

SPRING BREAK Group Fitness Class Schedule - Monday, March 30 - Saturday, April 4

MONDAY 3/30	TUESDAY 3/31	WEDNESDAY 4/1	THURSDAY 4/2	FRIDAY 4/3	SATURDAY 4/4
8:00-8:45am Cardio Strength Interval Studio A Ann	7:00-7:45am Sunrise Stretch Studio A Ann	7:00-7:45am Boot Camp Studio A Lea	7:00-7:45am Sunrise Stretch Studio A Ann	8:00-8:25am Dance Fit 8:30-8:55am Shake it to the 60s Studio A Ann	7:15-7:45am Mindful Meditation & Stretch Studio A Ann
8:00-8:45am Steady & Strong Studio B Amy	8:00-8:45am Yoga Studio B Mari	8:00-8:45am Cardio Strength Circuit Studio A Ann	8:00-8:45am Yoga Studio B Mari	9:00-9:45am Mindful Movement Studio A Trupti	8:00-8:45am Yoga Studio B Mari
9:00-9:45am Sit & Stay Fit Studio B Shelly	8:00-8:45am Strength Balance & Stretch Studio A Ann	8:00-8:45am Steady & Strong Studio B Amy	8:00-8:45am Strength Balance & Stretch Studio A Ann	9:00-9:25am Seated Salsa 9:30-9:55am Seated Ballet Studio B Dany	8:00-8:45am BOOM MUSCLE Studio A Ann
9:00-9:45am Total Body Strength Studio A Mari	9:00-9:45am Muscles & Moves Studio A Trupti	9:00-9:45am Flex & Stretch Studio B Trupti	9:00-9:45am Muscles & Moves Studio A Trupti	10:00-10:25am Groove & Move 10:30-10:55am Global Dance Studio A Trupti	9:00-9:45am Dance Fit Studio A Ann
10:00-10:45am Swell In-Person Only Studio A Meg	9:00-9:45am Chair Yoga Studio B Mari	9:00-9:45am Total Body Strength Studio A Mari	9:00-9:45am BOOM MUSCLE Studio B Mari	10:00-10:45am Barre & Stretch Studio B Dany	10:00-10:45am Total Body Strength Studio A Mari
10:00-10:45am Cardio Tone Studio B Shelly	10:00-10:45am Tabata Strength Studio A Mari	10:00-10:45am Groove and Move Studio A Trupti	10:00-10:45am Tabata Strength Studio A Mari	11:00-11:25am Cardio Tone 11:30-11:55am Core Conditioning Studio A Shelly	11:00-11:45am Bollywood Beats Studio A Trupti
11:00-11:45am Lengthen & Define In-Person Only Studio A Meg	10:00-10:45am Pilates Studio B Dany	10:00-10:45am Core Conditioning Studio B Shelly	10:00-10:45am Chair Yoga Studio B Anna	<p>Step into Spring with our special Dance & Aerobics classes this week!</p> <p>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. Class and instructor schedule are subject to change. Not a member? Purchase a Daily Admission Pass at the Family Recreation Center Front Desk.</p>	
5:00-5:45pm Cardio Fusion Studio A Mari	11:00-11:45am Barre & Stretch Studio A Dany	11:00-11:45am Sit & Stay Fit Studio B Trupti	11:00-11:45am Slow Flow Yoga Studio A Anna		
6:00-6:45pm Core Conditioning Studio A Mari	5:00-5:45pm Dumbbells & Dance Studio A Lea	11:00-11:45am Dumbbells & Dance Studio A Lea	5:00-5:45pm Dumbbells & Dance Studio A Lea	<p>Fees Non-Member Daily Fee: \$14 Non-Member In-District Daily Fee: \$10</p> <p>Be Kind- Be On Time For the safety and courtesy of all participants, please arrive to class within 5 minutes of the start of the class.</p>	
7:00-7:45pm Yoga Studio A Mari	6:00-6:45pm Boot Camp Studio A Lea	12:00-12:45pm Just D.A.N.C.E. Studio A Lea	6:00-6:45pm Boot Camp Studio A Lea		
		5:00-5:45pm Barre Up Studio A Mari		<p>Categories</p> <p>Barre/Core Cardio Combination Stretch/Yoga Strength</p>	
		6:00-6:45pm Core Conditioning Studio A Mari			
		7:00-7:45pm Yoga Studio A Mari			



This class has a maximum capacity of 32 participants.



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

Boot Camp: This high-energy class combines strength training, cardio, and functional movements for a full-body workout. Expect a mix of bodyweight exercises, circuits, and interval training designed to build endurance, improve strength, and boost overall fitness.

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.
This class has a maximum capacity of 32 participants.

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. ***This class has a maximum capacity of 32 participants.***

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.**

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



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