

Pine Grove Health and Country Club



**Begins Monday
March 1st**

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM			 @5:55 KATHY		 @5:55 KATHY		 @7:10 KATE
8:10 AM	 ELAINE	 JODY	CARDIO LITE EXPRESS @8:30 JODY		CARDIO LITE EXPRESS @8:30 JODY	 PATTY	 CAROLYN
9:15 AM	 ELAINE	 ELLEN	 ELLEN	 PATTY	 JODY	 CAROLYN	 PATTY
10:15 AM	 JENNIFER	Silver Sneakers MSROM JODY	 KATE	 PATTY	 KATE	Silver Sneakers MSROM SCHELLY	 JOANN
11:15 AM				TAI CHI CHIH JIM			
4:45 PM		 PATTY	 JENNIFER	 CAROLYN	 ANNETTE		
5:45 PM		 ANNETTE	 JODY	 JOANN/PATTY	 ELLEN/ELAINE	 @5:30 JOANN	
6:45 PM		BOOTCAMP CINDY	 ANNETTE	 JODY/PATTY	 MELISSA		
7:45 PM		YOGA MARNIE		CARDIO SALSA ROBERTO			672-8107

CLASS DESCRIPTIONS

All classes are completed within 1 hour, Express 45 min.

Group Power

Group Power is your hour of power! This barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results. Discover Group Power!

Group Step

Discover new heights with Group Step. Utilizing the step in many positions and heights, this compelling 60 minute cardio program strengthens and shapes the lower body one step at a time. Energetic music and motivating instructors create this spunky group experience. Step this way with Group Step.

Group Active

Activate Your Life in only one hour! Feeling fitter, stronger and more alive has never been more achievable or more enjoyable! Incorporating all elements of fitness, Group Active will increase your cardio fitness, build your strength and improve your balance and flexibility, all in a supportive group environment, with motivating music and caring instructors. Get more out of life, *Get Active!*

Group Groove

If you can move, you can Groove. You'll stomp, flick, wiggle, jiggle, hip, hop, snap, shimmy, shake, slide, glide, smile and laugh your way through this 60 minute fitness dance program. Experience a fusion of club, urban and Latin dance styles with motivating chart topping hits and retro classic tunes.

Group Centergy

Grow longer and stronger as you explore this journey of yoga and pilates. Positive uplifting music, group dynamics, and supportive instructors will enable you to center your energy, reduce stress and even smile. Discover Group Centergy!

Zumba

Latin inspired music and dance steps. Non verbal cues help you feel the music and burn tons of calories!

Cardio Salsa Mambo, Tango, Merengue. Satisfy your dance desires, and make your heart healthy, and strong. *OLE!*

Bootcamp Interval training using ball, bands, and body resistance along with running on the track.

Cardio Lite Wake up the heart first thing in the am with lite cardio moves, ending with a stretch for increased flexibility.

Silver Sneakers (Muscular Strength Range of Movement) Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, inactivity for daily living skills. Handheld weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and or standing support.

Yoga A gentle flow of poses intended to increase flexibility, improve balance, and strengthen entire body.

T'ai Chi Chih Meditative moves. Promotes health, heightens energy flow, reduces stress, and reveals an inner serenity.

- *please consult your physician before beginning any exercise program*
- *Class formats may change during instructor absence*
- *If you are new to classes, please come early to meet your instructor. Be on time for a proper and safe warm-up*
- *New classes or changes in bold, classes must maintain minimum averages set by management, to remain on the schedule*