

Monday				Tuesday				Wednesday			
Studio 2	Studio 1	Cycle	Aqua	Studio 2	Studio 1	Cycle	Aqua	Studio 2	Studio 1	Cycle	Aqua
				5:45-6:15am						6:00-6:50am	
				ніт						Cycle 50	
				Tori						Ed	
8:45-9:30am				-	9:00-9:30am			8:30-9:15am			
BootCamp 45					Barre Fusion			BootCamp 45			
					Demo			Tori			
Tori											
					Marisa			9:30-10:00am	9:30-10:30		
				9:30-10:00am	9:30-10:30am		9:30-10:00am	😚 ZVMBA	BODYFLOW		
					Hatha Yoga		Aqua High	Demo	Sharon		
9:30-10:00am				Demo	Debra		Demo	Cindy			
Total Body				Becky			Lap Pool	·		40.00 40.45	0.20 10.20
Demo				2001.7			Tia	10:00-10:30am		10:00-10:15am	9:30-10:30ar
Tori				10:00-10:30am		10:00-10:15am	10:00-10:30am	BODYCOMBAT.		Cycle Set Up	Aqua Combo
1011	10:00-10:30am					Cycle Set Up	Aqua Low	Demo		Joanne	Janice
				GRIT		Jen G.	Demo	Elana			
	Mat Pilates			CARDIO		Jen G.	Therapy Pool		10:30-11:00am	10:15-11:00am	
	Demo			Becky			Tia		Classic Barre	Cycle	
	Lisa A.				40.00.44.00	40.45.40.45	i ia		Demo	Joanne	
10:30-11:00am					10:30-11:00am	10:15-10:45am			Lisa A.	JOAIIIIe	
Retro Step					CXWORX	Cycle 30					
Demo					Demo	Jen G.			11:00-11:30am		
Lisa A.					Becky				Chair Yoga		
11:00-11:30am	11:45-12:15pm								Demo		
Cardio Jam	Strength &								Melissa		
Demo	Balance Demo										
Jaclyn	Tori										
Jaciyii	1011				11:30-12:15pm						
					Tai Chi Chih						
					Demo						
					David						
	5:30-6:00pm										
	CXWORX							5:30-6:30pm			
	Demo										
	Jen B.			F.00 F.20				Demo			
6:00-6:30pm		6:00-6:15pm		5:00-5:30pm				Marisa			
		Cycle Set-Up		Cardio Jam					6:00-6:30pm	6:45-7:00pm	
BODYCOMBAT		Jaime K		Demo					Barre Fusion	Cycle Set-Up	
30		Jaimerk		Jaclyn					Demo	John	
Elana					5:30-6:00pm	6:00-6:15pm	6:00-7:00pm		Marisa	10111	
	6:30-7:00pm	6:15-7:15pm			Mat Pilates	Cycle Set-Up	Aqua Combo	C.20 7 00	Iviarisa	7.00 7.17	6.20 7.20
	Belly Dancing	Cycle			Demo	Steve K.	Janice	6:30-7:00pm		7:00-7:45pm	6:30-7:30pn
	Demo	Jaime K.			Lisa A.			Metafit HIIT		Cycle 45	S ZVMBA
	Jenny			6:00-6:30pm		6:15-7:00pm		Demo		John	Jenn R.
	7:00-8:00pm			POUND		Cycle 45		Steve B.			Jenn K.
7.00-7.20mm	7.00-0.00pm			ADDULT, VOHOUT,		Steve K.			7:00-8:00pm		
7:00-7:30pm				-	1	JLEVE N.	1		· ·		1
	Restorative			Demo					Yin/Yang Voga		
Demo	Restorative Yoga			Demo Davina					Yin/Yang Yoga		
BODYPUMP	Restorative			Davina					Yin/Yang Yoga Melissa		
Demo	Restorative Yoga			Davina 6:30pm-							
Demo	Restorative Yoga			Davina							

Cycle Class Note:

You must reserve a bike for all Cycle classes. Please pick up a ticket at the Reception Desk up to 60 minutes before class begins.

All classes and instructors are subject to change

Davina

Regular length classes

Shorter demo classes



Class Descriptions

<u>Aqua</u>

Aqua Combo: A cardio and toning workout using equipment and the water's resistance. Held in the Lap Pool.

Aqua Zumba[®]: Combines the traditional elements of an aquatic fitness class with the upbeat, Latin-infused dance moves and music of Zumba[®]. A fitness dance party in the Lap Pool! Cardio High: An energetic class to improve cardiorespiratory endurance in the Lap Pool. Cardio Low: A warm-water aerobics class designed to increase your endurance using lowimpact movements in the Therapy Pool.

