

CAC - SILVER LAKE GROUP EX SCHEDULE FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Core Bootcamp New Time! 5:30-6:30am Katherine Basketball Gym	Cycle 45 & Core 5:45-6:45am Jenna Cycle Studio			Cycle 45 & Core 5:45-6:45am Jenna Cycle Studio		
					Barre Bootcamp 8:30-9:30am Nina Mind/Body Studio	
Aqua Bootcamp 9:00am-10:00am Lauren Indoor Pool	New! Gentle Yoga Flow 8:45-9:45am Karen Mind/Body Studio	Aqua Cardio 45 9:15am-10:00am Bari, Indoor Pool	New! Yoga Sculpt 8:45-9:45am Lauren Mind/Body Studio	Aqua Boot Camp 9:00am-10:00am Katherine Indoor Pool	Group Core 8:45-9:15am Mary, GX Studio	
Group Power 9:00-10:00am Chrissy GX Studio	Group Core 9:00-9:30am Bari, GX Studio	Group Power 9:00-10:00am Lauren GX Studio	Group Core 9:00-9:30am Chrissy, GX Studio	Group Power 9:00-10:00am Bari GX Studio	Group Blast 9:15-10:15am Mary GX Studio	Group Power 9:00-10:00am Mary GX Studio
Vinyasa Yoga 9:15-10:15am Carmen Mind/Body Studio	HIIT 45 9:30-10:15am Bari GX Studio	Pilates Mat 9:15-10:15am Laurie Mind/Body Studio	MIIT 45 9:30-10:15am Chrissy GX Studio	Yin Yoga & Meditation 9:15-10:30am Karen Mind/Body Studio	Special Class Intro. to Gentle Yoga 9:45-10:45am Mind/Body Studio On February 10th	Group Centergy 10:15-11:15am Mary GX Studio
			Cycle-45 9:30-10:15am Erin, Cycle Studio			Vinyasa Yoga 10:30-11:30am Danii Mind/Body Studio
Pilates Barre 10:30-11:20am Carmen Mind/Body Studio	Vinyasa Yoga 10:00-11:00am Karen Mind/Body Studio	Yin Yoga 10:30-11:30am Karen Mind/Body Studio	Vinyasa Yoga 10:00-11:00am Karen Mind/Body Studio			
S.B.C. 10:30-11:15am Chrissy GX Studio	ZUMBA 10:30-11:30am Jillian GX Studio	Cardio Core Circuit 10:30-11:15am Bari, GX Studio	S.B.C. 10:30-11:15am Lauren, GX Studio	Yoga Sculpt 11:00-12:00pm Bari Mind/Body Studio	Yoga Flow 11:00am-12:00pm Helen Mind/Body Studio	
	Aqua Motion 12:00-1:00pm Bari Indoor Pool		Aqua Motion 12:00-1:00pm Lauren Indoor Pool			
Group Core 4:45-5:15pm Mary, GX Studio	Barre Bootcamp 5:00-6:00pm Nina Mind/Body Studio					
Group Blast 5:15-6:15pm Mary GX Studio	Group Power 5:15-6:15pm JoAnne GX Studio	Group Blast 5:15-6:15pm Veronica GX Studio	Group Power 5:15-6:15pm Mary GX Studio	<p align="center">World Cancer Day is February 4th From February 4th through the 29th Our Mind/Body team will teach a special candlelight and reflective yoga class throughout the month. Hoping to create awareness, write positive messages, advocate for those healing and/or for those battling! Paper hearts with different colored ribbons will be available to write on.</p> <p align="center">Our February Member Social Date: Thursday, February 29 Time: 11am – 2pm & 5 – 8pm Complimentary for all CAC members</p> <p align="center">Candlelight Yoga Classes (Please sign up) Monday, February 26, 7 – 8pm w/Laurie Thursday, February 29, 10 – 11am w/Karen</p> <p align="center">Special Class: Intro. to Yoga Saturday, February 10, 9:45 – 10:45am in Mind/Body Studio</p>		
(Hot) Fire Flow 5:45-6:45pm Laurie Mind/Body Studio		Heated Yoga Flow 6:30-7:30pm Helen Mind/Body Studio	Heated Group Centergy 6:30-7:30pm Mary Mind/Body Studio			
Ride-45 6:30-7:15pm Kelly, Cycle studio		Core F.I.I.T. 6:30-7:30pm Bari GX Studio	ZUMBA Toning 6:30-7:30pm Mara GX Studio			
Yin Yoga & Meditation 7:00-8:00pm Laurie Mind/Body Studio	Heated Group Centergy 7:00-8:00pm Bari Mind/Body Studio					
Aqua Bootcamp 7:40-8:30pm Kelly Indoor Pool		Aqua Bootcamp 7:40-8:30pm Helen Indoor Pool				



