

# Southeast Health Fitness Group Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30	Barre-Less (Eliza)		Pilates (Eliza)		Barre-Less (Eliza)
7:45		Move Better Advanced (Rachel)			
8:20	Circuit Step (Rachel)		Circuit Step (Rachel)		Zumba (Eliza)
8:30		Power ½ hour (Rachel)		Power ½ hour (Rachel)	
9:15	Stability & Agility (Eliza/Rachel)	Young Hearts Cardio (Eliza)	Stability & Agility (Eliza/Rachel)	Young Hearts Cardio (Eliza)	Senior Circuit (Rachel)
10:15	Strength and Balance (Eliza)	Senior Circuit (Rachel)	Strength and Balance (Eliza)	Senior Circuit (Rachel)	Strength and Balance (Eliza)
		Silver Sneakers (Eliza)		Silver Sneakers (Eliza)	
11:15	Move Better (Rachel)	Silver Sneakers EnerChi (Rachel)	Move Better (Rachel)	Silver Sneakers EnerChi (Rachel)	
12:15	Better your Balance (Eliza)		Better your Balance (Eliza)		Senior Circuit (Eliza)
1:15		Silver Sneakers Circuit (Kennon)		Silver Sneakers Circuit (Kennon)	
4:15	Pure Strength (Kennon)	H.I.I.T. (Jimin)	Pure Strength (Kennon)	H.I.I.T. (Kennon)	
5:15	F45 (Kennon)	Muscle Confusion (Kennon)	F45 (Kennon)	Yoga (1 <sup>st</sup> & 3 <sup>rd</sup> ) Kickboxing (2 <sup>nd</sup> &4 <sup>th</sup> ) (Jimin)	
6:00		Power ½ Hour (Kennon)		Power ½ Hour (Jimin)	

## LOW IMPACT

- **Silver Sneakers Classic**- Low impact exercises designed to increase muscular strength, range of movement and make daily activities easier
- **Silver Sneakers Enerchi**- Modified tai chi forms to improve physical and mental well-being by learning the foundations of weight transfers and rhythmic movement
- **Silver Sneakers Circuit**- Standing workout that uses a chair for support, and combines cardio and strength for a double-duty session
- **Stability & Agility** – Strength, cardio, and balance training combined to increase stability
- **Strength and Balance**- Make everyday activities easier by getting stronger and improving your balance
- **Senior Circuit**- Increase cardiovascular endurance, coordination, and muscular strength in this 45 minute low impact class.
- **Better your Balance**- Improve your balance by increasing strength and coordination in your lower body
- **Pilates**- Mat-based, low impact exercises to improve strength, flexibility, and posture
- **Young Hearts Cardio**- Elevate your heart rate with low impact dance moves
- **Move Better**- Range of Motion and flexibility exercises to lengthen muscles, release tension and promote joint mobility and stability. **Advanced**- floor based stretching

## HIGH INTENSITY

- **Barre-Less**- Sculpt, stretch, and sweat with ballet-inspired exercises to increase muscle tone and endurance
- **Power ½ Hour**- Work through a variety of core, cardio, and strength training 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
- **Circuit Step**- Step it up in this cardio workout to upbeat music using a step (or no step!)
- **Pure Strength**- Build strength, add definition, increase bone density and decrease body fat by increasing lean muscle mass in this strength training class
- **Muscle Confusion**- Get ready for whatever the instructor throws at you- TRX, jump rope, BOSU, or weights. It changes every week!
- **H.I.I.T.** – High intensity interval training
- **Yoga**- Contemporary Vinyasa variations aiming to better balance, flexibility, and strength through fluid movements
- **Cardio Kickboxing**- Build endurance and burn calories with this cardio-focused workout that combines a series of punches and kicks
- **F45**- Prepare your body for real-life activities by increasing muscle strength and endurance using a variety of modalities, including body weight exercises, sandbags, kettlebells, body bars, TRX and more in this functional fitness class