

Group Fitness Class Schedule - CARDIO & CORE

FEE: Use your Chilson pass or pay the daily fee.

Schedule subject to change; last revised 3.27.24

MONDAY			
Group Cycling	C	5:45-6:45A	Marco
Interval Cardio	F/D	6:20-7:20A	Nancy
Pilates Plus	F/D	7:30-8:30A	Nancy
Zumba Gold®	SG	8:00-9:00A	Lisa
Group Cycling	C	9:00-9:45A	Donna
Flexible Strength	F/D	9:00-9:50A	Catherine
Power HIIT	F/D	10:15-11:15A	Sherri
Body Blast	H	11:00-11:45A	Debra
Yoga	F/D	12:00-1:00P	Debra
Barre Fusion	F/D	5:30-6:30P	Katie
TUESDAY			
Power Toning	F/D	5:45-6:35A	Autumn
SOULFusion	F/D	8:00-9:00A	Cindi
Butts & Guts	F/D	10:00-10:45A	Andi
Group Cycling	C	12:00-1:00P	Sherri
Stability & Core	F/D	1:30-2:30P	Mary Ann
Zumba®	F/D	4:30-5:30P	Courtney
Yoga	H	5:30-6:30P	Jordan
WEDNESDAY			
Group Cycling	C	5:45-6:45A	Jim
Step	F/D	7:30-8:25A	Anita
Group Cycling	C	9:00-9:45A	Greg
Flexible Strength	F/D	9:15-10:00A	Candace
Power Toning	F/D	10:15-11:15A	Candace
Yoga	F/D	12:00-1:00P	Debra
Step & Strength	F/D	4:30-5:30P	Marcia L.
Zumba®	SG	4:45-5:45P	Bekah
Group Cycling	C	5:30-6:30P	Todd

THURSDAY			
Power Toning	F/D	5:45-6:35A	Katie
Step	F/D	7:00-7:55A	Anita
Zumba Gold®	F/D	8:05-9:05A	Lisa
20/20/20	F/D	9:15-10:15A	Andi
Group Cycling	C	9:00-10:00A	Sherri
Yoga	H	4:30-5:30P	Donna W.
Group Cycling	C	4:30-5:30P	Donna
Cardio Kick	F/D	5:00-5:45P	Andi
Sweat, Pump & Crunch	F/D	6:00-7:00P	DeeDee
FRIDAY			
Group Cycling	C	5:45-6:45A	Dan
Interval Cardio	F/D	6:20-7:20A	Nancy
Pilates Plus	F/D	7:30-8:30A	Nancy
Flexible Strength	F/D	9:00-9:50A	Catherine
Power Toning	F/D	10:15-11:15A	Sherri
Zumba®	SG	12:00-1:00P	Maz
SATURDAY			
Step	F/D	7:25-8:25A	Anita/Cindi
Group Cycling	C	7:30-9:00A	Todd
Power Toning	F/D	8:30-9:30A	Katie/Andi
Zumba®	F/D	9:45-10:45A	Courtney
Yoga	F/D	11A-12:00P	Katie H.
SUNDAY			

Have you tried TRX Suspension Training?

Use your own body weight to recruit and work many muscles at the same time. Enhance strength, balance, flexibility and core stability. See the current Activity Guide for class dates and fees! Age: 14+

ACTIVITY GUIDE: lovgov.org/activityguide
QUESTIONS: 970.962.2FUN (2386)

C: Cycling Rm F/D: Fitness/Dance Studio
H: Hickory Rm SG: Small Gym

Group Fitness Class Descriptions

Barre Fusion Designed to effectively burn out each muscle group worked from head to toe with isometric and aerobic training. Followed by stretch and release to aid in elongating and loosening muscles. Recommended to be barefoot on a yoga mat.

Body Blast Use bands, balls and weights to combine low impact cardio, balance challenges and functional movement for a total body workout.

Butts & Guts Lower body & core training at its finest! Get ready for a 45 min result-driven workout that will get you stronger & work your entire core.

Cardio Kick A high intensity mixed martial arts express format class uses striking and kick combinations to get you super strong and fast with both power and speed training. Learn options and modifications according to your fitness level.

Flexible Strength Combines yoga positions with dynamic movement to build strength, stamina, balance and flexibility. Best suited for those with previous instruction in physical alignment, physically fit and without current injuries.

