

STUDIO 1 / GYM / FITNESS	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	545a	PumpRx Heidi Santucci			PumpRx Lori Lyons				
630a		EST Intervals Billy Gray			EST Intervals Billy Gray		830a	PumpRxxpress	
815a		BalanceRx Vic Bozis			BalanceRx Brittany O'Neill	PumpRxxpress 8:45a Laurie/Susan	830a	TABATA BOOTCAMP Gym (Cristy)	
915a	PumpRx Heidi/Laurie/Caiti	TABATA BOOTCAMP Maureen Nagy	PumpRx Heidi Santucci	TABATA BOOTCAMP Cristy Esposito	Pilates Mat 9:40a Lisa Conrow		930a	PumpRx Lorraine Catazaro	
1030a	ZUMBA Caiti Basler		ZUMBA Cristy Esposito				1040a	ZUMBA Caiti Basler	
440p	PumpRxxpress 4:40p Susan/Laurie		ZUMBA 5:25p Gym (Lori)	ZUMBA 4:40p Caiti Basler					
530p	PumpRx Lorraine Catazaro	ZUMBA Wayne Kleski	PumpRx Laurie Cingle	ZUMBA Caiti Basler					
600p		EST Intervals Billy Gray		EST Intervals	Amy Hovan				
640p	TABATA BOOTCAMP Lorraine Catazaro	PumpRx Laurie Cingle	TABATA BOOTCAMP Maureen Nagy	PumpRx Lorraine Catazaro					

STUDIO 2	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	545a		Cycle Heidi Santucci			Cycle Heidi Santucci			
815a	YogaRx Shari Romsey						830a	Cycle Roger / Chris	Roger and Chris will alternate Saturdays
930a		YogaRx Shari Romsey			YogaRx Shari Romsey		930a	Cycle Roger / Chris	
515p	ZUMBA 5:15p Lori Lyons	Cycle 5:15p Chris	ZUMBA 5:25p Gym (Lori L)	Cycle 5:25p Vic					
605p	YogaRx Shari Romsey		YogaRx Lisa Conrow						

POOL	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	915a	ZUMBA Tina Dimengo	AquaRx DJ Griggs	ZUMBA Tina / Kim	AquaRx DJ Griggs	ZUMBA Tina Dimengo		810a	AquaRx DJ Griggs
530p		Healing Waters Lorraine Catazaro		Healing Waters Lorraine Catazaro			930a	Healing Waters Lisa Conrow	
630p	ZUMBA Lori Lyons	AquaRx DJ Griggs	ZUMBA Lori Lyons	AquaRx DJ Griggs					

GET THE GROUP-RX ADVANTAGE!

Motivation. Inspiration. Results.

"Rx" classes are great multi-level starting points for people new to LifeStyles group ex - PumpRx, BalanceRx, AquaRx, YogaRx, CircuitRx.

CHANGES: Added 4 classes: PumpRxxpress Mon 4:40p; PumpRxxpress Sat 8:30a; Zumba Thu 4:40p; EST Intervals Thu 6:00p.

Changed: Sat 8:30a Tabata Bootcamp moved to Gym; Thurs 5:15p Cycle now 5:25p; Tuesday 6:30p AquaRx replaces AqZumba.

Muscular Strength and Endurance

PumpRx - One of the fastest ways to get in shape! The PumpRx barbell class will sculpt tone, strengthen and transform your entire body without adding bulk. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning. PumpRx challenges all of your major muscle groups while you squat, press, lift and curl. The cutting-edge choreography and chart-topping music is refreshed every three months, so with your choice of weight and trained instructors, you can get The GroupRx Advantage and the results you've been looking for. **Intensity: Moderate to High**

Tabata Bootcamp™ - Based on the most current research in fitness! This revolutionary program combines bootcamp fitness with the **hottest trend to hit the scene** -- High Intensity Interval Training. You can get your workout done in **half the time**, and boost your metabolism to keep burning calories for hours after your workout is over. **Intensity: Moderate to High**

