

Southeast Health Fitness

Group Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30	Barre-Less (Eliza)		Pilates (Eliza)		Barre-Less (Eliza)
8:20	Zumba (Eliza)		Zumba (Eliza)		Zumba (Eliza)
8:30		Power ½ hour (Caroline)		Power ½ hour (Caroline)	
9:15	Young Hearts (Caroline)	Zumba Gold (Caroline)	Young Hearts (Caroline)	Zumba Gold (Caroline)	Young Hearts (Caroline)
10:15	Young Hearts (Caroline)	Senior Circuit (Haley)	Young Hearts (Caroline)	Senior Circuit (Haley)	Young Hearts (Caroline)
	Strength and Balance (Eliza)	Silver Sneakers (Caroline)	Strength and Balance (Eliza)	Silver Sneakers (Caroline)	Strength and Balance (Eliza)
12:00	Rhythm In Motion (Eliza)		Rhythm In Motion (Eliza)		
12:15					Young Hearts (Caroline)
1:15	Senior Circuit (Rachel)	Silver Sneakers Yoga (Caroline)	Senior Circuit (Rachel)	Silver Sneakers Yoga (Caroline)	
2:15		Silver Sneakers (Caroline)		Silver Sneakers (Caroline)	
4:15	Pure Strength (Caroline)	Muscle Confusion (Caroline)	Pure Strength (Caroline)		
4:30				Ab Blaster (Gina)	
5:15	Zumba (Gina)	Power Pilates (Eliza)	Zumba (Gina)	Zumba (Gina)	

LOW IMPACT

- **SilverSneakers Classic-** Low impact exercises designed to increase muscular strength, range of movement and make daily activities easier.
- **SilverSneakers Yoga-** Chairs provide support for various yoga poses designed to increase flexibility, improve balance, and range of motion. Breathing exercises and relaxation periods reduce stress and improve mental clarity.
- **Senior Circuit-** Classes are designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance.
- **Rhythm in Motion-** Improve your balance and range of motion with seated, standing, and across the floor exercises
- **Zumba Gold-** Low impact Zumba class
- **Strength and Balance-** Improves your stability with strength training and balance exercises
- **Young Hearts-** chair based aerobics class that incorporates strength and flexibility training

MID LEVEL

- **Pilates-** Low impact exercises and stretching designed to improve strength, flexibility, posture, and enhance mental awareness
- **Barre-Less-** Tone and burn with ballet-inspired exercises that increase muscle tone and endurance using a chair for stability and support.
- **Power Pilates-** Pilates with aerobic movements to increase heart rate

HIGH IMPACT

- **Pure Strength-** Build strength, add definition, increase bone density and decrease body fat by INCREASING lean muscle.
- **Power ½ hour-** Offers a vast variety of core, cardio, strength training, and toning exercises in just 30 minutes
- **Zumba-** Latin-inspired dance moves that provide a total workout, combining all elements of fitness– cardio, muscle conditioning, balance and flexibility.
- **Muscle Confusion-** Get ready for whatever the instructor throws at you- TRX, jump rope, BOSU, or weights. It changes every week!
- **Ab Blaster-** 30 minutes of ab work