

## CERA Group Exercise Schedule

	<b>Multipurpose Room</b>	<b>Mind/Body Studio</b>	<b>Cycle Studio</b>
<b>Monday</b>	8:00-8:45am <b>Moovin' &amp; Groovin'</b> ( <i>Tracie</i> ) 9:00-9:45am <b>Sit &amp; Be Fit</b> ( <i>Tracie</i> ) 4:30-5:15pm <b>Step It Up</b> ( <i>Shelley</i> ) 5:30-6:15pm <b>Zumba</b> ( <i>Gaby</i> )	7:00-8:00am <b>Rise &amp; Shine Yoga</b> ( <i>Irie</i> ) 5:30-6:00pm <b>Barre Bum</b> ( <i>Sadie</i> ) 6:00-7:00pm <b>Yoga Flow</b> ( <i>Robin</i> )	10:00-10:45am <b>Cycle</b> ( <i>Jackie</i> )
<b>Tuesday</b>	8:00-8:45am <b>Hi-Lo Aerobics</b> ( <i>Shelley</i> ) 9:05-9:45am <b>Strength &amp; Toning</b> ( <i>Jackie</i> ) 5:30-6:15pm <b>Boot Camp</b> ( <i>Laura</i> ) 6:20-7:00pm <b>Kickbox &amp; Core</b> ( <i>Laura</i> )	10:00-11:00am <b>Gentle Yoga</b> ( <i>Patricia</i> ) 5:30-6:00pm <b>Barre</b> ( <i>Lindsay</i> ) 6:00-6:30pm <b>Yogalates</b> ( <i>Lindsay</i> )	5:45-6:45pm <b>Pedal Time</b> ( <i>Kristina</i> )
<b>Wednesday</b>	8:00-8:45am <b>Line Dance</b> ( <i>Gail</i> ) 8:50-9:30am <b>Keep In Balance</b> ( <i>Lindsay</i> ) 9:30-10:30am <b>Step It Up</b> ( <i>Shelley</i> ) 5:30-6:30pm <b>Zumba</b> ( <i>Gaby</i> )	7:00-8:00am <b>Rise &amp; Shine Yoga</b> ( <i>Irie</i> ) 5:30-6:00pm <b>Barre Bum</b> ( <i>Sadie</i> ) 6:00-7:00pm <b>Restorative Yoga</b> ( <i>Sadie</i> )	
<b>Thursday</b>	8:00-8:50am <b>Zumba</b> ( <i>Fatima</i> ) 9:00-9:45am <b>Sit &amp; Be Fit</b> ( <i>Gail</i> ) 5:30-6:15pm <b>Boot Camp</b> ( <i>Laura</i> ) 6:20-7:00pm <b>Kickbox &amp; Core</b> ( <i>Laura</i> )	10:00-11:00am <b>Gentle Yoga</b> ( <i>Patricia</i> ) 6:00-6:45pm <b>Yoga Flow</b> ( <i>Robin</i> )	9:05-9:45am <b>Cycle</b> ( <i>Jackie</i> ) 5:45-6:45pm <b>Cycle Fury</b> ( <i>Kristina</i> )
<b>Friday</b>	8:50-9:30am <b>Keep In Balance</b> ( <i>Lindsay</i> ) 5:30-6:30pm <b>Zumba</b> ( <i>Samar</i> )	7:00-8:00am <b>Rise &amp; Shine Yoga</b> ( <i>Irie</i> )	
<b>Saturday</b>	8:30-9:30am <b>Step It Up</b> ( <i>Shelley</i> )	9:45-10:45am <b>Yin Yoga</b> ( <i>Sadie</i> )	

## CERA Group Exercise Class Descriptions

<b>Class Name</b>	<b>Instructor</b>	<b>Description</b>
Barre	Lindsay	Combination of Pilates, yoga, and ballet with exercises done on a mat, floor, and barre for a full body toning workout
Barre Bum	Sadie	A ballet-inspired workout with emphasis on core and lower body
Boot Camp	Laura	Combination of intervals, cardio drills, and muscle conditioning exercises
Cycle	Jackie	Hills, sprints, and indoor cycle
Cycle Fury	Kristina	A motivating cycling experience designed to push your endurance, build stamina, and burn calories
Gentle Yoga	Patricia	Develop relaxation, flexibility, balance, and endurance
Hi-Lo Aerobics	Shelley	Fast-paced, multi-level, aerobics class
Keep In Balance	Lindsay	Focuses on improving functional fitness level, balance, and strength
Kickbox & Core	Laura	Intense cardio class alternating between kickboxing combos and high intensity cardio drills to maximize calorie burn; punch, kick, & twist your way to a stronger, sculpted core (modifications will be given for lower impact/intensity)
Moovin' & Groovin'	Tracie	Energetic, upbeat aerobics class that can go from high to low for all fitness levels
Pedal Time	Kristina	An all level cycling class focusing on basics and a rounded cycling experience
Restorative Yoga	Sadie	Achieve physical, mental and emotional relaxation with the aid of props
Rise & Shine Yoga	Irie	Start your day with this yoga class designed to develop strength, flexibility, and mindfulness
Sit & Be Fit	Gail/Tracie	Variety of exercises designed to increase muscular strength, range of movement, and daily living skills, using handheld weights, elastic tubing and a ball; a chair can be used for seated or standing support
Step It Up	Shelley	Fast-paced, intermediate/advanced choreographed step class
Strength & Toning	Jackie	Total body conditioning incorporating strength, balance, coordination and core work, using a variety of equipment, including weights, bands, bench, balls and more
Yin Yoga	Sadie	Quiet, slow-moving style of yoga that focuses on mindfulness; uses fewer poses with longer holds to access joints, fascia, and bones, and promotes healing, mobility, and suppleness
Yoga Flow	Robin	Focuses on strength, balance, and increasing range of motion using yoga moves in a vinyasa format
Yogalattes	Lindsay	Combination of yoga & Pilates to increase core strength, balance, and flexibility
Zumba	Gaby/Fatima/Samar	Mixes low and high intensity moves for an interval-style, calorie burning, dance fitness party synchronized to Latin and World rhythms