

Southeast Health Fitness Group Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30	Barre-Less (Eliza)		Pilates (Eliza)		Barre-Less (Eliza)
8:20	Circuit Step (Rachel)		Circuit Step (Rachel)		Zumba (Eliza)
8:30		Power ½ hour (Rachel)		Power ½ hour (Rachel)	
9:15	Young Hearts (Eliza/Rachel)	Young Hearts Cardio (Eliza)	Young Hearts (Eliza/Rachel)	Young Hearts Cardio (Eliza)	Young Hearts (Eliza/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)
4:15	Pure Strength (Kennon)	Muscle Confusion (Kennon)	Pure Strength (Kennon)	Tone & Burn (Eliza)	
5:15	F45 (Kennon)	Zumba (Eliza)	F45 (Kennon)	Cardio Kickboxing (Eliza)	
6:00		Power ½ Hour (Kennon)		Power ½ Hour (Kennon)	

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
- **Young Hearts-** Aerobics class that incorporates strength, cardio, and flexibility training with chairs provided
- **Strength and Balance-** Make everyday activities easier by getting stronger and improving your balance
- **Senior Circuit-** Increase flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance with this strength and cardio workout
- **Better your Balance-** Improve your balance by increasing strength and coordination in your lower body
- **Pilates-** Mat-based, low impact exercises and stretching designed to improve strength, flexibility, and posture
- **Young Hearts Cardio-** Elevate your heart rate with low impact aerobic movements that create a fun-filled class where you don't even realize you're getting fit.
- **Move Better-** Stretch out your muscles for better mobility

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!
- **Tone & Burn** – Tone muscles and burn fat in this total body workout class
- **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