

# FITNESS PASSPORT SCHEDULE: SEPTEMBER 3–DECEMBER 22, 2019

Drop in to these classes anytime with your Fitness Passport! No pre-registration necessary. All classes are 55 minutes unless otherwise noted. Class studio locations are noted in bold.

	MON	TUE	WED	THUR	FRI	SAT	SUN	
6 am	Group Cycle   <b>D</b>	Total Strength   <b>A</b>	Group Cycle   <b>D</b>	Total Strength   <b>A</b>	Group Cycle   <b>D</b>			
7 am		Cardio Core & Fitball   <b>B/C</b>		Cardio Core & Fitball   <b>B/C</b>				
8 am	Total Strength   <b>A</b> Low Cardio Tone Stretch   <b>B/C</b>	Tabata Core Conditioning   <b>A</b> Barre   <b>B/C</b> Cycle & Sculpt   <b>D</b>	Total Strength   <b>A</b> Low Cardio Tone/Stretch   <b>B/C</b>	Tabata Core Conditioning   <b>A</b> Pilates & Barre*   <b>B/C</b> Cycle & Sculpt   <b>D</b>	Total Strength   <b>A</b> Low Cardio Tone/Stretch   <b>B/C</b>			
8:15 am						Group Cycle   <b>D</b>		
8:30 am	DanceIT   <b>D</b>		DanceIT   <b>D</b>		DanceIT   <b>D</b>	Total Strength   <b>A</b>		
9 am	Balance & Stretch   <b>B/C</b>	Mat Pilates   <b>A</b> Zumba   <b>B/C</b>	Balance & Stretch   <b>B/C</b> Cardio & Weights   <b>A</b>	Mat Pilates   <b>A</b> Zumba Toning   <b>B/C</b>	Balance & Stretch   <b>Rm 303</b> Kickboxing   <b>B/C</b> Cardio & Weights   <b>A</b>	Zumba   <b>B/C</b> Water Wave Aerobics   <b>Pool</b>		
9:15 am		Slow Flow Yoga   <b>Rm 302</b> DanceIT   <b>D</b>	Slow Flow Yoga   <b>Rm 302</b>	DanceIT   <b>D</b>			Cycle & Sculpt Extreme   <b>D</b>	
9:30 am	DanceIT   <b>D</b>		DanceIT   <b>D</b>		DanceIT   <b>D</b>	Resistance Training   <b>D</b> DanceIT   <b>A</b>		
10 am	Beginning Pilates   <b>B/C</b> Total Sculpt   <b>A</b>	Muscle Strengthening   <b>A</b>	Beginning Pilates   <b>B/C</b> Calorie Blast   <b>A</b>	Muscle Strengthening   <b>A</b>	Totally Muscle   <b>A</b>			
10:05 am	Water Wave Aerobics   <b>Pool</b>				Water Wave Aerobics   <b>Pool</b>			
10:30 am			Water Wave Aerobics   <b>Pool</b>			Full Body Circuit Training   <b>D</b>		
11 am			Josh's Senior Drop In   <b>B/C</b>	Cardio Aerobics   <b>A</b>	Josh's Senior Drop In   <b>B/C</b>			
12:15 pm	Lunchtime Cycle & Sculpt   <b>D</b> Tabata**   <b>A</b>		Lunchtime Cycle & Sculpt   <b>D</b>		Lunchtime Cycle & Sculpt   <b>D</b>			
5 pm		DanceIT   <b>A</b>		DanceIT   <b>A</b>				
5:30 pm		Cycle & Sculpt   <b>D</b> Pilates, Stretch & Tone   <b>C</b>	Full Body Circuit Training   <b>D</b>	Cycle & Sculpt   <b>D</b> Pilates, Stretch & Tone   <b>C</b>	DanceIT   <b>A</b>			
6 pm	High Intensity   <b>A</b>	POUND   <b>A</b>		POUND   <b>A</b>				
6:30 pm	DanceIT   <b>D</b>	Zumba   <b>D</b> Cardio & Weights*   <b>C</b>	DanceIT   <b>D</b>	Zumba   <b>D</b> Cardio & Weights*   <b>C</b>	Full Body Circuit Training   <b>D</b>			
6:45 pm			Kettle Bell & Core*   <b>C</b>					
7 pm	Full Body Circuit Training   <b>A</b> Water Wave Aerobics   <b>Pool</b>	DanceIT   <b>A</b>	Water Wave Aerobics   <b>Pool</b>	DanceIT   <b>A</b>				

