

As of 8/2018

Joseph T. St. Lawrence
Community, Health and Sports Center
(845)753-2324

'Time for Me' FITNESS CLASSES

Jill Israel, Fitness Coordinator

JTS CENTER HOURS:

Mon-Fri: 7am-10pm
Saturday: 8am-10pm
Sunday: 8am-9pm

MON	TUES	WED	THURS	FRI	SAT	SUN	
Yogaerobics 30/30 9:30 am	Zumba 9:00 am	Surprise, Surprise Exercise 9:30 am	Yoga 9:00 am	Cardio Blast 9:00 am	Yoga 8:45 am	Cardio Strength Mix 9:00 am	
Forever Young Seniors 10:30 am	Yoga 10:00 am	Forever Young Seniors 10:30 am	Spin & Sculpt 10:00 am	Cardio Tennis <i>*Seasonal Class*</i> 9:30 am	Spin 9:00 am	Tai-Chi 10:00 am	
	Spin & Sculpt 10:00 am		Zumba 10:00 am	Strong & Sweaty Body Sculpt 10:00 am	Tough & Tight 10:00 am	Spin 10:00 am	
Zumba 4:30 pm		Zumba Toning 4:30 pm	Zumba Gold 11:00 am	Forever Young Seniors 11:00 am			
Muscle Mania 6:00 pm	Cardio Strength Mix 5:00 pm	Cardio Strength Mix 6:00 pm	Spin & Sculpt 4:30 pm	Zumba 4:30 pm			
Spin 7:00 pm	Fit & Fab 6:00 pm	Yoga 7:00 pm	Cardiorobics Boot Camp 6:15 pm	<p><i>Program Notes</i></p> <ul style="list-style-type: none"> ■ Classes are subject to change due to attendance. ■ Classes may vary with different instructors. ■ To attend classes, you must purchase a fit package or pay fee per class. (Senior <u>Memberships</u> include Forever Young Seniors & Zumba Gold classes <u>only</u>.) ■ Members can call 24 hours in advance to reserve spot in Spin classes. ■ As a courtesy to others, please arrive on time for class. ■ All guests must register/pay at Front Desk. 			
Pilates/Yoga Fusion 7:00 pm		Spin 7:00 pm	Yoga 7:15 pm				

FITNESS CLASS DESCRIPTIONS

Must purchase a fit package to attend classes or pay per class

All Senior Memberships include FOREVER YOUNG & ZUMBA GOLD classes

- **Cardio Blast:** An invigorating class that blends the best of cardio, calorie burning aerobics with light weights followed by stretch (30/30 combo class).
- **Cardio/Strength Mix:** Cardio, weight training and intense floor work. You'll get it all in this class!
- **Cardiorobics Boot Camp:** High energy class guaranteed to burn calories, mixing a variety of cardio & strength moves. (**Drums Alive***, **Hooping***, Step Reebok & more!)
- **Cardio Tennis:** Get into the craze of this heart pumping fitness workout for all levels of play. You'll love the energy and reap the rewards of a fun aerobic workout. Racquet required. ***Seasonal Class* (October – April)**
- **Fit & Fab:** A total fat blasting workout with a combo of cardio and strength training. Get toned, build stamina & feel fabulous!
- **Forever Young Seniors:** Designed to help manage the effects of aging by regaining functional body awareness. Core & balance training, stretching, & weight bearing cardio movement patterns will get your day off to the right start. Beneficial for all. ***This class is included with a Senior Membership.***
- **Muscle Mania:** High Intensity, low-impact resistance training.
- **Pilates/Yoga Fusion:** A total conditioning class focusing on the core & more. Isolate deep muscle movement with control to gain ab, back, butt and leg strength.
- **Spin:** Music, motivation & enthusiastic coaching will lead students through a ride that best suits their fitness level & goals. Classes limited in size. Members can call 24 hours in advance to reserve spot.
- **Spin & Sculpt:** A new take on spinning adding abdominal floor work plus more!
- **Strong & Sweaty Body Sculpt:** Ultimate results for a total body workout. Maximum resistance & intensity class suited for all levels.
- **Surprise, Surprise Exercise:** A full body workout with body bars, weights, circuit boot camp, step, stability ball & gliders. Enjoy them all.
- **Tai-Chi:** A non-impact Chinese martial art involving fluid movements emphasizing both physical & mental balance for well-being. (*Yang style, traditional long form*).
- **Tough & Tight:** All fitness levels will love this versatile class. Improve cardio conditioning, strength, flexibility, quickness, & agility with this **WHOLE BODY WORKOUT!**
- **Yoga:** A total body, mind, and spirit workout which emphasizes flexibility, strength, muscle balance, proper breathing, & relaxation. Multi-level options make it suitable for all fitness levels. Bring a yoga mat.
- **Yogaerobics 30/30:** Cardio followed by yoga. Enjoy the combo of high energy calorie burning then stretching.
- **Zumba:** A dynamic class full of Latin/International dance moves. A mixture of body sculpting movements & easy to follow dance steps.
- **Zumba Gold:** Gentler approach to Zumba. A mixture of body sculpting movements and easy to follow dance steps. ***This class is included with a Senior Membership.***
- **Zumba Toning:** A combo class of Zumba and toning.

***DRUMS ALIVE! is a world renowned cardio program using stabilized balls with drumsticks to work your arms, legs & mind all at once!**

***“HOOPING” is Hula Hooping with weighted hoops for a total body workout.**