

Spring 2020 Fitness Class Schedule at PMRC

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|--|--|
| C 6:15 - 7:15 am Express Cycling & Abs Lee Crumbaugh | A 8:45 - 10 am Yoga for the Older Adult Kate Sanford | A 6:15 - 7:15 am HIIT Fusion Penny Wardell | C 6:15 - 7:15 am Express Cycling & Abs Lee Crumbaugh | A 6:15 - 7:15 am HIIT Fusion Penny Wardell | C 9 - 10 am Weekend Ride Staff |
| A 7:45 - 8:45 am Aerobics Mary Slidell | C 9 - 10 am Groove Ride ★ John Clifford | B 7:45 - 8:45 am Aerobics Mary Slidell | A 8 - 8:45 am Beginner Pilates Beth Ross | A 8 - 9 am Barre Nicole Meidinger | A 9 - 10:15 am Yin Yang Yoga Linda Barrett |
| B 9 - 9:45 am Yoga Sculpt Liz DeGraffenreid | B 9:30 - 10 am BODYSHRED™ Liz DeGraffenreid | A 8 - 8:45 am Barre Nicole Meidinger | A 9 - 9:45 am Cardio Conditioning Stacey Oliff | C 9 - 10 am Groove Ride ★ John Clifford | A 10:30 - 11:30 am Cardio Dance Mix Leandra Parkinson |
| A 9 - 10 am Turn Back the Clock Nicole Meidinger | B 10:15 - 11 am Cardio Kickboxing Nicole Meidinger | B 9 - 9:45 am HIIT/Sculpt Combo Stacey Oliff | B 9 - 10 am Full Body Workout for 40+ Darcy Scaringe | B 9:30 - 10 am BODYSHRED™ Liz DeGraffenreid | Track 10 - 11 am Walking with Purpose Suzanne Stringer |
| B 10 - 11 am Barbell Strength Kelly Scalia Mannix | A 12:30 - 1:30 pm Movement for Motion Sheri Barnes | A 9 - 10 am Turn Back the Clock Kate Sanford | A 10 - 11:15 am Gentle Yoga Aimee Seal | A 9:30 - 10:30 am Vinyasa Yoga 1 & 2 Aimee Seal | B 10:30 - 11:45 am Total Body/Work Your Core Linda Barrett |
| A 10:15 - 11:15 am Turn Back the Clock Penny Wardell | A 5:30 - 6:45 pm ★ Let's Have a Ball Linda Barrett | B 10 - 11 am Barbell Strength Kelly Scalia Mannix | B 10:15 - 11:15 am Turn Back the Clock Stacey Oliff | B 10:15 - 11:15 am Cardio Step Jennifer Lancaster | Sunday |
| A 11:30 am - 12:15 pm Barre ★ Kelly Scalia Mannix | A 7 - 7:30 pm BODYSHRED™ Liz DeGraffenreid | A 10:15 - 11:15 am Deep Stretch Yoga Aimee Seal | B 12 - 1 pm Pickleball Fitness Darcy Scaringe | A 12 - 1 pm Gentle Yoga Barbara Devitt | A 10 - 11:15 am Vin/Yin Yoga Barbara Devitt |
| A 12:30 - 1:30 pm Lunch Time Yoga Aimee Seal | B 6:45 - 8 pm ★ Slow Flow, Deep Stretch Yoga Linda Barrett | A 11:30 am - 12:15 pm Barre ★ Kelly Scalia Mannix | A 12:30 - 1:30 pm Movement for Motion Sheri Barnes | A 5 - 6 pm Zumba® Toning Linda Roberts | pink star indicates new class, format or update yellow boxes indicate classes for Age 55+ |
| B 5:30 - 6:30 pm Hatha Yoga Bonnie Urban | | A 5:30 - 6:30 pm Yogilates Aimee Seal | B 5:30 - 6:45 pm ★ Let's Have a Ball Linda Barrett | | Fitness classes are for Age 16+ unless otherwise noted. |
| C 6 - 7 pm Cycling Lisa O'Leary | | C 6 - 7 pm Cycling Lisa O'Leary | B 6:45 - 8 pm ★ Slow Flow, Deep Stretch Yoga Linda Barrett | | orange box indicates Studio A purple box indicates Aux Gym green box indicates Cycling Studio |
| A 6:30 - 7:30 pm Zumba® Leslie Davis | | A 6:30 - 7:30 pm Cardio Dance Mix Leandra Parkinson | A 7 - 7:45 pm Country Cardio Linda Roberts | | Track blue box indicates Track |