\*45-minute class | \*\*30-minute class | †60-minute class

## Important Information

- All classes are for participants 18 years and older.
- Class size may be limited, for your safety, due to the amount of equipment and/or room size.
- Matinee Passport Holders can only attend classes Monday through Friday between 8 am–3 pm.
- Classes are held at the Troy Community Center and the rooms feature wood or rubber shock absorption flooring, natural light and individual sound systems.
- Babysitting service is available for morning and evening classes on a first come, first serve basis. There is a separate charge for this service.
- Please be advised that DanceIT is a choreographed class. The first 3 weeks of any session are spent on instruction. After the first 3 weeks of the session, no additional instruction will be given by the instructors.
- Aerobic exercise classes take place in the studios on the second floor of the Community Center. Refer to studio door for a list of classes in that particular room or bulletin board on the second floor.
- Water Waver Aerobics participants should bring a towel and a lock to secure their belongings.

## Balance, Stretch & Tone ●●

**INSTRUCTOR:** Ilene, Ellen

Increase core strength to improve flexibility and stability for daily activities. Students must be able to do floor work. Bring a towel or pillow for your head.

## Beginning Pilates ●●

**INSTRUCTOR:** Ilene

Improve balance, coordination, and flexibility. Great for degenerative conditions that occur as the body ages. Stay fit and full of vitality, functioning as a coordinated whole.

## Calorie Blast ●●●●

**INSTRUCTOR:** Michelle

Fast paced cardio class aimed at burning calories.

## Cardio Aerobics ●●●●

**INSTRUCTOR:** Josh

High energy cardio workout.

## Cardio & Weights ●●●

**INSTRUCTOR:** Nancy, Kelly, Tracey

Step aerobics with muscle conditioning. Be prepared to step into an intense cardio and muscle workout.

## Cardio Core Fitness Ball ●●●

**INSTRUCTOR:** Lisa

Use a fitness ball and work core for the entire class. Develop a strong body while focusing on balance and stability. Gain awareness of abdominals, obliques, glutes, and lower back muscles.

## Cycle & Sculpt ●●●

**INSTRUCTOR:** Marilyn, Josh, Alexandra

Combination of group cycle and power sculpt. High-energy cardio workout followed by an instructor's choice strength segment.

## Cycle/Sculpt Extreme ●●●●

**INSTRUCTOR:** Alexandra

Combination of 45 minutes of cycle and 30 minutes sculpt.

## DANCEIT ●●●

**INSTRUCTOR:** Varies

Dance to Latin and Rock grooves for full-body toning and cardio. Improve flexibility, coordination, and strength with easy routines. Quickly learn routines by attending first 3 weeks with same instructor.

## Full Body Circuit Training ●●●●

**INSTRUCTOR:** Josh

Works all major muscle groups. Please hydrate throughout the day.

## Group Cycle ●●●●

**INSTRUCTOR:** Mary, Marilyn, Alexandra

This stationary bike class will motivate you with an energizing cardio workout, sending fat burning and endurance into high gear.

### Class Intensity Scale:

- = LOW
- = MILD
- = MODERATE
- = HIGH

## High Intensity Instructor's Choice ●●●●

**INSTRUCTOR:** Ellen

Varied workout to motivate, challenge, and prevent muscle memory. Alternates each week to include cardio, step, interval, cardio kick, and resistance.

