

INTERIM FITNESS SCHEDULE AUGUST 31 - SEPTEMBER 6



****Due to the fitness studio being closed from August 31 through September 6 for maintenance and deep cleaning, the fitness classes below will all be held in Community Rooms A & B on the 2nd floor.**
All fitness classes will resume in the fitness studio starting Tuesday, September 8.

MONDAY

POWER HOUR BODY CHALLENGE =
w/ Tara 6:30 – 7:20 PM

TUESDAY

TAI CHI –
w/ Roberto 8:30 – 9:20 AM

HATHA YOGA =
w/ Rie 9:30 – 10:20 AM

PILATES PLUS =
w/ Elizabeth 10:30 – 11:15 AM

STRENGTH CLASS =
w/ Elizabeth 11:30 AM – 12:15 PM

STRONG NATION "LUNCH CRUNCH" =
w/ Bethany 12:30 – 1:20 PM

WEDNESDAY

TAI CHI –
with Roberto 8:30 – 9:15 AM

PILATES =
w/ Chintamani 9:30 – 10:20 AM

***SIT 'N BE FIT –**
w/ Sheila 11:00 – 11:45 AM

YOGA "LUNCH CRUNCH" =
w/ Rie 12:15 - 1:15 PM

WEDNESDAY (CONTINUED)

JUGGLING –
w/ Alice 1:30 – 2:20 PM

ZUMBA =
w/ Celeste 6:30 – 7:20 PM

BARRE =
with Corey 5:30 – 6:20 PM

PUNK ROPE =
w/ Tim & Shana 7:30 – 8:20 PM

THURSDAY

SUNRISE YOGA =
w/ Rie 8:45 – 9:45 AM

FUNCTIONAL YOGA –
w/ Cat 10:00 – 11:00 AM

***CHAIR VITALITY: GENTLE
STRENGTH & FLOW –**
w/ David 12:00 - 12:50 PM

BALLET –
w/ Shoshana 6:30 – 7:20 PM

GENTLE –
INTERMEDIATE =
HIGH INTENSITY =

***DESIGNED FOR SENIORS**

FRIDAY

YOGA BASICS –
w/ Susan 9:30 – 10:30 AM

***YOUR BODY, TAKE CHARGE! –**
w/ Sheila 11:00 – 11:50 AM

SUMMER FRIDAY'S HIIT =
w/ Caroline 12:00 - 12:50 PM

**KETTLEBELL WORKSHOP: FULL
BODY BLAST =**
w/ Bethany 6:30 – 7:20 PM

SATURDAY

STRETCH, FLOW, & RESTORE YOGA =
w/ Susan 10:00 – 11:00 AM

ASHTANGA YOGA =
w/ Ellen 11:10 AM – 12:00 PM

ZUMBA =
w/ Sophia 12:15 – 1:05 PM

SUNDAY

***SUNRISE STRETCH –**
w/ Liz 9:00 – 10:00 AM

MOVE & GROOVE –
w/ Liz 10:00 – 10:50 AM

BARRE =
w/ Corey 11:00 – 11:50 AM

***CHAIR YOGA**
w/ Rie 12:15 – 1:15 PM

CLOSURES: Monday, September 7: 14Y will be closed; August 31 - September 6: Fitness studio will be closed due to maintenance and deep cleaning; August 24 - September 6: Basketball gymnasium will be closed due to maintenance and upgrades

Ashtanga Yoga (High Intensity): A dynamic, structured system synchronizing breath with a set sequence of postures to build internal heat, strength, and flexibility.

Ballet (Gentle): Move across the floor in choreographed sequences. No experience necessary.

Barre (Intermediate): Tone your body with a workout that combines ballet, Pilates, yoga, and strength training.

Chair Fitness (Intermediate): A chair-based workout designed for seniors with low-impact aerobics.

ChairVitality: Gentle Strength & Flow (Gentle): A chair-based class that builds strength, flexibility, and balance with seated and standing movements, light weights, stretching, and core exercises.

Functional Yoga (Gentle): Yoga movements that promote mobility, strength, and coordination.

Hatha Yoga (Intermediate): Strengthen your body through yoga postures and movement.

Juggling (Gentle): Come ready to juggle for the first time or enhance your juggling skills.

Kettlebell (Intermediate): Learn foundational kettlebell techniques and get a great full-body workout.

Move & Groove (Gentle): A gentle workout that builds strength and ends with a simple, joyful dance.

Pilates (Gentle): Sculpt and tone your body with core and leg exercises.

Pilates (Intermediate): Stretch and tone your body with core and balance exercises. Modifications provided.

Power Hour Body Challenge (High Intensity): Torch some serious calories in this high energy class.

Punk Rope (Intermediate): A mash-up of jump rope, bodyweight training, and fitness games.

Sit 'N Be Fit (Gentle): A chair-based workout designed for seniors.

Strength Class (Intermediate): A full-body strength workout.

Stretch, Flow, & Restore Yoga (Intermediate): Stretch and restore with yoga poses.

Strong Nation "Lunch Crunch" (Intermediate): Push yourself using only body weight and moves similar to a HIIT workout.

Summer Friday's HIIT (High Intensity): A high intensity interval training class using free weights and bodyweight exercises.

Sunrise Stretch (Gentle): Start your morning off with some mindful movements to help you relax. A chair-based workout designed for seniors.

Sunrise Yoga (Intermediate): Wake up your body with stretches and sun salutations.

Tai Chi (Gentle): A workout that promotes balance, strength, and flexibility.

Yoga Basics (Gentle): Relax with breathing practices and yoga postures.

Your Body, Take Charge! (Gentle): Move your body! A chair based workout designed for seniors.

Zumba (Intermediate): Have fun, tone, and sculpt your body, while grooving to Latin rhythms.