



# Group Exercise Schedule for MARCH 2020

499 Hopwood Rd.  
 Collegetown, PA 19426  
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 uptrc.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Power Circuit</b> 8:15 - 8:45am L Fitness Staff (MP)				<b>TRX Strength</b> 8:15 - 9:00am M Fitness Staff (G)	<b>Grit &amp; Gears</b> 8:30 - 9:30am M Fitness Staff (S) <b>*No class 3/7*</b>
<b>The Pulse</b> 9:00 - 9:45am L Fitness Staff (MP)	<b>Breathe &amp; Flow</b> 9:00 - 9:30am L Fitness Staff (MP)	<b>Strength in Motion</b> 9:00 - 9:45am L Chris (G)	<b>Strength &amp; Tone</b> 9:00 - 9:45am L Fitness Staff (MP)	<b>Power Bands</b> 9:00 - 9:45am L Arlene (MP)	<b>Ride Express</b> 9:45 - 10:15am L Fitness Staff (S)
<b>Silver Sneakers Yoga</b> 10:00 - 10:45am L Chris (MP)	<b>Silver Sneakers Classic</b> 10:00 - 10:45am L Becky (MP)	<b>Silver Sneakers Yoga</b> 10:00 - 10:45am L Chris (MP)	<b>Silver Sneakers Classic</b> 10:00 - 10:45am L Geri (MP)	<b>Silver Sneakers Classic</b> 10:00 - 10:45am L Arlene (MP)	
<b>Zumba Gold</b> 11:00 - 11:45am L Cheryl (G) <b>*No class 3/2*</b>			<b>Core Focus</b> 4:30 - 5:00pm L Fitness Staff (MP)	<b>KEY:</b> L:Low Impact                      MP - MultiPurpose Room M:Moderate Impact            G - GYM H:High Impact                    S - Silo  <i>Each Silver Sneakers class (gray) is \$5 per class for non-Silver Sneaker/Silver &amp; Fit members.</i>  <i>Members ages 13-15 are welcome to participate with a parent or guardian.</i>	
<b>Circuit 30</b> 5:45 - 6:15pm H Fitness Staff (MP)	<b>Pure Strength</b> 5:30 - 6:15pm M Fitness Staff (MP)	<b>HIIT</b> 5:45 - 6:15pm L Fitness Staff (MP)	<b>Tabata</b> 5:15 - 5:45pm H Fitness Staff (MP)		
<b>Ride</b> 6:30 - 7:15pm L Fitness Staff (S)	<b>Tai Chi Yoga</b> 6:30 - 7:30pm L Arlene (MP)	<b>Cardio Infused Pilates</b> 6:30 - 7:30pm M Arlene (MP)	<b>Slow Flow Vinyasa Yoga</b> 6:00 - 7:00pm - MP L Suzy (MP)		

**\*\*In order to avoid class disruptions, please arrive 5 -10 minutes prior to the start of class\*\***

**All classes listed here are free for all members. Non-members are free to purchase a \$10 day pass.**

## Group Exercise Descriptions

**Breathe & Flow** - Focus on your breathing and yoga postures in this relaxing and rejuvenating class.

**Cardio Infused Pilates** - High-low movements infused with Pilates! Improves heart endurance and stamina, and incorporates Power-Pilates for lower body work.

**Circuit 30** - Perform different strength and cardio exercises within 30 minutes. This is a full-body workout using your body weight and free weights.

**Core Focus** - 30 minute class focusing on your core. Standing and mat exercises will be incorporated during the class.

**Grit & Gears** - Start off with a low impact, interval ride on a stationary bike – flats, climbs, and racing, followed by 25-30 minutes of upper body and core work on the floor.

**HIIT (High Intensity Interval Training)** - Consists of short bursts of high intensity work followed by a brief recovery period. A variety of body weight exercises and equipment will be used during this class.

**Power Bands** - Advanced strength and cardio workout for your entire body using resistance bands.

**Power Circuit** - Starts out with quick cardio intervals and then adds in weight, balance, and stability training for a total body experience.

**Pure Strength** - Build strength and definition using free weights and resistance bands. This is a fast pace class.

**Ride** - 45 minute low impact, heart pumping ride on an indoor Keiser M3 bike.

**Ride Express** - 30 minute low impact indoor bike ride.

**Slow Flow Vinyasa Yoga** - Traditional yoga workout focusing on breaths, posture, poses, and flexibility.

**Strength in Motion** - Increases strength, balance, and flexibility. A variety of equipment is used to enhance your workout.

**Strength & Tone** - A 45 minute muscle building and conditioning class focusing on high repetitions and light weight.

**Tabata** - High intensity interval training that consists of fast-paced exercises for 20 seconds with a brief 10 seconds of rest for eight rounds.

**Tai Chi Yoga** - Blending of Tai Chi and Yoga into a single art form creates more benefits to body, mind and spirit. Standing and seated relaxation poses to inspire you.

**The Pulse** - Focus on developing strength and flexibility from the ankles up through the calves, knees, thighs, and glutes.

**TRX Strength** - Combine strength and mobility work with the TRX Suspension Trainer to increase lean muscle.

**Zumba® Gold** - Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.