BARRE

Barre A ballet inspired workout focusing on balance and strength. Go to the next level for an added challenge or modify to accommodate injuries. Great for all activity levels! Instructors: Kelly Scalia Mannix (Mon/Wed) / Nicole Meidinger (Wed/Fri)

CARDIO & STRENGTH

Aerobics Jacki Sorensen's fitness class combines stretching, flexibility, core work, weight training and aerobic exercise to upbeat and motivating music! Participate at your own level. Instructor: Mary Slidell

Barbell Strength This class uses simple, athletic movements such as squats, curls, lunges and presses. Shape, tone and strengthen your entire body! For all ages and fitness levels. Instructor: Kelly Scalia Mannix

BODYSHRED™ is a high intensity and endurance based 30-minute workout utilizing Jillian Michael's 3-2-1 interval approach of 3 minutes of strength, 2 minutes of cardio and 1 minute of abs. You'll shed fat, define muscle, transform your physique and enhance your overall health and athletic performance. It's kinetic, energetic and provides the ultimate challenge, regardless of level! Instructor: Liz DeGraffenreid

Cardio Dance Mix Cardio workout filled with fast and slow dance intervals and exciting dance moves! Modeled after the Zumba® fitness program, this class is sure to get you moving! Instructor: Leandra Parkinson

Cardio Conditioning High energy workout that is great for cardiovascular conditioning will focus on running or walking, Plyometrics, agility, strength training with weights, resistance bands, glides and more, ending with stretching and correctives for flexibility and mobility. Instructor: Stacey Oliff

Cardio Kickboxing is a martial arts style cardio workout that helps you improve endurance and coordination, build lean muscle, relieve stress and have a lot of fun! This workout challenges your stamina and coordination (gets your heart racing) as moves are layered together into kickboxing combos using HIIT intervals. This class alternates kickboxing intervals with strength moves to give you a balanced total body workout. All levels welcome, no gloves needed. Instructor: Nicole Meidinger.

Cardio Step A classic cardio workout that's lasted for decades because it delivers results! Step aerobics has the benefits of a high-intensity cardio workout without putting stress on your joints. It improves overall fitness by building strength, reducing fat and boosting cardiovascular health. If you love to dance, this class is for you! Instructor: Jennifer Lancaster

Country Cardio High-energy, easy-to-follow, country dance-inspired workout! It's simple, fun and you will barely notice you're burning fat and tightening your body from head to toe. Instructor: Linda Roberts

Full Body Workout for 40+ From flexibility to strength to cardio and a bit of interval training, this class has it all! Sounds like too much? Don't be intimidated! Adaptations are provided for all levels and all ages. You'll obtain more strength and fitness, flexibility and cardio all by using your core! Instructor: Darcy Scaringe

HIIT/HIIT Fusion HIIT (high-intensity interval training) In this class you will give an all-out 100% effort through quick intense bursts of exercise followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time. Incorporates lightweights and various equipment to make the most of your workout. Combined with some boot camp-style exercises and Tabata, you will leave feeling accomplished and strong! Instructor: Penny Wardell

HIIT/Sculpt Combo A 45-min total body workout that will focus on improving strength, balance, flexibility and burning calories by guiding you through a range of aerobic and anaerobic exercise. Instructor: Stacey Oliff

★ **Let's Have a Ball** The inherent instability of a big ball forces the core stabilizing muscles to work harder to keep you balanced on it. The shape and weight of the ball is used to leverage challenges. In addition to the stability ball, you will use various dumbbells to tailor the workout to your abilities and goals. This class will help you strengthen and tone your major muscle groups, improve your posture and boost your balance – all while having fun and moving to motivating music! Instructor: Linda Barrett

Movement for Motion This class is designed for people with movement disorders, balance issues, fear of falling and diseases such as Parkinson's disease. Taught by a certified therapist who works on rewiring the mechanisms of the brain so better healthy movement is possible! Instructor: Sheri Barnes

