

# Southeast Health Fitness

## Group Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30	Barre-Less (Eliza)		Pilates (Eliza)		Barre-Less (Eliza)
7:45		Move Better Advanced (Rachel)			
8:20	Circuit Step (Rachel)		Circuit Step (Rachel)		Zumba (Eliza)
8:30		Power ½ Hour (Rachel)		Power ½ Hour (Rachel)	
9:15	Stability & Agility (Rachel/Eliza)	Young Hearts Cardio (Eliza)	Stability & Agility (Rachel/Eliza)	Young Hearts Cardio (Eliza)	Stability & Agility (Rachel)
10:15	Strength & Balance (Kennon/Eliza)	Silver Sneakers (Eliza)	Strength & Balance (Kennon/Eliza)	Silver Sneakers (Eliza)	Strength & Balance (Kennon/Eliza)
11:15	Move Better (Rachel)	Silver Sneakers EnerChi (Rachel)		Silver Sneakers EnerChi (Rachel)	
12:15	Strength & Balance (Eliza)		Strength & Balance (Eliza)		Senior Circuit (Eliza)
1:15		Silver Sneakers Circuit (Kennon)		Silver Sneakers Circuit (Kennon)	
5:15	F45 (Kennon)	Muscle Confusion (Kennon)	F45 (Kennon)	Yoga Stretch (1 <sup>st</sup> & 3 <sup>rd</sup> ) Cardio Step (2 <sup>nd</sup> & 4 <sup>th</sup> ) (Kennon)	
6:00		Power ½ Hour (Kennon)		Power ½ Hour (Kennon)	

## LOW IMPACT

- **Silver Sneakers Classic**- Low impact exercises designed to increase muscular strength, range of movement and make daily activities easier
- **Silver Sneakers Enerchi**- Modified tai chi forms to improve physical and mental well-being by learning the foundations of weight transfers and rhythmic movement
- **Silver Sneakers Circuit**- Standing workout that uses a chair for support, and combines cardio and strength for a double-duty session
- **Stability & Agility** – Strength, cardio, and balance training combined to increase stability
- **Strength and Balance**- Make everyday activities easier by getting stronger and improving your balance
- **Pilates**- Mat-based, low impact exercises to improve strength, flexibility, and posture
- **Young Hearts Cardio**- Elevate your heart rate with low impact dance moves
- **Move Better**- Seated and standing range of motion and flexibility exercises to lengthen muscles, release tension and promote joint mobility and stability. **Advanced**- floor based stretching

## HIGH INTENSITY

- **Barre-Less**- Sculpt, stretch, and sweat with ballet-inspired exercises to increase muscle tone and endurance
- **Power ½ Hour**- One of our **most intense** classes! Work through a variety of core, cardio, and strength training in just 30 minutes
- **Zumba**- Latin-inspired dance moves that provide a total workout, combining all elements of fitness– cardio, muscle conditioning, balance and flexibility
- **Circuit Step**- Step it up in this cardio workout to upbeat music using a step (or no step!)
- **Muscle Confusion**- Get ready for whatever the instructor throws at you- TRX, jump rope, BOSU, or weights
- **Yoga Stretch**- Yoga-based stretching aimed to better balance, flexibility, and strength through fluid movements
- **Cardio Step** - Burn major calories in this cardio workout!
- **F45**- Prepare your body for real-life activities by increasing muscle strength and endurance using a variety of modalities, including body weight exercises, sandbags, kettlebells, , TRX and more in this functional fitness class