



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 am - 9:00 am Cardio Boxing (PIT) Liubov	8:15 am - 9:15 am Yin Yoga (DS) Victoria	7:00 am - 7:45 am Intense Intervals (GES) Anna	8:15 a.m. - 9:15 am Yoga Flow (DS) Sumiaya	7:00 am - 7:45 am Ride and Burn (GES) Anna	8:00 am - 9:00 am Hatha Yoga (DS) Victoria
8:00am -9:00am Zumba Gold® Chair/Toning (GES) Lisa	9:30 am - 10:30 am Zumba® (GES) Caroline	9:15 am - 10:15 am Stretch (DS) Liubov	9:30 am - 10:30 am Zumba® (GES) Caroline	9:15 am - 10:15 am Zumba® (GES) Lisa	8:30 am - 10:00am A.R.W. Run Club ★ Debbie 440403
9:15 am - 10:15 am Zumba® (GES) Lisa	Aqua Motion 9:15 am - 10:15 am Liubov	9:15 am - 10:15 am Silver Sneakers Yoga (GES)  Victoria	Aqua Motion 9:15 am - 10:15 am Linda	Aqua Energizer 10:00 am - 11:00 am Sharon	9:15 am - 10:15 am Zumba® (GES) Sarah-Beth
Aqua Energizer 10:00 am - 11:00 am Estelle	10:30 am- 11:30am TNT (GES) Liubov	Aqua Energizer 10:00 am - 11:00 am Sharon	11:00 am-12:00 am Silver & Strong (GES) Sofia	10:30 am - 11:30 am Chair Based Yoga (GES) Lisa	9:15 am - 10:15 am X-Fit (PIT) Tom
10:30 am - 11:30 am Chair Based Yoga (GES) Liubov		10:30 am - 11:30 am Zumba Gold Toning (GES) Lisa		11:30 am-12:30 pm Zumba Gold® Chair/Toning (GES) Lisa	
11:30 am - 12:30 pm Silver & Strong (GES) Sofia	4:00 pm - 5:00 pm Classic Fitness (GES) Liubov	11:30 am - 12:30 pm Silver Sneakers (GES)  Lisa			
12:45 pm - 1:45 pm Classic Fitness (GES) Liubov	5:00 pm - 6:00 pm Stretching/Cooldown (GES) Liubov	AquaFit - Happy Hour 3:30-4:30PM Linda		<p align="center"><u>Class Location Legend</u></p> <p>PIT = The P.I.T</p> <p>GES = Group Exercise Studio</p> <p>DS = Dance Studio</p> <p>Blue Color = Aquatic Classes</p> <p>★ = Registered class. Not included with membership.</p>	
5:00 pm - 6:00 pm X-Fit (PIT) Tom	5:00 pm - 6:00 pm Boot Camp (PIT) Tom	5:00 pm - 6:00 pm X-Fit (PIT) Tom	5:00 pm - 6:00 pm Circuit Training (PIT) Tom		
			5:00 pm - 6:00 pm Strength/Conditioning (GES) Liubov		
6:15 pm - 7:00 pm Zumba® (GES) Sarah-Beth	6:00 pm - 7:00 pm Empower Fit (GES) Liubov	6:15 pm - 7:00 pm Zumba® (GES) Sarah-Beth	6:00 pm - 7:00 pm Stretching/Cooldown (GES) Liubov		
NEW 7:00 pm - 8:00 pm Mat Pilates (GES) Neli	6:15 pm - 7:15 pm LV-UP Foundations (PIT) Sofia		NEW 7:00 pm - 8:00 pm Mat Pilates (GES) Neli	<p align="center"><u>Hours of operation</u></p> <p>Monday- Friday: 5:00 am - 10:00 pm</p> <p>Saturday: 6:00 am - 5:00 pm</p> <p>Sunday: 7:00 am - 5:00 pm</p> <p>Class Descriptions on the back of page</p>	
★ 6:30 pm - 7:30 pm #IFT Camp (PIT) Debbie 440402	★ 6:30 pm - 7:45 pm A.R.W. Run Club Debbie 440403	★ 6:30 pm - 7:30 pm #IFT Camp (PIT) Debbie 440402	6:15 pm - 7:15 pm LV-UP Foundations (PIT) Sofia		
Aqua Zumba® 7:15 pm - 7:55 pm Sarah-Beth	7:00 pm - 8:00 pm Yin Yoga (DS) Victoria	Aqua Zumba® 7:15 pm - 7:55 pm Sarah-Beth			

Class Descriptions

Mat Pilates - A low-impact workout focused on core strength, flexibility, and full-body control. It helps improve posture, balance, and overall body awareness through controlled, mindful movements. Suitable for all fitness levels

Aqua Energizer/Aqua Motion - This class is great for all ability levels and early birds.