SILVER LAKE GROUP EXERCISE CLASS DESCRIPTIONS FEBRUARY

MOSSA Group Exercise Classes

MOSSA Group Centergy®

Grow longer and stronger with Group Centergy, an invigorating 60 minute mind/body workout. It incorporates Yoga and Pilates fundamentals with athletic training for strength, balance, mobility and flexibility. Emotive music drives the experience as you breathe and sweat through this full-body movement journey. REDEFINE YOURSELF.

MOSSA Group Blast®

BLAST OFF your workout with 60 minutes of cardio training that uses The STEP® in highly effective, athletic ways. Group Blast® will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength with exciting music and group energy. HAVE A BLAST!

MOSSA Group Core®

Let's get Hard Core! Train like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain, and give you ripped abs! Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, weight plates, a towel, and a platform – all to challenge you like never before.

Reach Your Peak!

MOSSA Group Power®

Group Power® is Your Hour of Power! Blast all your muscles with this high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best! Power Up!

MOSSA R30/Group Ride®

Get fitter in only 30 minutes in R-30 or 45- 60 minutes in Group Ride! It's as easy as riding a bike and even better with other cyclists! Burn calories, improve muscular endurance, and build cardio fitness as you ride with surges, short intervals, power, and end with a rush! Inspiring music and motivating coaches will ensure that Everyone Finishes First!

Group Exercise Classes

Cardio Core Circuit

45 minutes of cardio cross training, using free weights, resistance bands, resistaballs, Bosu's, medicine balls and body resistant core exercises. Every week there will be a different set up of stations and participants rotate to each station. This format is designed for all fitness levels-you choose what you want and need for your workout.

Cycle 45 and Core

Take your cardio to the next fitness level. 30-45 minutes of endurance, power and sprint training while using your heartrate as a guide to maximize your workout. Finish with strength training using weights and body resistance-core work.

Core Boot Camp

Meet in the basketball gym for 45 minutes of speed, agility, muscle strength and endurance training. The last 15 minutes focus on maximizing your Core muscles!! This workout is good for all ages and all levels of fitness.

Core F.I.I.T.

Designed for ALL fitness levels and every BODY!

A bootcamp format in the Group Ex Studio, rotate to different stations.

Functional: Workout now, so you can do anything you want to do in your LIFE.

Interval: A type of training exercise that involves, a variety of "intensity" exercises interspersed with recovery.

Intensity: You can choose fast or slow for your cardio, you choose to lift heavy or light with your strength training, build confidence with a variety of balance exercises and maximize your core for better stability, mobility and agility.

Training: A mix of Cardio, Strength, Balance and Core. Use free weights, body resistance, and a wide variety of equipment to complete your interval workout. Bonus, have FUN working out with others!

HIIT45/MIIT 45

Do you want to work hard for 45 minutes? HIIT is a high intensity, whole-body approach to training using resistance, cardio and endurance/strength based exercises. This workout uses metabolic circuit training, intervals and supersets with light to moderate dumbbell resistance to deliver results in the most efficient, accelerated and fun way possible...all in 45 minutes! MIIT 45 is going to have a lot more options and modifications=low to moderate intensity and a good workout.

