



Lawton Family Y AEROBIC CLASS SCHEDULE

Aerobics Studio

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
9:15am-10:15am	Julie	Strength & Endurance Sally		Strength & Endurance Sally		
10:30am-11:30am	Chelsie	Samantha	Chelsie	Samantha	Fitness Boot Camp John	
5:30pm-6:30pm	HIIT Kari	HIIT Kari	Build 'N Burn Kari	Build 'N Burn Kari		

Basement/Spin Studio

5:30am-6:30am						
9:15am-10:10am	Spin John		Spin John		Spin John	
1:30pm-3:00pm		Rock Steady Boxing *Approval needed			Rock Steady Boxing *Approval needed	
5:30pm-6:30pm		Spin Elizabeth				

Yoga/Pilates Studio

9:15am-10:15am Courts closed 9:10-10:20	Pilates Jessica		Yoga Gaylene		Yoga Jennifer	
5:30pm-6:30pm Courts closed 5:25-6:35	Pilates Kristen	Yoga Jennifer		Yoga Jennifer		

Active Older Adults (Multi-Purpose Room)

9:15am-10:10am	Pull-up A Chair Chelsie	Easy Does It Florence	Pull-up A Chair Chelsie	Easy Does It Florence	Pull-up A Chair Elizabeth	
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Water Aerobics (Pool 2)

9:45am-10:45am	Water Tabata Staff	Water Walking Staff	Splash & Tone DeeDee	Water Walking Staff	Water Circuit Staff	
5:30pm-6:30pm	Aqua Fit DeeDee		Aqua Fit DeeDee			

Strength and Endurance: Challenge your muscles and get a great all over body shaping sessions with weights, exercubes, and body bars.

Spin: This class is a group exercise class performed on stationary bikes. During the class, the instructor simulates hill-climbing, sprints, and races. It is a fantastic cardiovascular workout. You will be kept motivated by the instructor, the people around you, and the great music.

Body Pump: This 60 minute workout challenges all your major muscle groups by using exercises like presses, lunges, squats and curls. It will help improve your strength. This is a great cross training class for the avid runner.

Core: This 30 minute class will strengthen your abs and back using a variety of safe and effective abdominal exercises.

Yoga: This class is designed to improve the health, performance, and mental acuity of athletes or individuals interested in improving their level of fitness. This class also meets the needs of those new to yoga, as well as those seeking continued understanding of basic yoga poses.

Zumba: A fusion of hypnotic Latin rhythms and easy to follow moves create an exciting cardiovascular workout.

R.I.P.P.E.D: Program comprised of Resistance, Interval, Power, Plyometrics, Endurance, Diet.

E-Z does It: This class is recommended for seniors and anyone wanting a 45 minute lighter cardio exercise class.

Pilates: This mixed level Pilates mat class focuses on strength, precision, and flow of movement. In this small class setting, the instructor will present the exercises at multiple levels which allows students to choose to work at a beginner, intermediate or advanced pace. Students will learn to be aware of breathing patterns and spinal alignment while engaging the deep muscles of the core.

Cardio Kickboxing: Burn fat and tone your body with moves set to music and taken from martial arts

Build 'N Burn: A class designed to help you burn fat, build muscle and sculpt your core with a combination of strength and cardio

HIIT: A workout designed to use movements done for short periods of time at a higher intensity

Fitness Boot Camp: use various weighted and body weight movements to improve your cardiovascular endurance in a format outside of traditional steady state cardio

AMPD: Kettlebell AMPD is a group fitness format that takes heart-pumping music and kettlebell moves and combines them into 60 minutes of calorie torching fun! The program uses lightweight kettlebells, in both traditional and non-traditional ways, to create a fun, effective full body workout. Combining the benefits of strength training, functional movements and cardiovascular exercise, this program is a safe and effective workout for all ages and fitness levels