

GROUP FITNESS SCHEDULE: COMMERCE WAY
slhn.org/fitness
July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 6:00am Cycle - Peggy 9:00am Fitness Fusion - Sheryl 10:00am Body Balance - Sheryl 4:30pm Pilates/Barre Fusion - Sheryl 5:30pm Cycle - Kelly	2 9:30am MetCon - Alissa 10:00am Cardio Sculpt - Cathy 5:30pm Yoga - Stephanie 5:30pm MetCon	3 6:00am Cycle - Peggy 9:30am MetCon - Mike 9:00am Fitness Fusion - Sheryl 10:00am Body Balance - Sheryl 5:00pm Cycle - Kris	4  Fitness Center OPEN 7:00am - 1:00pm 9:00am Cycle - Kris	5 9:00am Pilates Plus - Sheryl 9:30am MetCon - Alissa	6 7:30am Cycle - Kelly
7 9:00am Functional Fitness - Matt	8 6:00am Cycle - Peggy 9:00am Fitness Fusion - Sheryl 10:00am Body Balance - Sheryl 4:30pm Pilates/Barre Fusion - Sheryl 5:30pm Cycle - Kelly	9 9:30am MetCon - Alissa 10:00am Cardio Sculpt - Cathy 5:30pm No Yoga Today 5:30pm MetCon	10 6:00am Cycle - Peggy 9:00am MetCon - Mike 9:00am Fitness Fusion - Sheryl 10:00am Body Balance - Sheryl 5:00pm Cycle - Terry	11 9:00am Cycle - Peggy 10:00am Core Strength Yoga - Peggy 5:00pm Sweat & Sculpt - Cathy 5:30pm MetCon	12 9:00am Pilates Plus - Sheryl 9:30am MetCon - Alissa	13 7:30am Cycle - Terry
14 9:00am Functional Fitness - Matt	15 6:00am Cycle - Peggy 9:00am Fitness Fusion - Sheryl 10:00am Body Balance - Sheryl 4:30pm Pilates/Barre Fusion - Sheryl 5:30pm Cycle - Kelly	16 9:30am MetCon - Alissa 10:00am Cardio Sculpt - Cathy 5:30pm Yoga - Stephanie 5:30pm MetCon	17 6:00am Cycle - Peggy 9:00am MetCon - Mike 9:00am Fitness Fusion - Sheryl 10:00am Body Balance - Sheryl 5:00pm Cycle - Terry	18 9:00am Cycle - Peggy 10:00am Core Strength Yoga - Peggy 5:00pm Yoga Sculpt* - Stephanie 5:30pm MetCon	19 9:00am Pilates Plus - Sheryl 9:30am MetCon - Alissa	20 7:30am Cycle - Terry
21 9:00am Functional Fitness - Matt	22 6:00am Cycle - Peggy 9:00am Fitness Fusion - Sheryl 10:00am Body Balance - Sheryl 4:30pm Pilates/Barre Fusion - Sheryl 5:30pm No Cycle Today	23 9:30am MetCon - Alissa 10:00am Cardio Sculpt - Cathy 5:30pm Yoga - Stephanie 5:30pm MetCon	24 6:00am Cycle - Peggy 9:00am MetCon - Mike 9:00am Fitness Fusion - Sheryl 10:00am Body Balance - Sheryl 5:00pm Cycle - Kris	25 9:00am Cycle - Peggy 10:00am Core Strength Yoga - Peggy 5:00pm Sweat & Sculpt - Kris 5:30pm MetCon	26 9:00am Pilates Plus - Sheryl 9:30am MetCon - Alissa	27 7:30am Cycle - Terry
28 9:00am Functional Fitness - Matt	29 6:00am Cycle - Peggy 9:00am Fitness Fusion - Sheryl 10:00am Body Balance - Sheryl 4:30pm Pilates/Barre Fusion - Sheryl 5:30pm Cycle - Kelly	30 9:30am MetCon - Alissa 10:00am Cardio Sculpt - Cathy 5:30pm Yoga - Stephanie 5:30pm MetCon	31 6:00am Cycle - Peggy 9:00am MetCon - Mike 9:00am Fitness Fusion - Sheryl 10:00am Body Balance - Sheryl 5:00pm Cycle - Kris	* Yoga Sculpt - Stephanie will run a special class where she will incorporate some weights into her yoga class		

GROUP FITNESS CLASS DESCRIPTIONS: Commerce Way

Body Balance: Are you looking to improve your balance and coordination? Balance and strengthening (particularly core strength) exercises are key. This class will be done in the standing position, with light aerobics, cardio-box movements and mind-body elements, all designed to improve coordination, flexibility, balance & posture. Come ready for basic upper body strengthening with bands and weights too.

Cardio Sculpt: This class will be a mix of strength and cardio exercises. The Cardio will be primarily Zumba! Exercises can be modified for all ability levels.

Core Strength Yoga: This class will focus on strengthening the muscles of the Core and Lower Back to help improve balance and stability.

Cycle: Enjoy a fun and invigorating workout set to music. Designed to simulate outdoor cycling on a stationary cycle. Take pleasure in the benefits of a group training ride without the fear of keeping up!

Fitness Fusion: A less-cardio-demanding version of Aerobic Fusion, with an emphasis on all aspects of fitness. It will include more strength, balance, flexibility and posture work, but will still include some cardio-box elements that you remember from Aerobic Fusion. Wednesday's class will end with mat work and planks so be sure to bring your mat!

Functional Fitness: This class is designed to train your body to perform movements required for daily-life tasks by incorporating multiple muscle groups at the same time. The goal is to gain strength, stability, and mobility to allow ourselves to move efficiently without injuries or pain. (class meets on the turf)

MetCon: or "Metabolic Conditioning" refers to short bouts of high intensity exercise done in fast succession. It is designed to work all the body's energy systems in an intense, but efficient way. Experience a fantastic workout in 30 minutes or less. (class meets on the turf)

Pilates/Barre Fusion: Bring your mat for a Core and More style workout with our Barre Above & Stott Pilates Certified Instructor. This class will feature a Fusion of Pilates, Ballet, Yoga and Strength Training.

Pilates Plus: This mid-level mat class will incorporate elements of Stott Pilates, as well as some Yoga poses. It is designed to increase your core strength, coordination, balance, flexibility and overall strength. Pilates is great for your posture as well.

Sweat & Sculpt: Get ready to tone and strengthen your muscles and your heart. This class will mix fun cardio with strength training and core work. All fitness levels are welcome, exercises can be modified as needed. Bring your mat if you have one!

Yoga: A relaxing and refreshing addition to your week. This class emphasizes the harmonious balance between mind and body. Various poses will be utilized to improve postural alignment, body strength, and flexibility. All Fitness levels are welcome. Modifications can be given as needed.