Pickleball Fitness We all know how infectious and just plain fun pickleball is! Join us for a fitness class aimed at agility, speed, strength and endurance as you can get the most out of your pickleball game whatever your level or goals. Instructor: Darcy Scaringe

Turn Back the Clock Exercises to help you look and feel younger and stay active longer! This class focuses on improving strength, flexibility, posture, coordination and reducing the risk of falls, as well as helping alleviate symptoms of chronic conditions such as arthritis. Instructors: Nicole Meidinger (Mon) / Penny Wardell (Mon) / Kate Sanford (Wed) / Stacey Oliff (Thu)

Walking with Purpose Combines walking drills and strength training in a coached setting on the PMRC indoor track. This class is appropriate for those new or returning to exercise looking for a low impact alternative for their cardio. Start moving more in a meaningful way! Instructor: Suzanne Stringer

Zumba® Combines high energy and motivating music with unique moves and combinations that allow participants to dance away their workout! Zumba® workouts are fun and easy so participants stick to a fitness program to achieve long-term health benefits. Instructors: Leslie Davis (Mon) / Betty Lougee (Thu)

Zumba® Toning Enhancing the sense of rhythm and coordination, participants will use weighted, maraca-like Zumba® Toning Sticks to build strength and tone all the right target zones, including arms, core and lower body. Instructor: Linda Roberts

CYCLE

Cycling / Weekend Ride Cycle through hill climbs, sprints, chases and many other exciting drills for a great cardio workout! Variety offers something for everyone and will challenge you like no other. Please bring a small towel. Instructors: Lisa O'Leary (Mon/Wed) / Staff (Sat)

Express Cycling and Abs Wake up and get moving with hill climbs, jumps, and interval tracks during this energizing cardio-fun. Bring a small towel to class. Instructor: Lee Crumbaugh

★ **Groove Ride** Get your cardio on! This high intensity, upbeat cycle class gets you moving fast and sweating buckets! Enjoy upbeat tunes that keep you motivated and energized while having fun! This class moves with the music and you'll leave with a positive start to the day. All fitness levels. Instructor: John Clifford

YOGA & PILATES

Beginner Pilates Engage the mind and condition the body while you strengthen the core, lower back muscles, abs and glutes. Instructors: Beth Ross (Thu)

Deep Stretch Yoga Combines breath work and deep full body stretching; suitable for all ages and levels. Instructor: Aimee Seal

Gentle Yoga Develop and maintain better balance with easy-to-learn positions, movements and breathing techniques; build bone density to prevent osteoporosis. Instructors: Aimee Seal (Thu) / Barbara Devitt (Fri)

Hatha Yoga Uses traditional yoga poses to awaken joints, muscles and mind that translates to improved flexibility, stability and balance in everyday functional activities. Instructor: Bonnie Urban

Lunch Time Yoga Take a break from your mundane Monday! This yoga class is geared to enhance your mind, body and soul in the middle of the day. All levels welcome! Instructor: Aimee Seal

Slow Flow, Deep Stretch (SFDS) Yoga SFDS is a smooth synchronization of breath with movement, intensified by mindfully holding postures for longer than a typical, invigorating flow class. Join this soul-soothing, rhythmic movement class to prepare mind and body for a restful, rejuvenating night of sleep. All levels welcome! Instructor: Linda Barrett

Vin/Yin Yoga A Yin/Yang style class. Classic poses will stretch and strengthen; deeper-held Yin poses improve flexibility and energy flow – all with breathing and meditation. A moderate paced class for students with some experience. Instructor: Barbara Devitt

Vinyasa Yoga Level 1 and 2 Hold yoga poses with a series of strength building and flexibility. Mind, body and spirit will be encouraged and challenged. This is a mixed level class. Instructor: Aimee Seal

Yoga for the Older Adult Continued yoga practice can help alleviate or reduce health challenges faced as we age. Poses can be modified to accommodate fitness level and health conditions. Instructor: Kate Sanford

Yoga Sculpt Combines yoga sequencing with free weights, strength training moves and cardio. Expect traditional yoga poses, squats, lunges, lifts, curls and low impact cardio in every class set to an uplifting and fun soundtrack. Instructor: Liz DeGraffenreid

Yogilates Increase strength and flexibility through poses and movement. Developmental balance and focus through breathing and meditation. For new and experienced students. Please bring a yoga mat. Instructor: Aimee Seal