Group Cycling One of the most effective and motivating group exercise classes on our schedule! Allows for a variety of ages and levels. Arrive 15 min early for first session.

Interval Cardio Aerobics A combination of step training, hi-low aerobics and strength and flexibility exercises all packed into one workout. Just what you need to energize your day!

Pilates Plus Improve core and postural muscle strength and endurance using Bender Ball and Bender Barre methods, resistance bands, fitballs and other apparatus. Increase muscle and joint mobility and improve blood flow, coordination and balance. Learn active stretching, muscle activation and release techniques.

Power HIIT Torch calories & push your workout to the next level by combining intervals of power & strength.

Power Toning One of the fastest ways to get in shape. With a combination of great body sculpting routines, work every major muscle group in the body. Strengthen, tone and increase flexibility using weights, bands and balls. A great class for beginners to experienced exercisers.

SOULfusion A creative blend of yoga inspired FLOWS, short cardio bursts , balance sequences and strength training exercises all set to crazy FUN music. SOULfusion is all of your soulmate workouts wrapped into one! Meet us on your MAT! M3 • Movement | Music | Motivation

Stability & Core Engage in standing and mat (floor) exercises to improve your balance, strengthen core and increase flexibility. Learn functional exercises using stability and medicine balls, weights and other exercise equipment to improve core strength, endurance and stability. You must be able to exercise on the floor.

Step A medium impact cardio activity that ensures you will meet your step goal each day. Classes vary in the level of choreography. All instructors offer various options for different levels of intensity.

Step & Strength A fun total-body workout providing a combination of both cardio and resistance training. Class begins with easy-to-follow, yet intense step aerobics segment followed by strength training.

Sweat, Pump & Crunch A combination of cardio blasts, strength exercises and core stability. You choose the intensity!

Yoga Explore your body and mind with postures, breath and meditation. Emphasis is on alignment and self-awareness for safe practice. Develop and maintain strength, focus, flexibility and balance. Majority is taught on a yoga mat on the floor. You must be able to get down and up from your mat without assistance.

Zumba® Forget the workout and find yourself in shape. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and energy levels will soar!

20/20/20 Experience a fun high energy class with 20 minutes of heart-pounding cardio, 20 minutes of versatile strength training, and end with a 20 minute relaxing stretch session. Every week brings a fresh new mix to keep you motivated!

Group Fitness Class Schedule - SENIOR & AQUA

CLASSES AT CHILSON: Use your Chilson pass or pay the daily fee.

VIRTUAL: Register by the week; use your Chilson pass or pay the fee.

FEE: \$10/wk for unlimited virtual classes (use keyword "VirtFit")

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MONDAY			
River Walking	LE	8:05-9:05A	Pam
Zumba Gold®	SG	8:00-9:00A	Lisa
SS Classic	Virt H	8:30-9:30A	Anita
Aqua Fitness	LAP	9:15-10:15A	Kathy
Body Blast	H	11:00-11:45A	Debra
SS Yoga	H	12:00-1:00P	Mary Ann
Strength Training	C/W	1:30-2:30P	Lisa F
Better Balance	F/D	1:30-2:30P	Mary Ann
TUESDAY			
Aqua Fitness	LAP	7:05-7:55A	Jan W.
Aqua EzFlow	LE	8:20-9:20A	Joyce
Aqua Fitness	LAP	9:15-10:15A	Judi
Cardio Power	Virt H	9:15-10:15A	Anita
SS Yoga	Virt H	10:30-11:30A	Donna
SS Circuit	Virt H	12:00-1:00P	Donna
Stability & Core	F/D	1:30-2:30P	Mary Ann
WEDNESDAY			
Aqua Zumba®	LAP	7:15-8:15A	Cindy
Aqua EzFlow	LE	8:20-9:20A	Joyce
Aqua Fitness	LAP	9:15-10:15A	Jan S.
Meditation	Virt P	10:00-11:00A	Larry
SS Classic	H	10:30-11:30A	Debra
Functional Movement REGISTRATION REQUIRED	F/D	1:30-2:10P	Lisa F
Aqua HIIT	LAP	6:30-7:30P	Amy

THURSDAY			
Zumba Gold®	F/D	8:05-9:05A	Lisa
River Walking	LE	8:05 -9:05A	Pam
Aqua Fitness	LAP	9:15 - 10:15A	Pam
Cardio Power	Virt H	9:15-10:15A	Anita
SS Classic	Virt H	10:30-11:30A	Donna
SS Circuit	Virt H	12:00-1:00P	Donna
FRIDAY			
Aqua Zumba®	LAP	7:15-8:15A	Judi
SS Classic	Virt H	8:30-9:20A	Donna
Aqua Fitness	LAP	9:15-10:15A	Pam
SS Yoga	Virt H	9:30-10:30A	Donna
SATURDAY			
Aqua HIIT	LAP	7:30-8:30A	Amy

Want to come and just swim laps?

