


# Group Fitness Class Schedule - December 22-January 3, 2025

Welcome! The classes on this schedule are included in the Central Park Campus and Family Recreation Center memberships. Each class is 45 minutes long with a Zoom option. Please note, the class and instructor schedule are subject to change. Not a member? Purchase a Daily Admission Pass at the Family Recreation Center Front Desk.

<b>MONDAY</b> <b>December 22 &amp; 29</b>	<b>TUESDAY</b> <b>December 23 &amp; 30</b>	<b>WEDNESDAY</b> <b>December 24 (5:30am-1pm)</b>	<b>THURSDAY</b> <b>December 25: CLOSED</b>	<b>FRIDAY</b> <b>December 26</b>	<b>SATURDAY</b> <b>December 27 &amp; January 3</b>
8:00-8:45am <b>Cardio Strength Interval</b> Studio A   Lisa	7:00-7:45am <b>Sunrise Stretch</b> Studio A   Piper	8:00-8:45am <b>Cardio Strength Interval</b> Studio A   Lisa	<b>THURSDAY</b> <b>January 1: CLOSED</b>	8:00-8:45am <b>Cardio Strength Interval</b> Studio A   Lisa	7:15-7:45am <b>Mindful Meditation &amp; Stretch</b> Studio A   Amy
8:00-8:45am <b>Steady &amp; Strong *12/22 only*</b> Studio B   Amy	8:00-8:45am <b>Yoga</b> Studio B   Mari	8:00-8:45am <b>Ho Ho Holistic Yoga &amp; Meditation</b> Canterbury   Mari		9:00-9:45am <b>Mindful Movement</b> Studio A   Trupti	8:00-8:45am <b>Yoga</b> Studio B   Mari
9:00-9:45am <b>Sit &amp; Stay Fit</b> Studio B   Shelly	8:00-8:45am <b>Strength Balance &amp; Stretch</b> Studio A   Trupti	8:00-8:45am <b>Steady &amp; Strong</b> Studio B   Amy		10:00-10:45am <b>Groove and Move</b> Studio A   Trupti	10:00-10:45am <b>Total Body Strength</b> Studio A   Mari
9:00-9:45am <b>Total Body Strength</b> Studio A   Mari	9:00-9:45am <b>Muscles &amp; Moves</b> Studio A   Trupti	9:00-9:45am <b>Flex &amp; Stretch</b> Studio B   Trupti		12:00-12:45pm <b>FREE Get Fit Get Tough</b> Studio D	
10:00-10:45am <b>Swell In-Person Only</b> Studio A   Meg	9:00-9:45am <b>Chair Yoga</b> Studio B   Mari	9:00-9:45am <b>Total Body Strength</b> Studio A   Mari		<b>FRIDAY</b> <b>January 2</b>	
10:00-10:45am <b>Cardio Tone</b> Studio B   Shelly	10:00-10:45am <b>Tabata Strength</b> Studio A   Mari	10:00-10:45am <b>Groove and Move</b> Studio A   Trupti	<b>WEDNESDAY</b> <b>December 31 (5:30am-1pm)</b>	8:00-8:45am <b>Cardio Strength Interval</b> Studio A   Lisa	
11:00-11:45am <b>Winter Solstice Lengthen &amp; Define</b> Studio A   Meg	10:00-10:45am <b>Winter Wonderland Human Reformer</b> Studio B   Dany	10:00-10:45am <b>Core Conditioning</b> Studio B   Shelly	8:00-8:45am <b>New Year New Yoga</b> Studio A   Mari	9:00-9:45am <b>Mindful Movement</b> Studio A   Trupti	
12:00-12:45pm <b>FREE Get Fit Get Tough</b> Studio D	11:00-11:45am <b>Barre &amp; Stretch</b> Studio A   Dany		9:00-9:45am <b>Flex &amp; Stretch</b> Studio B   Trupti	9:00-9:45am <b>Sit &amp; Stay Fit</b> Studio B   Dany	<b>Fees</b> Non-Member Daily Fee: \$14 Non-Member In-District Daily Fee: \$10  <b>Be Kind- Be On Time</b> For the safety and courtesy of all participants, please arrive to class within 5 minutes of the start of the class.
5:00-5:45pm <b>Cardio Fusion</b> Studio A   Mari			9:00-9:45am <b>Total Body Strength</b> Studio A   Mari	10:00-10:45am <b>Groove and Move</b> Studio A   Trupti	
6:00-6:45pm <b>Core Conditioning</b> Studio A   Mari			10:00-10:45am <b>Groove and Move</b> Studio A   Trupti	10:00-10:45am <b>Barre &amp; Stretch</b> Studio B   Dany	
7:00-7:45pm <b>Yoga</b> Studio A   Mari			10:00-10:45am <b>Core Conditioning</b> Studio B   Shelly	12:00-12:45pm <b>FREE Get Fit Get Tough</b> Studio D	
	<b>Did you know? We have Premium Fitness Classes! Scan the QR Code to view!</b> 				<b>Categories</b> <b>Barre/Core</b> <b>Cardio</b> <b>Combination</b> <b>Stretch/Yoga</b> <b>Strength</b>

# Group Fitness Class Descriptions

## Barre/Core

**Barre & Stretch:** Each class will focus on different muscle groups for the high intensity movement that tones, improves flexibility, strength and posture.