EST Intervals - One of the best ways to burn calories and increase energy! EST Intervals will push you to be your best. Energy System Training (EST) will teach you how to burn calories, add strength, improve balance, and gain flexibility. EST Intervals is the third pillar of the Energy Systems Training program. Show up, sign in, and GET AFTER IT. **Intensity: Moderate to High**

Zumba Toning® - When it comes to body sculpting, Zumba® Toning raises the bar. Learn how to use 1 and 2 pound dumbbells to tone all the target zones, including arms, abs and thighs. Whether you are an active adult or just starting on your fitness journey, Zumba® Toning is the perfect way to sculpt your body naturally while having a total blast. It's an easy to follow, health-boosting dance-fitness program anyone can enjoy!
Intensity: Low, Moderate or High

BalanceRx - The low-impact, whole body group fitness workout that uses balls, tubes, dumbbells, body weight and cardio machines to boost fitness and core strength. Functional strength is the main focus, working different sets of muscles to improve posture, leg strength and improve balance. There are inspirational instructors and music to motivate you. The result of consistent attendance -- you'll be fizzing with energy, so you can really take life on! **Intensity: Low to Moderate**

Mind/Body

YogaRx - YogaRx builds flexibility and strength leaving you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance. **Intensity: Low to Moderate**

Pilates Mat - The goal of Pilates is overall body fitness, elongated supple muscles, and balance between body and mind. The emphasis is building strength and increasing flexibility. Classes focus on integrating the entire body using your body weight, gravity and props promoting ease and efficiency of movement through focused, controlled exercises. The result -- improved posture, increased lung capacity, and strong, sculpted muscles.
Intensity: Moderate

Healing Waters - Experience: Deep inner warmth...Pain relief...Relaxation...Stress relief...Improved range-of-motion...Gentle movement. Especially beneficial for those with any type of physical limitation and those recovering from joint replacement surgery. Evening and Saturday classes held in 94 deg warm water Therapy Pool. **Intensity: Just right!**

Cardiovascular Endurance

AquaRx - The aqua workout that provides a low impact, high-energy challenge for participants of all ages, skill and fitness levels. Jump in and make a splash with this dynamic cardiovascular workout that tones and tapers the entire body. Additional equipment, such as water noodles and hand buoys may be incorporated into this great workout. **Intensity: Low to Moderate**

Aqua Zumba® - Known as the Zumba "pool party," Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and exhilarating beyond belief. **Intensity: Low to Moderate**

Aqua Zumba® "Burst" and "Toning" Variations:

"Burst" - fuses higher intensity Aqua Zumba® cardio bursts with Pilates-inspired strengthening moves.

"Toning" - blends Aqua Zumba® cardio with toning movements using noodles, hand bells and floatation belts; shallow water.

Cycle - The indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within - sweat and burn to reach your endorphin high. **Intensity: Moderate to High**

Zumba Fitness® - There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective and totally exhilarating. Featuring exotic rhythms set to high-energy Latin and international beats, Zumba® is the perfect way to shape up and let out your inner star - even if you're dance challenged. Each Zumba® class is vibrant, unique and varied - and like many of LifeStyles programs, a new Zumba® release is produced every 2 months with new music and choreography. **Intensity: Moderate**

Zumba® "Burst" Variation:

"Burst" - Incorporates calorie-burning, high-intensity interval cardio bursts into a 30, 40 or 50 minute class.



Take your workout up a notch! **Heart Zones** classes are led by instructor-coaches utilizing heart rate training "zones" to string together specific pre-planned intensities in a structured (non-random) workout. Feedback received from a heart rate monitor worn during class guarantees your workout is more efficient and more effective, resulting in you becoming more fit!

Children age 13 to 17 may attend GEX classes under the following conditions:

1. Class start time is within LifeStyles Dependent Hours. (Ex., 5:15p OK; 5:30p not OK; 6:40p not OK; Sat 8:30a not OK; Sat 9:30a OK)
2. Parent/guardian must be participating in the class with children age 13 to 15.