

STUDIO 1 / GYM / FITNESS	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	545a	<b>PumpRx</b> Randy Fetters		<b>PumpRx</b> Lorraine Catazaro					
	815a		<b>BalanceRx</b> Vic Bozis		<b>BalanceRx</b> Vic Bozis		830a	<b>PumpRxress</b> Lorraine Catazaro	<b>NEW!</b>
	915a	<b>PumpRx</b> Cristy Esposito	<b>Cardio Intervals</b> Maureen Nagy	<b>PumpRx</b> Cristy Esposito	<b>Cardio Intervals</b> .....	<b>PumpRx</b> Maureen Nagy	930a	<b>PumpRx</b> Randy Fetters	
	915a	<b>HealingRx</b> Fitness Desk		<b>HealingRx</b> Fitness Desk					
	1030a	<b>ZUMBA</b> Caiti Basler		<b>ZUMBA</b> Cristy Esposito			1045a	<b>ZUMBA</b> Cristy Esposito	
	515p			<b>ZUMBA</b> toning Gym (Lori Lyons)					
	530p	<b>PumpRx</b> Lorraine Catazaro	<b>ZUMBA</b> Wayne Kleski	<b>PumpRx</b> Maureen Nagy	<b>ZUMBA</b> Caiti Basler				
	600p		<b>EST Intervals</b> Gym (Billy Gray)	<b>CircuitRx</b> Fitness Desk	<b>Gym Intervals</b> Gym (Andrew)	<b>CircuitRx</b> Fitness Desk			
	640p	<b>TurboTICK</b> Extreme w/ Sarah	<b>PumpRx</b> Laurie Cingle	<b>TurboTICK</b> Sport w/ Maureen	<b>PumpRx</b> Randy Fetters				
715p		<b>TreadRx</b> Treadmills		<b>TreadRx</b> Treadmills					

  

STUDIO 2	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	545a		<b>Cycle</b> Heidi Santucci		<b>Cycle</b> Heidi Santucci				
	930a		<b>YogaRx</b> Shari Romsey		<b>YogaRx</b> Shari Romsey	<b>Pilates Mat</b> Lisa Conrow	830a	<b>Cycle</b> Roger Dill	
	515p	<b>ZUMBA</b> toning Lori Lyons	<b>Cycle</b> Sarah McGlinchy	<b>ZUMBA</b> toning Gym (Lori Lyons)	<b>Cycle</b> Susan Hoag	<b>NEW!</b>	930a	<b>Cycle</b> Roger Dill	<b>NEW!</b>
600p	<b>YogaRx</b> Shari Romsey	<b>Cycle</b> Susan Hoag	<b>YogaRx</b> Lisa Conrow	<b>Cycle</b> Sarah McGlinchy					

  

POOL	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday	
	915a	<b>aqua ZUMBA</b> Tina Coffman	<b>AquaRx</b> DJ Griggs	<b>aqua ZUMBA</b> Kim Franz	<b>AquaRx</b> DJ Griggs			810a	<b>AquaRx</b> DJ Griggs	
	530p		<b>Healing Waters</b> Lorraine Catazaro		<b>Healing Waters</b> Lorraine Catazaro		930a	<b>Healing Waters</b> Lorraine Catazaro		
630p	<b>aqua ZUMBA</b> Lori Lyons	<b>aqua ZUMBA</b> Tina Coffman	<b>aqua ZUMBA</b> Lori Lyons	<b>AquaRx</b> 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, TreadRx, AquaRx, YogaRx, CircuitRx.

**Thanksgiving Day (Nov 28): 7:00a Cycle, 9:15a Cardio Intervals**

**Black Friday (Nov 29th): 8:10a PumpRx, 8:30a Cycle, 9:15a PumpRx, 9:30a Pilates Mat, 10:30a Zumba**

## 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**

**BalanceRx** - BalanceRx is 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**

**CircuitRx** - Join us on the main fitness floor for an instructor-led workout that combines Cardio, Resistance Training Machines, Functional Training exercises, motivating music and more! CircuitRx will fast-track you to fitness success. Our fitness team will be on hand to guide you through each and every workout. A great place for anyone new to exercise or who is looking for extra motivation and variety. **Intensity: Low, Moderate or High**

**HealingRx (a.k.a. Fit 4 Life)** - Designed for individuals with special health conditions, HealingRx is a small group class that will help you stay active and improve your well-being in a positive atmosphere while exercising with people in a similar situation as you. Targets core, upper body and lower body muscles. The gentle pace and relaxed style of HealingRx makes this class ideal for those new to exercise and those re-starting their fitness after a health event. *Phase 4 Cardiac Rehab.* **Intensity: Low**

**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**

### 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**

**Cardio Intervals** - Designed to burn fat and rapidly improve athletic capability, this explosive class combines moderate impact body weight exercises and uses minimal equipment. Cardio Intervals is designed to compliment your strength training schedule (PumpRx, free weights or strength machines). It will provide the challenge and intensity you need to take your training up a notch and really get results. **Intensity: Moderate to High**

**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**

**TreadRx** - TreadRx is the indoor treadmill workout held on the fitness floor where you walk or run as motivating music directs the pace. Led by a knowledgeable running/walking coach, travel vicariously over hill and dale using techniques like intervals, Fartleks and tempo variations. TreadRx is a very popular class; please arrive early. Treadmills cannot be reserved. **Intensity: Low, Moderate or High**

**Turbo Kick®** - Turbo Kick® is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, tae kwon do, tai chi and muay thai. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness. **Intensity: 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 Toning® / Zumba Glutes & Core** - When it comes to body sculpting, Zumba® Toning raises the bar. Learn how to use 1, 2 and 3 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 to Moderate**