**Core Conditioning:** A challenging full body workout that fuses various strength, cardio, resistance and core work, increase the body's stability, mobility and endurance.

## Cardio

**Barre Up:** Barre Up is a blend of ballet inspired moves, Pilates, and yoga to create a fun and effective class for all fitness levels.

**Bollywood Beats:** Bollywood Beats is designed to provide a balanced mix of cardio exercise coupled with a perfect blend of Bollywood rhythm and beats. Easy to follow steps.

**Cardio Fusion:** Get a complete workout with cardio fusion. You will get your heart pumping and muscles stronger with a variety of equipment and movements.

**Dance Fit:** Get your groove on dancing to a wide variety of music and styles including Latin, decades and more.

**Groove & Move:** This choreographed dance class is designed to give you a cardiovascular workout with little stress on your joints. Class will end with balance work and a feel-good stretch.

**Just D.A.N.C.E.:** Open Yourself to the beauty of dance and fun cardio workout. Just follow simple choreography that combines fast and slow rhythms to tone and sculpt your body while burning fat.

**Swell:** Swell is a class designed for the active mature population. Designed for all levels; Whether you are new to fitness or have been active for years, Swell will have you moving for a functional lifestyle. Balance, cardio fitness and functional strength are a few components of this active and ageless class.

## Combination

**Cardio Tone:** This class will feature a low impact cardio workout followed by strength training to tone your muscles.

**Flex & Stretch:** This class is designed to optimize daily movements, increase flexibility and work on balance and stabilization to improve overall body function. Light weights or other resistance equipment can be used.

**Muscles & Moves:** This class will combine easy to follow cardio dance moves for a total body burn and the strength exercise to build strength and develop coordination.

**Sit & Stay Fit:** While seated in a chair-this class will have you moving without the impact of standing on your feet. Light cardio and strength are incorporated with a comfortable stretch at the end of class.

**Steady & Strong:** A combination of strength exercises with weights, tubes or bands with various stretching exercises throughout the class.

**Tabata/Strength:** Intervals of 25-30 seconds of maximum intensity exercise followed by 10-15 seconds of rest, repeated throughout the duration of class. Exercises include cardio, strength, resistance and core work.

## Strength

**SilverSneakers BOOM Muscle:** This class incorporates athletic exercises that boost your overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill.

**Total Body Strength:** This triple B class will use a variety of equipment such as resistance bands, stability balls, body bars, medicine balls and balance bars. This all around, full body workout is for everyone with modifications for all abilities.

**Cardio Strength Circuit:** Move around the room in a circuit style workout that will deliver strength and cardio.

**Cardio Strength Interval:** This class will focus on strength, cardio bursts and balance training, being able to get up and down from the floor is recommended.

**Pilates:** Pilates is a low impact mind-body mat workout. It's strength and flexibility exercise that focuses on core engagement, breath control, stability, and improved posture.

## Stretch & Yoga

**Chair Yoga:** A gentle form of yoga-practiced sitting on a chair. Ideal for those with limited mobility, health conditions or injuries.

**Mindful Movement:** This class will incorporate gentle stretches, yoga poses, core work and more for a relaxing recovery workout.

**Slow Flow Yoga:** Enjoy a flow style yoga class that will have you feeling stretched and relaxed.

**Sunrise Stretch:** Start your day off right with Sunrise Athletic Stretch. In this class, you will stretch from multiple positions such as standing, seated or on the floor to maximize the lengthening and relaxation of your muscles.

**Yoga:** This gentle and energizing practice will help you connect your body and mind.

## Virtual ZOOM.US

**Studio A: User: 6309904200 Password: obparks**

**Studio B: User: 6309904201 Password: obparks**

*\* Aquatic Classes and outdoor yoga not available on zoom. \*Please mute yourself upon entry.*

## Interested in Group Fitness Schedule Updates?

Get the latest OBPARKS fitness and wellness news, tips, and program information straight to your inbox by scanning the QR code!



## Never miss a class!

To stay up to date and to receive notifications about class changes, please join the contact list by scanning the qr-code or visiting:  
[www.obparks.org/programs/fitness/group-exercise](http://www.obparks.org/programs/fitness/group-exercise)

