



GROUP EXERCISE SCHEDULE RESERVOIR

Effective 2/4/19

MONDAY

CLASS	INSTRUCTOR	LOCATION	
5:15am	Y-Cycle	Pam	Cycle Room
8:30am	Y-Cycle	Paula	Cycle Room
9:30am	Silver Sneakers Classic	Pam	Group Exercise Room
4:30pm	Yoga	Pam 1st & 3rd Marc 2nd & 4th	Group Exercise Room
5:45pm	Abs	Paula	Group Exercise Room
6:00pm	Body Sculpt	Paula	Group Exercise Room

TUESDAY

CLASS	INSTRUCTOR	LOCATION	
5:15am	Y-Cycle	Pam	Cycle Room
8:30am	Pilates Flow	Skye	Group Exercise Room
5:00pm	Ballet Barre	Laurie	Group Exercise Room
5:45pm	Kickboxing	Kate	Group Exercise Room
6:00pm	Y-Cycle	Paula	Cycle Room

WEDNESDAY

CLASS	INSTRUCTOR	LOCATION	
6:00am	Yoga	Pam	Group Exercise Room
8:30am	Y-Cycle	Paula	Cycle Room
9:30am	Silver Sneakers Cardio	Martha	Group Exercise Room
4:45pm	Step	Laurie	Group Exercise Room
5:45pm	Abs & Body Sculpt	Martha	Group Exercise Room

THURSDAY

CLASS	INSTRUCTOR	LOCATION	
8:30am	Abs	Paula	Group Exercise Room
8:45am	Body Sculpt	Paula	Group Exercise Room
10:45am	Silver Sneakers Yoga	Martha	Group Exercise Room
5:15pm	Y-Cycle	Paula	Cycle Room
5:45pm	Cardio Chisel	Kate	Group Exercise Room

FRIDAY

CLASS	INSTRUCTOR	LOCATION	
5:15am	Y-Cycle	Pam	Cycle Room
8:30am	Y-Cycle	Paula	Cycle Room
8:45am	Piyo	Martha	Group Exercise Room
9:30am	Cardio 101	Skye	Group Exercise Room

SATURDAY

CLASS	INSTRUCTOR	LOCATION	
8:15am	Zumba	Renada	Group Exercise Room
9:00am	Y-Cycle 1st & 3rd Only	Paula	Cycle Room
9:15am	Cardio Chisel 2nd Only	Kate	Group Exercise Room

SUNDAY

CLASS	INSTRUCTOR	LOCATION	
2:00pm	Y-Cycle 1st & 3rd Only	Paula	Cycle Room
2:00pm	Mat Pilates	Allison	Group Exercise Room



Class Descriptions

Body Sculpt: (45min-All) Group strength training for upper and lower body, using body weight, hand weights, balls tubing, etc. Multiple exercises.

Ballet Barre: (45/30min-All) Try the hottest trend in fitness. No tights required! Low-impact cardio with ballet toning moves to get you the lean body of a dancer. Easy to follow moves with big results.

Cardio 101: (45min-All) Looking for a good basic workout? Well here it is! Get it all done here with exercises for everybody! Cardio and light strength training are combined to keep your heart rate up and give you a complete head-to-toe workout.

Abs: (15min-All) Are you looking for that hour-glass shape or 6-pack abs? You'll find it here! All abs, all the time!

Kickboxing: (45min-All) This class is a combo of cardio, boxing and martial arts, providing a total body workout which aims to improve strength, aerobic fitness, speed, flexibility, coordination & balance. Come try one of the most popular fitness trends, and kick, jab, hook, & uppercut your way to a fitter you!

Pilates: (45min-All) Core, strength, stretch... Pilates is a safe and effective program designed to increase muscular strength and flexibility with a special focus on core muscles. Emphasis will be placed on proper posture, alignment & breathing. This class is non-impact & adaptable for most fitness levels. This is a great addition for any beginner or avid exerciser enthusiast.

PiYo: (45min- All) A perfect fusion of yoga and mat pilates with emphasis on body alignment, core strength, balance, and flexibility.

Silver Sneakers Classic: (45min-Beg) Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Silver Sneakers Yoga (45min-Beg) Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level. Class duration is usually 45 minutes.

Silver Sneakers Cardio (45min-Int) Increase your cardiovascular and muscular endurance in this Silver Sneakers "standing" circuit workout. Fitness and fun come together as you alternate non-impact or low impact aerobic choreography with upper-body strengthening exercises using hand-held weights, elastic tubing with handles and a Silver Sneakers ball. A chair is offered for balance, support, stretching and relaxation exercise.

Step: (45min-All) Using the studio step, you'll move your way through simple choreography combinations that will give your heart the boost it needs. Anyone will be able to "step" into this class & get an amazing workout!

Y-Cycle: (45min-All) Burn an average of 400-600 calories in this instructor-led, group cycling class. Fun, energizing music and a great workout for a variety of fitness levels so you'll never get left behind. *Classes held in the cycle studio. If this is your first time to a Y-cycle class, please be to class 10 minutes early so that you can be set up on a bike properly by the instructor.

Yoga: (45min-All) Balance, flexibility, stamina, strength, relaxing bliss... what doesn't Yoga help? All levels of participants are welcome to join this workout that gets back to the root of fitness... well-being. Mats are available or bring your own.

Zumba: (45min-All) We take the workout of workout. Once the Latin and world rhythms take over, you'll see why Zumba is fitness in disguise. Hi and lo-impact cardio moves,, muscle strengthening and oh did we mention fun? Give the party a try!