

# GROUP FITNESS CLASSES

SPRING 2024 | APRIL 1-MAY 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Boot Camp</b> 5:15am-6:15am Studio 1  <b>Cycle</b> 8:15am-9:10am Studio 1  <b>Seniors in Motion</b> 9am-9:50am 50+ Center  <b>Strictly Strength</b> 9:30am-10:25am Studio 1  <b>Mat Pilates</b> 9:30am-10:25am Studio 2  <b>TRX®</b> 9:30am-10:15am TRX Studio  <b>SilverSneakers®*</b> 10am-10:50am 50+ Center  <b>Yoga</b> 10:30am-11:15am Yoga Studio  <b>SilverSneakers®*</b> 11am-11:50am 50+ Center  <b>Zumba®</b> 6pm-6:55pm Studio 1  <b>Barre</b> 6pm-6:55pm Studio 2	<b>Body Sculpt</b> 5:15am-6:15am Studio 1  <b>Seniors in Motion</b> 9am-9:50am 50+ Center  <b>Cycle</b> 9:30am-10:25am Studio 1  <b>Barre</b> 9:30am-10:25am Studio 2  <b>SilverSneakers®* Yoga</b> 1pm-1:50pm 50+ Center  <b>TRX®</b> 6pm-6:45pm TRX Studio  <b>Pi-Yo</b> 6:30pm-7:25pm Studio 2  <b>Kick Plus</b> 6pm-7pm Studio 1	<b>Cycle</b> 5:15am-6:15am Studio 1  <b>Cycle</b> 8:15am-9:10am Studio 1  <b>SilverSneakers®*</b> 9am-9:50am 50+ Center  <b>Strictly Strength</b> 9:30am-10:25am Studio 1  <b>WERQ</b> 9:30am-10:25am Studio 2  <b>SilverSneakers®*</b> 10am-10:50am 50+ Center  <b>SilverSneakers®*</b> 11am-11:50am 50+ Center  <b>Body Sculpt</b> 4pm-4:55pm Studio 1  <b>Yoga</b> 6pm-6:45pm Studio 2  <b>Zumba®</b> 6pm-6:55pm Studio 1	<b>Body Sculpt</b> 5:15am-6:15am Studio 1  <b>SilverSneakers®* Yoga</b> 8am-8:50am 50+ Center  <b>Seniors in Motion</b> 9am-9:50am 50+ Center  <b>Cycle</b> 9:30am-10:25am Studio 1  <b>Barre</b> 9:30am-10:25am Studio 2  <b>Cycle</b> 5:30-6:20pm Studio 1  <b>Strictly Strength</b> 6:30pm-7:25pm Studio 1	<b>Cycle</b> 5:15am-6:15am Studio 1  <b>Cycle</b> 8:15am-9:10am Studio 1  <b>Butts &amp; Guts</b> 9am-9:45am Studio 2  <b>Seniors in Motion</b> 9am-9:50am 50+ Center  <b>Zumba®</b> 9:30am-10:25am Studio 1  <b>TRX®</b> 9:30am-10:15am TRX Studio  <b>SilverSneakers®*</b> 10am-10:50am 50+ Center  <b>SilverSneakers®*</b> 11am-11:50am 50+ Center	<b>Boot Camp</b> 8:30am-9:20am Studio 1  <b>Zumba®</b> 9:30am-10:25am Studio 1
<b>NORTH-END</b>					

## DROP IN PASS

\$10/ Adult

All class sizes are limited. Reserve your spot at [greatermidland.org/book-workout](https://greatermidland.org/book-workout) up to 48 hrs in advance.