Barre/Core/Pilates/Yoga

Barre Classic: A total-body workout utilizing the ballet barre to perform small isometric movements set to fun, upbeat music. You will tone your legs, glutes, abs and arms while improving core strength and posture.

Barre Fusion: This class incorporates the ballet barre and Pilates mat exercises. Tone your whole body using your body weight, light weights and resistance bands on the barre/mat. **BODYFLOW™**: A yoga class from Les Mills™ that combines Pilates and T'ai Chi to build strength and flexibility. A carefully structured series of stretches, movements and poses to music, followed by relaxation, will bring the body and mind into a state of harmony and balance.

Chair Yoga: Yoga positions are adapted through the creative use of a chair. Poses are done seated on the chair, or the chair is used for support during standing and balancing poses. This class is suitable for all ages, fitness levels and physical conditions.

CXWORX[™]: Build your core strength and tone your abs, butt and legs with this 30-minute workout from Les Mills[™].

Hatha Yoga: Gentle yoga that uses postures (asanas) and stretches in combination with mindful breathing to develop flexibility, balance and strength.

Mat Pilates: This popular mat workout developed by Joseph Pilates concentrates on core strength, body alignment and muscular balance.

Restorative Yoga: The combination of gentle hatha and deep restorative work improves range-of-motion and joint mobility while reducing general discomfort and the effects of stress. **T'ai Chi Chih:** Often described as meditation in motion, T'ai Chi Chih promotes serenity through gentle, flowing movements. The class will help reduce stress and anxiety while increasing flexibility and balance.

Yin/Yang Yoga: Find balance with poses that are held longer to affect the fascia and connective tissue. Finish with flowing postures and relaxation.

Main Line Health Fitness & Wellness Center S

Sharon Nicewinter Group Fitness Manager

Hours: Monday-Friday 5:00am-11:00pm Saturday-Sunday 7:00am-7:00pm

Email: sharonn@fitnessandwellness.org

Cardio and Dance

Belly Dancing: This class is great for beginners, dancers wanting to learn new moves or anyone wanting a fun cardio escape.

BODYCOMBAT™: Unleash your inner warrior in this Les Mills™ class inspired by martial arts. It draws from a wide array of disciplines, including karate, boxing, taekwondo, T'ai Chi and muay thai. 30- and 60-minute class options.

Cardio Jam: A fun, dance-inspired workout that incorporates functional strength and bodyweight movements. The class finishes with resistance training and core work. **Les Mills GRIT™ Cardio**: A 30-minute high-intensity interval training (HIIT) athletic workout that improves cardiovascular fitness, increases speed and maximizes caloric burn using a variety of bodyweight exercises.

POUND[®]: Using lightly weighted drumsticks engineered specifically for exercising, POUND[®] transforms drumming into an incredibly fun and effective workout. **Retro Step**: Tone your legs and booty by moving up, over and around your step. This class improves coordination as you learn the *simple* choreographed routines first taught when Step Aerobics became popular in the 1980s. Leg warmers not required. **Zumba**[®]: Move to Latin and international music in this fitness dance party!

Cardio and Total-Body Strength Training

Boot Camp: A mix of traditional calisthenics exercises, combined with cardio and strength training. Each week will bring a new challenge.

HIIT: It's only 30 minutes! Push yourself a little harder to rev up your metabolism and get quicker results. Every class will be different.

Metafit[®] **HIIT**: Created by a former Royal Marine Commando, Metafit[®] combines HIIT training techniques with traditional bodyweight exercises to set your metabolism on fire!

Total-Body Strength Training

BODYPUMP[™]: A revolutionary barbell workout from Les Mills[™] that strengthens all major muscle groups. This class consists of exercises like squats, presses, rows and curls. Intensity level is determined by adjusting the weights used for each body part. It's like a weight room with guided exercises in a team environment! 45-/ 60-minute class options. Strength & Balance: Use different types of resistance equipment and easy-to-follow

movements to strengthen the whole body. Balance work is included to strengthen the core and help prevent falls.

Total Body: This class includes strength and cardio segments using equipment like dumbbells, body bars and bands for a total-body workout.

Cycle Classes

Bring your cycle training indoors, as your instructor takes you on a journey of hill climbs, sprints and flat riding. Adjust your resistance level and speed so every ride meets your personal goals. 30-, 45- and 55-minute class options. ***Come to a Set-Up class to determine your correct seat setting and bring cycle shoes if you have them. ***