## Josh's Drop In Senior Exercise ●●

**INSTRUCTOR:** Josh

Warm-up, strengthen muscles, and improve balance and flexibility. From mobility drills to chair exercises, strength training, and floor exercises, various routines and equipment are used.

## Kettle Bell and Core ●●●

**INSTRUCTOR:** Josh

Circuit routine with kettle bells to strengthen entire body. Increase cardio capacity while blasting calories.

## Kickboxing ●●●●

**INSTRUCTOR:** Michelle

A great cardio workout.

## Low Cardio/Tone/Stretch ●●

**INSTRUCTOR:** Barb, Valerie

Combines low cardio for heart health and metabolism, toning to create lean muscles, and stretching to increase mobility. Wear supportive shoes and bring a mat.

## Lunchtime Group Cycle ●●●

**INSTRUCTOR:** Ilene, Josh

Take a break and re-energize with this 1-hour cardio workout. This class is guaranteed to get the fat burning and heart pumping.

## Mat Pilates ●●●

**INSTRUCTOR:** Tina

This intensive workout enhances posture, flexibility, endurance and balance while toning your core. Wear comfortable clothing and bring a mat.

## Muscle Strengthening ●●

**INSTRUCTOR:** Julie

Strengthens muscles using hand weights, tubing and medicine balls. Functional exercises improve muscle endurance, balance, and core strength.

## Pilates/Barre ●●

**INSTRUCTOR:** Linda, Barb

Pilates based with Barre movements to strengthen core, challenge balance, lift heart rate, and sculpt body. Light weights and resistance bands are used.

## Pilates, Stretch, Balance & Tone ●●

**INSTRUCTOR:** Ilene

Follow principles of Joseph Pilates to gain strength, vitality, stamina, and grace to enhance a positive mental attitude.

## POUND ●●●

**INSTRUCTOR:** Sue

A full-body cardio jam session, combining light resistance with constant simulated drumming. Fuses cardio, Pilates, strength movements, plyometrics, and isometric poses.

## Resistance Training ●●●

**INSTRUCTOR:** Ellen

Use hand weights, body bars, bands, and body resistance to increase muscle endurance and improve definition. Work both upper and lower body using controlled movements set to music.

## Slow/Gentle Yoga ●●

**INSTRUCTOR:** Barb

Progressive sequences and holding postures to challenge body and mind. Relax and find personal balance and focus. Weather permitting, class will take place outside.

## Tabata ●●●

**INSTRUCTOR:** Josh

Interval training program of 20 seconds high energy work and 10 seconds of recovery in 4 minute sets.

## Tabata/Core Conditioning ●●●●

**INSTRUCTOR:** Kevin

Infuses Tabata cardio and core to increase endurance, strength, flexibility, toning, and improve posture.

## Totally Muscle ●●●●

**INSTRUCTOR:** Michelle

Weight lifting mixed with cardio for a calorie blasting class.

## Total Sculpt ●●●

**INSTRUCTOR:** Michelle

Sculpt and strengthen those trouble zone areas.

## Total Strength ●●●

**INSTRUCTOR:** Nancy, Kelly, Josh

Challenges every major muscle group using a variety of weight and resistance equipment. Ends with core work and a relaxing stretch and cool down.

## Water Wave Aerobics ●●●

**INSTRUCTOR:** Varies

Ride the waves as a variety of moves make for a great, low impact workout!

## Zumba ●●●

**INSTRUCTOR:** Linda, Barb, Dayla

Latin-inspired, dance fitness class with simple cardio-based moves and rhythms to target the heart and tone the total body.

## Zumba Toning ●●●

**INSTRUCTOR:** Barb

Combines body-sculpting exercises & cardio work with Latin-infused moves. Maraca-like Toning Sticks enhance rhythm and tone arms, abs, and thighs. Please wear smooth bottom shoes to protect your knees.

## No classes Thursday, November 28

Passport offerings are always held except for extreme circumstances.