



# Morey Courts

GROUP EXERCISE SCHEDULE - SPRING 2024

\$10 DROP-IN OR \$8 FOR SENIORS - FREE FOR MEMBERS

DAY

CLASS

TIME

M

45 Min. Cycle - Amy  
Zumba - Jenifer W.  
45 Min. Cycle - Cory

5:30 - 6:15 AM  
5:30 - 6:30 PM  
5:30 - 6:15 PM ~ Mezzanine

T

Rise & Grind - Cory  
H.I.I.T. - Ron  
Senior Circuit - Barb  
Senior Yoga - Barb  
45 Min Cycle - Cory  
Aikido - Scott

6 - 6:45 AM  
7:30 - 8:15 AM  
9:15 - 10:00 AM  
10 - 10:45 AM  
5:30 - 6:15 PM  
6:30 - 8:00 PM

W

NEW CLASS

Cycle & Sculpt - Amy  
Body Sculpt- Catherine  
PM Pedal Power- Catherine

5:30 - 6:15 AM  
4:15 - 5 PM  
5:15 - 6 PM

TH

Rise & Grind - Cory  
H.I.I.T. - Ron  
Senior Yoga - Barb  
Zumba/Zumba Toning - Angie

6 - 6:45 AM  
7:30 - 8:15 AM  
9:15 - 10 AM  
5:30 - 6:30 PM

F

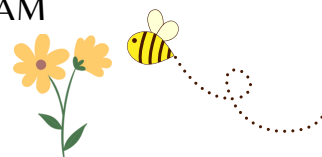
45 Min. Cycle - Amy  
Butts & Guts - Ranelle  
Hatha Yoga - Margaret

5:30 - 6:15 AM  
7:30 - 8:15 AM  
10:30 - 11:30 AM

SAT

Zumba - Noelle  
45 Min. Cycle - Amy  
Barre & Sculpt - Noelle

9:00 - 10:00 AM  
9:00 - 9:45 AM ~ Mezzanine  
10:15 - 11:15 AM





# McLaren Fitness

GROUP EXERCISE SCHEDULE - SPRING 2024  
\$10 DROP-IN OR \$8 FOR SENIORS - FREE FOR MEMBERS

DAY

CLASS

TIME

M

Silver Sneakers Yoga - Barb  
Body Sculpt - Catherine

10 - 11 AM  
4:15 - 5 PM

T

Body Sculpt (1st Tues) - Kristy  
Step Interval (2nd - 4th Tues)

8:15 - 9:15 AM

Strong 30 - Paula  
Circl Mobility - Paula

5:30 - 6:15 PM  
6:15 - 6:30 PM

W

Silver Sneakers Yoga - Barb  
Barre Fitness - Noelle

10 - 11 AM  
6:00 - 7:00 PM

TH

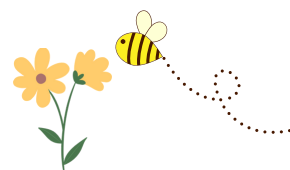
Body Sculpt - Kristy  
Silver Sneakers Yoga - Barb  
Strong 30 - Paula  
Circl Mobility - Paula  
Barre & Sculpt - Noelle

8:15 - 9:15 AM  
10:45 - 11:45 AM  
5:30 - 6:15 PM  
6:15 - 6:30 PM  
6:30 - 7:30 PM

F

Yoga/Pilates - Catherine

4:15 - 5 PM



# Class Descriptions

SIGNATURE CLASSES - FREE FOR MEMBERS

\$10 DROP-IN OR \$8 FOR SENIORS

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**Barre Fitness:** Uses ballet barre inspired exercises to strengthen and tone the body with included elements from Pilates. These low-intensity, high-impact movements are designed to build strength, increase flexibility and balance, and tone the body. This is a total body class. This class is perfect for all levels and bodies. Barre Fitness is not a dance class and ballet experience is not required. **All Levels with Modifications Offered.**

**Barre & Sculpt:** Combining Barre Fitness with Body Sculpt, this class will make your muscles positively burn for days! Using ballet barre and center floor inspired exercises, Barre & Sculpt strengthens and tones the body using isometric movements, medium weights, Bosu balls, exercise straps, resistance bands, and includes elements of Pilates. This medium intensity class focuses on core muscle groups to build strength, to increase flexibility and balance, and to tone the full body. This class is for all levels and bodies with instruction to increase or decrease intensity as needed.

**Butts & Guts:** Focus specifically on developing a strong, powerful lower body and core muscle groups in a 45 minutes class by using various types of resistance training techniques, including resistance bands and body weight exercises. **All levels**

**Cycle & Sculpt:** Increase your stamina and your cardiovascular system and get ready to build muscle with the perfect combination of cycling and body sculpt. You'll leave class feeling strong and with a boost of endorphins. **All levels**

**High Intensity Interval Training (H.I.I.T.):** A fun full body workout of high intensity exercises performed in intervals. A mix of plyometric moves and resistance training to improve strength. H.I.I.T. training can easily be modified for people of all fitness levels and special conditions. **All levels**

**Muscle Up:** A total-body workout, weights mixed with cardiovascular intervals. **All levels**

**Pilates:** 45 minute beginner/intermediate classical style Pilates, essential for building core strength and correcting body imbalances. **Beginner/Intermediate levels**

**P.M Pedal Power/45min Cycle:** Riding your own individual bike, you ride at your own intensity level within the structure of the class. Come to experience a 45min ride to improve cycling techniques, improve focus, and to increase stamina and cardiovascular endurance! The ride is YOURS! **All Levels**

**Rise & Grind:** Experience your most powerful self. Develop total strength, power, muscular endurance, and aerobic & anaerobic conditioning. **All levels**

**Senior Yoga or Circuit:** Have fun while staying active! Designed with the senior in mind, all aspects of physical fitness are incorporated in order to keep you at your best so you can keep doing the things that you enjoy! **ALL FITNESS LEVELS**

**SilverSneakers® Yoga:** SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. **All levels**

**Step & Sculpt:** Fun cardiovascular conditioning class with high-intensity and low-impact choreography using a step platform. Intensity levels can be easily varied by performing the movement without the step. Muscle conditioning, abs, and stretching are all incorporated. Look for this class on Saturdays, too! **Moderate/Advanced Levels**

**Strong 30:** STRONG Nation™ combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. **All Levels.**

**Yoga:** 45 minute class focusing on breathing, flow, moving to peak pose, cool down and meditation. **All levels with modifications offered**

**Zumba:** Latin-inspired dance fitness class that incorporates Latin and International music and dance movements. This class format combines fast and slow rhythms that tone and sculpt the body in an aerobic/fitness fashion to achieve cardio and muscle-toning benefits. **All Levels**