Swim laps any day of the week! Guarantee your lane will be available by making an appointment (for lanes 1-3) at lovgov.org/webtrac or drop in for lanes 4-8.

Questions: 970.962.2FUN (2386)

Activity Guide: lovgov.org/activityguide

- C/W: Circuit/Weight Area
- H: Hickory Rm F/D: Fitness Dance Studio
- LAP: Lap Pool LE: Leisure Pool
- P: Party Rm SG: Small Gym
- Virt: Online/in-person

Group Fitness Class Descriptions - Senior & Aqua

Aqua EzFlow** A water-based total body strengthening, balance/relaxation class through movement. The focus is on deep breathing/slow movement and is designed to improve balance, flexibility and core strength.

Aqua Deep Water This class is in the deep end of Winona Pool (summer only) and is designed to improve cardiovascular, muscle strength, core and flexibility. Belts/noodles are provided for flotation.

Aqua Fitness Water exercise increases flexibility and muscle strength, and gives your cardiovascular system the workout it needs. It takes stress off joints and muscular skeletal system, yet works the muscles, heart and lungs. Classes contain cardio, strength and stretching components.

Aqua HIIT HIIT optimizes your workout time by utilizing a series of short, high intensity intervals designed to improve your cardio/strength and increase your metabolism. Class includes a warm-up, interval training section, strength work and cool down.

Aqua Zumba® Make a splash by adding a low-impact, high-energy aquatic exercise to your fitness routine. It blends the Zumba® philosophy with water resistance. There is less impact on your joints and the natural resistance means every step is more challenging & tone muscles.

Better Balance** Seated and standing exercises to improve balance. Strengthen lower body muscles while increasing bone density. Reduce risk of falling. Stay independent!

Body Blast Use bands, balls and weights to combine low impact cardio, balance challenges and functional movement for a total body workout.

Cardio Power** An advanced group exercise class designed for active adults who desire a safe and effective low-impact cardio workout. Easy-to-follow movements promote total-body conditioning to increase cardiovascular and muscular endurance. A variety of strength training options are offered to provide a well-rounded workout.

Functional Movement A total body strength workout to improve balance and power. Develop strategies and movements to transfer into your daily routines, help gain confidence, work to prevent falls and enhance the fun and active part of your life. **REGISTRATION IS REQUIRED.** No class fee, 4 week session, Limited to 15 students per session.

Meditation Guided meditation and relaxation can enhance memory and learning, decrease feelings of stress and anxiety and improve blood pressure, back pain and sleep quality.

River Walking** Water walking and full-body exercises including walking with and against the current in the Lazy River; builds strength, cardiovascular fitness and balance.

SilverSneakers® Classic** Seated/standing exercises to increase muscular strength, range of motion and activities for daily living.

SilverSneakers® Circuit** Standing upper-body strength work alternated with low impact cardio using a chair for support.

SilverSneakers® Yoga** Seated and standing yoga poses to increase flexibility, balance, and range of motion.

Stability & Core Engage in standing and mat (floor) exercises to improve your balance, strengthen core and increase flexibility. Learn functional exercises using stability and medicine balls, weights and other exercise equipment to improve core strength, endurance and stability. You must be able to exercise on the floor.

Strength Training Improve fitness, increase bone mass, muscle strength & reduce risks of osteoporosis with the use of the circuit machines & free weights. Perfect for beginners, returning exercisers or those who need extra help. Assistance is given as you strive toward independent workouts. Must be able to ambulate/transfer independently.

Zumba Gold® ** Zumba Gold® modifies moves and pacing for the active older adult and beginners of all ages. It's so much fun!

**These classes are geared for participants age 62+: however, all ages are welcome to attend.

FIND YOUR FIT!

Need help finding a fitness class that's right for YOU?

Contact Katie Hayes 970.962.2452