AquaFit Happy Hour - Aqua workout that tones, strengthens, and boosts cardio through fun, fast-paced movement. Improve core strength, balance, and body awareness with dynamic changes in speed, position, and resistance. Great for all fitness levels.

Aqua Zumba® - Blends the Zumba® philosophy with water resistance.

Zumba® - We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. This class incorporates Latin and international rhythms in a class that is fun and easy to do.

Zumba Gold® - A low impact, light intensity version of Zumba with easy-to-follow choreography. This class is perfect for beginner exercisers and active older adults, focusing on balance, range of motion, and coordination.

Zumba Gold® (Chair/Toning) - This seated Zumba Gold® class combines fun, easy-to-follow dance moves with light hand weights to improve strength and tone muscles. It's a low-impact, full-body workout that enhances flexibility, balance, and coordination, making it perfect for active older adults or anyone seeking a gentler fitness routine.

TNT - This invigorating class will tone and tighten your body using high repetition light dumbbells to the beat of music.

Classic Fitness - Participants start with a warm-up, proceed to resistance training with exercises like squats and deadlifts, under trainer supervision for form and weight adjustments, and conclude with stretching.

Empower Fit - Starting with a dance-inspired warm-up, we'll explore dance steps to boost femininity and self-confidence, followed by curve-sculpting exercises, and finish with a soothing stretch, leaving you feeling graceful and limber.

Silver & Strong - Catered for our senior and Silver Sneakers community, this class guides members through various movements to strengthen and stretch the muscles of the whole body.

Stretching/Cooldown - A stretch fitness class focuses on improving flexibility and elongating muscles through a series of controlled movement and poses, offering participants both relaxation and enhanced mobility.

Silver Sneakers - Increase muscular strength and range of motion.

Silver Sneakers Yoga - Focuses on body, breathing, and posture.

Chair Sculpt Yoga - This class combines the power of two classes: Chair Yoga + Sculpt. Chair yoga targets improvements in flexibility, balance and mindfulness while Sculpt targets the muscles with light weights as well as cardio strength and muscle endurance plus core work. This class will elevate you to your own next fitness level. Weights can be optional.

Yin Yoga - Yin Yoga is a gentle and slow-paced practice focusing on deep, passive stretches to target connective tissues like ligaments and fascia. Poses are held for 3-5 minutes, promoting flexibility, joint mobility, and relaxation. It encourages mindfulness and reduces stress, making it suitable for all levels.

Hatha Yoga - Focuses on body alignment, breathing and integrity of your posture.

Yoga Flow - Utilizes a rhythmic flow that transitions in and out of postures.

Intense Intervals - This high intensity workout focuses on interval training.

Cardio Boxing - This dynamic workout combines shadowboxing and kickboxing techniques with high-intensity interval training. You'll throw powerful punches that engage your core while incorporating cardio moves to boost your heart rate and burn calories even after hours after class is over. Experience a full-body workout that leaves you feeling empowered and energized.

Ride and Burn - 30 minutes on the bike, using a combination of flat roads, hills, sprints, to build cardio endurance followed by 30 minutes of strength training hitting every major muscle group in the body.

Strength/Conditioning - This class focuses on functional movements and resistance training to build muscle, enhance endurance, and improve overall performance. Perfect for all fitness levels, you'll learn proper techniques while progressively challenging your body.

Boot Camp - A high-energy, total-body workout combines strength training, cardio, and agility drills to challenge every fitness level. Join a supportive community, push your limits, and see results fast.

Circuit Training - High intensity Interval training that moves through a series of stations targeting different muscle groups to push your limits.

X-Fit - High intensity interval training utilizing strength, conditioning, and functional movements at a high intensity level combining a mixture of metabolic conditioning and resistance training to achieve the best fitness possible.

LV-UP Foundations - A total body strength workout, complete with warm-up movements and cooldown stretches. Fit for members of all fitness levels!

★ **IFT Camp**: Make the most of your workouts with total body training that integrates Functional Strength, Agility, Cardio, and Endurance. (Can also register online at addisonparks.org)

★ **ARW Run Club** - Are you currently a runner or thinking about getting into running? Joining a running club has great advantages for all running abilities! Our club will incorporate various distances, paces, and surfaces to perform your best. It will provide guidance on goal setting, strengthening, flexibility and nutrition geared specifically for runners. Local races will also be targeted in this program.

**Instructors subject to change. Classes might be cancelled due to unforeseen circumstances without notice.
Suggestions for classes are always welcome!**