

GROUP FITNESS SCHEDULE

Benderson Family Building, Amherst



Contact: Hollis Mahaney Habermehl

Effective September 14, 2018

All schedules subject to change at any time without notice due to holidays and/or participation levels.

Sunday			Wednesday		
9:00 - 9:45am	Cycling	Jodee	5:45 - 6:45am	Body Pump	Julie
9:00 - 10:00am	WERQ	Michelle	9:00 - 10:00am	20-20-20	Shelly
10:05 - 11:05am	Body Pump	Julie	10:10 - 10:55am	Senior Yoga Fit	Betsy
Monday			10:30 - 11:30am	Beginner Yoga	Martha
5:45 - 6:45am	Body Pump	Julie	11:00 - 11:30am	Zumba Gold	Betsy
9:00 - 10:00am	20-20-20	Shelly	11:30 - 12:30pm	Intermediate Tai Chi	Judy
10:10 - 10:55am	Senior Yoga Fit	Betsy	12:00 - 1:00pm	SilverSneakers®Classic	Jennifer
11:00 - 11:30am	Zumba Gold	Betsy	12:15 - 12:45pm	CXWORX	Betsy
11:30 - 12:30pm	Intermediate Tai Chi	Judy	4:50 - 5:20pm	CXWORX	Carla
12:00 - 1:00pm	SilverSneakers®Classic	Jennifer	5:30 - 6:15pm	Cycling	Jan
12:15 - 12:45pm	CXWORX	Betsy	5:30 - 5:55pm	H.I.I.T.	Rene
4:50 - 5:20pm	CXWORX	Carla	6:00 - 6:25pm	H.I.I.T.	Rene
5:30 - 6:15pm	Cycling	Jodee	5:30 - 6:30pm	Vinyasa Yoga	Hanna
5:30 - 5:55pm	H.I.I.T.	Rene	6:30 - 7:30pm	Body Pump	Michaela
6:00 - 6:25pm	H.I.I.T.	Rene	7:45 - 8:15pm	CXWORX	Susan
6:30 - 7:30pm	Body Pump	Carla	Thursday		
6:30 - 7:30pm	Yoga Fit	Jodee	6:00 - 6:30am	CXWORX	Susan
7:45 - 8:15pm	CXWORX	Susan	6:00 - 7:00am	Cycling	Scott
Tuesday			9:00 - 10:00am	Cycling	Jane
6:00 - 6:30am	CXWORX	Susan	9:00 - 10:00am	Zumba	Belle
6:00 - 7:00am	Cycling	Scott	10:05 - 11:05am	Body Pump	Melissa
9:00 - 10:00am	Cycling	Jane	11:15 - 11:45am	CXWORX	Melissa
9:00 - 10:00am	Zumba	Belle	11:15 - 12:15pm	Tai Chi	Judy
10:05 - 11:05am	Basic Training	Melissa	12:05 - 1:05pm	Body Pump	Betsy
11:15 - 11:45am	CXWORX	Melissa	5:30 - 6:15pm	Cycling	Samantha
11:15 - 12:15pm	Tai Chi	Judy	5:30 - 6:30pm	Body Pump	Cindy
12:05 - 1:05pm	Body Pump	Betsy	6:45 - 8:00pm	Vinyasa Yoga	Martha
5:30 - 6:15pm	Cycling	Kristian	Friday		
5:30 - 6:30pm	Body Pump	Cindy	5:45 - 6:45am	Body Pump	Julianna
5:30 - 6:30pm	Tai Chi	Judy	9:00 - 10:00am	Line Dancing	Shelly
6:45 - 8:00pm	Vinyasa Yoga	Martha	10:30-11:30am	Vinyasa Yoga	Betsy
			12:00 - 1:00pm	SilverSneakers®Cardio	Kathy
			12:15 - 12:45pm	CXWORX	Betsy
			Saturday		
			8:10-9:10am	Mat Pilates	Jan
			9:00 - 10:00am	Cycling	Scott
			9:15-10:15am	Body Pump	Julianna/Cindy
			10:30-11:00am	CXWORX	Carla

Room Locations

Yoga studio	Gym
Cycling Studio	Group Fitness Studio

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Class Descriptions

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20-20-20

20 minutes of hi/lo aerobics, 20 minutes of step, 20 minutes of strength training & abdominals.
Ongoing

Basic Training

Strength training, agility drills, and high-intensity intervals. Ignite your metabolism, strength and core control.
Ongoing

Beginner Yoga

For those new to yoga as well as those desiring a slower style of practice. Time is devoted to instructing yoga fundamentals. Modifications as well as the use of props are encouraged. No prior yoga experience needed.
Ongoing

BODYPUMP®

The original barbell class that strengthens your entire body. Challenge your major muscle groups by using squats, presses, lifts and curls.
Ongoing

CXWorx

Hones in on the torso and sling muscles that connect your upper and lower body. Great for tightening your tummy and butt. Improve strength and assist in injury prevention.
Ongoing

Cycling

Warm-up, steady up-tempo cadences, sprints, climbs and cool downs. You control the resistance to adjust difficulty.
Ongoing

H.I.I.T.

Burn fat without losing muscle. Within each 25 minute workout participants experience short intervals of training that deliver a calorie drenching workout and post metabolic boost.

Ongoing

Intermediate Tai Chi

Challenge your balance in transition movement in Tai Chi principles thorough Yang 24 form. More advance Qigong will be practiced. Health benefits include the most effective balance conditioner in the world.
Ongoing

Line Dancing

Learn how to line dance! Gain confidence with the basic dance steps. Learn the process of linking steps together to form the dance, and have fun losing yourself in the music of Country, Jazz, R & B, Swing, Waltz and Latin.

Mat Pilates

A mind body discipline which uses breathing with exercises to develop core control and Pilates which develops mental power and control.
Ongoing

Senior Yoga Fit

Yoga class geared to seniors and those with special conditions. Our primary focus is deep breathing and relaxation. May be performed in a chair or using props to facilitate poses. Beginner
Ongoing

SilverSneakers® Cardio

Safe, healthy and gentle on the joints. Includes easy low impact movement and upper body strength, stretching, abdominal conditioning, and relaxation exercises.
Ongoing

SilverSneakers® Classic

Increase strength and movement for daily living. Elastic and hand-held weights, tubing, and a SilverSneakers ball are used for resistance. A chair is used for support.

Ongoing

Tai Chi

Practice movement without straining joints and muscles. Develop a coordination of mind and body, release stress, strengthen and stretch the body, improving flexibility and balance.
Ongoing

Vinyasa Yoga

Classes offer students a greater challenge. Once postures are mastered, students are taught to transition their postures in a breath synchronized motion. Intermediate-advanced.
Ongoing

WERQ

This fun dance fitness class is based on pop, rock and hip-hop songs. Easy, high-energy dance steps for “dancers and non-dancers” make this class fun. Class uses dance steps and yoga-inspired static stretching.
Ongoing

YogaFit

Warm up, sun salutations, work phase, standing balances and then a cool down with seated and supine work as well as deep stretching. Poses are linked to create strength, flexibility, endurance and balance. Intermediate
Ongoing

Zumba®

Ditch the workout and join the party. Come work up a sweat in this blast of a class!
Ongoing

Zumba® Gold

Designed for the beginner or active older adult. Same great music from Zumba but motions are at a lower intensity.
Ongoing