  
S2 - Anna

 HATHA YOGA  
10:15-11:15am  
S3 - Carrie

 PILATES  
10:15-11:00am  
S2 - Melissa K.

 AOA TRAINING  
11:15-12:00pm  
S2 - Christina B.


 HATHA YOGA  
5:30-6:30pm  
S3 - Robin


 CARDIO EXPRESS  
5:30-6:00pm  
S2 - Merrill


 TANK TOP TONING  
6:00-6:30pm  
S2 - Merrill

 BIKINI BOTTOM BLAST  
6:30-7:00pm  
S2 - Merrill

## THURSDAY:

 MORNING BURN  
6:15-7:00am  
S2 - Jody


 CARDIO SCULPT  
8:00-8:45am  
S2 - Jeannie


 HATHA YOGA  
9:15-10:15am  
S2 - Susan

 TABATA TRAINING  
9:15-10:15am  
S3 - Chrissy


 WALK & TONE  
10:15-11:00am  
S2 - Clara


 AOA CHAIR FITNESS  
11:00-11:45am  
S2 - Christina B.


 TOTALLY TONED  
5:30-6:30pm  
S2 - Lu

 ZUMBA®  
6:30-7:30pm  
S2 - Lu


## FRIDAY:

 SUNRISE YOGA  
6:15-7:00am  
S1 - Lisa M.


 TOTALLY TONED  
8:00-9:00am  
S2 - Silvia


 ZUMBA®  
9:15-10:15am  
S2 - Anna


 BARRE SCULPT  
9:15-10:15am  
S1 - Melissa K

 HATHA YOGA  
10:15-11:15am  
S2 - Cathy


## SATURDAY:

 CARDIO SCULPT  
8:15-9:00am  
S2 - Jody

 ZUMBA TONE®  
9:15-10:15am  
S2 - Lu

 TOTALLY TONED  
10:15-11:00am  
S2 - Lu

## SUNDAY:

 HATHA YOGA  
8:30-9:30am  
S3 - Carrie

 CARDIO SCULPT  
9:30-10:30am  
S2 - Silvia

STRENGTH

CARDIO

CARDIO/STRENGTH

YOGA

PLAN YOUR HEALTHY  
BALANCED WORKOUT



Check it off so it's easy to plan your week!