SBC (Strength-Balance-Core)

This class is designed to use basic movements and improve overall balance, increase muscular strength, and implement core stability. This class is appropriate for all fitness levels, but designed for beginning through intermediate participants. It is a great addition to existing fitness programs or as a transitional class from water to land-based exercise. SBC will enhance your overall fitness and health.

Zumba!

Get ready to move! This Latin Dance based exercise class combines the best of Latin and traditional dance movements to make for a fun-filled hour of exercise. Shake, shimmy and move yourself into shape!

Water Aerobics Classes

Aqua 45

A 45 minute cardio based workout in the water. Move to music using your body resistance in the water. The lap lanes are open starting at 9am so come in and stretch, connect with your friends and ready to move and groove with your instructor by 9:15am.

Aqua Bootcamp

Aqua bootcamp is a medium-high intensity workout in water. Using all the regular buoyancy equipment like dumb bells and noodles, as well as water resistance... Total body workout!

Aqua Motion

This class incorporates walking/rebounding in various directions, using various strides and specific upper body movements to get a balanced workout. This class is slower paced than water aerobics which makes it great for those with arthritis, fibromyalgia or joint replacements. It is also ideal for post-surgery rehab, pre/post- natal workouts and cross training

Mind/Body Classes

There are many modifications and variations that serve the needs of all experience levels. Get ready to take your yoga practice seriously but yourself lightly as you explore your edge, discover your strength and awaken your potential!

Vinyasa Yoga

A dynamic flowing class taught in the style of Baron Baptiste, a combination of strength, sweat and personal empowerment. The practice is accessible to everybody, yet is also a challenging and flowing form of yoga that will lead you to a state of transformation. VinyasaYoga heals as it detoxifies. It will sculpt and tone the muscles of your body and clarify your mind.

Yin Yoga/Yin Yoga and Meditation

Most forms of yoga today are dynamic, active practices designed to work the muscular "yang" tissues. Yin yoga is a complimentary discipline to a yang practice, working the deeper "yin" tissues of our ligaments, joints and deep fascial networks and ultimately, increasing our range of motion.

Fire Flow Yoga/Yoga Flow/Heated Yoga Flow

This practice is slow and steady, but it can be just as vigorous as Vinyasa. You'll move through a sequence of strong postures designed to build heat with core engagement, longer holds, and breathe work. The slower pace helps to cultivate steadiness of mind, enhanced alignment, and nervous system regulation. Studio will be moderately heated 80-85 degrees to help with muscular flexibility, sweat and detoxification. Yoga Flow classes will not be heated.

Barre Bootcamp

Barre Bootcamp will strengthen your arms, sculpt your legs, butt and core, scorch calories, and leave you feeling lean and elongated. You will experience a well-rounded workout that incorporates basic conditioning movements and isometric holds to build strength, as well as small range of motion moves to get deep into your musculature, resulting in a sleek, sculpted look. We use some dynamic, low impact movement to increase your cardio work. You'll also experience some deep stretching for recovery to keep your body long and lean.

Pilates Barre/Mat Pilates

Barre combines ballet, Pilates and Yoga to give you an amazing 45- minute workout that will sculpt your legs, butt and core, scorch calories, and leave you feeling lean and elongated. You don't need to be a dancer to participate. We take inspiration from dance and ballet, meshing these with fitness moves gleaned from Pilates as well as the grace and wisdom of Yoga. Mat Pilates does not use a Barre, all on your yoga mat.

Yoga Sculpt

A blend of Yoga and Pilates, strength, body resistance and free weight training along with balance challenges while increasing your flexibility. This class is designed to meet the needs of all fitness levels with a lot of options. So you can get what you want out of this class! It is your mind, your body and your fitness journey.