**NEW!** All classes are now available to **SilverSneakers®** participants

\*Must be registered SilverSneakers participant to attend



**Body Blast**  
9am-10am

**Butts & Guts**  
9am-9:45am

**Body Blast**  
9am-10am

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	AQUATIC CLASSES
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<p><b>Aqua Fit</b> 9am-9:55am</p> <p><b>Senior Aquacise</b> 9am-9:55am East Pool</p> <p><b>Aqua Arthritis</b> 10am-10:55am</p> <p><b>Aqua Fit Blast</b> 10am-10:55am East Pool</p>	<p><b>Aqua Fit</b> 9am-9:55am</p> <p><b>Aqua Fit Blast</b> 10am-10:55am East Pool</p> <p><b>Aqua Fit Blast</b> 7pm-7:55pm</p>	<p><b>Aqua Fit</b> 9am-9:55am</p> <p><b>Senior Aquacise</b> 9am-9:55am East Pool</p> <p><b>Aqua Arthritis</b> 10am-10:55am</p> <p><b>Aqua Fit Blast</b> 10am-10:55am East Pool</p>	<p><b>Aqua Fit</b> 9am-9:55am</p> <p><b>Aqua Fit Blast</b> 10am-10:55am East Pool</p> <p><b>Aqua Fit Blast</b> 6pm-6:55pm East Pool</p>	<p><b>Aqua Fit</b> 9am-9:55am</p> <p><b>Senior Aquacise</b> 9am-9:55am East Pool</p> <p><b>Aqua Arthritis</b> 10am-10:55am</p> <p><b>Aqua Fit Blast</b> 10am-10:55am East Pool</p>
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**Aqua Arthritis:** Utilize walking, stretching, wall exercises & water resistance to improve joint movement, range of motion, and flexibility.

**Aqua Fit:** Class focuses on toning and cardiovascular conditioning in the pool. Moderate to high impact intensity while being safe on joints.

**Aqua Fit Blast:** An advanced cardiovascular workout that is high energy but low impact. Maximize your calorie burn by concentrating on intensity, cardio moves, strength work, and by using a variety of equipment and water depths.

**Senior Aquacise:** Similar to our aqua arthritis class the class will improve range of motion, flexibility, and functional movement of joints. This class is at a slightly higher intensity and stays in the shallow water.

### LOW INTENSITY

**Seniors in Motion:** Focus on conditioning for strength, balance, and endurance. Suitable for all levels.

**Silver Sneakers\*:** Designed to increase muscle strength and range of movement and improve activities for daily living.

**Yoga:** Yoga is a practice that connects the body, breath, and mind. It uses physical postures, breathing exercises, and meditation to improve overall health.

**Pi-Yo:** Low-impact High intensity workout that combines Pilates and yoga. Helps shape your body by burning fat and building muscle, tone, flexibility, core strength and balance.

### MEDIUM INTENSITY

**Barre:** Total body workout implementing the ballet barre using small isometric movements.

**Body Blast:** Full body strength, core, and cardio class. Includes several different resistance exercises using a variety of equipment followed by quick core & cardio for an all-over body workout.

**Mat Pilates:** Strengthening and lengthening form of exercise that focuses on your core (trunk) muscles while training your arms and legs.

**Butts & Guts:** Helps sculpt, shape, and strengthen your abdominal, glutes and thigh muscle groups. Various equipment is used to help to strengthen and tone your core, butt and thighs.

**Strictly Strength:** Various equipment to help you develop lean muscle mass and some serious strength.

**Butts & Guts:** Designed to help sculpt, shape, and strengthen your abdominal, glutes and thigh muscle groups. Various equipment will be used to help to strengthen and tone your core, butt and thighs.

**Strictly Strength:** Utilizes various equipment to help you develop lean muscle mass and some serious strength. No cardio here.

### HIGH INTENSITY

**Cycle:** High energy cycling. New riders plan to arrive 10 min. early to set up.

**Body Sculpt:** A combination of traditional body sculpting methods using free weights, resistance bands and your own body.

**Kick Plus:** A challenging workout, utilizing cardio kick formats & a variety of dumbbells for targeted muscle group.

**TRX®:** Bodyweight suspension training from an anchor point. New participants plan to arrive 10 min. early to set up.

**Whipped:** High intensity cardio and strength training in a circuit format for full body workout.

### CHOREOGRAPHED TO MUSIC

**Zumba®:** Party-like atmosphere, bringing cardio dance to a whole other level using music and moves from around the World!

**WERQ:** The wildly addictive cardio dance class based on the hottest pop and hip-hop music.

**Weather Policy:** All morning Greater Midland Classes will be canceled if Midland Public Schools cancel school. Decisions on afternoon classes will be made at 10:00am and evening classes at 2:00pm.

**CLASS PASSES ARE NON-REFUNDABLE.** Classes are subject to change or may be canceled based on participation.

*\*\*Per weather policy, if water fitness classes are canceled the Oasis Pool will be open for open fitness\*\**

**For More Information: Amy Wozniak**  
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