



GROUP FITNESS CLASS SCHEDULE

MARCH 2018



HOURS: MONDAY - FRIDAY 6 AM - 8 PM, SATURDAY & SUNDAY 8 AM - 4PM WWW.MIDDLEBURYFITNESS.COM **PH: 388-3744** \$ = Additional Fee

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div style="border: 1px solid black; border-radius: 10px; padding: 5px; margin-bottom: 5px;"> SPINNING 6:15 - 7:00 AM w/ Ashley - Spin Studio </div> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; margin-bottom: 5px;"> CARDIO DANCE 8:30 - 9:30 AM w/Jeanette - Studio 1 </div> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; margin-bottom: 5px;"> SilverSneakers® 10:15 - 11:00 AM w/ Kristen - Studio 1 </div> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; margin-bottom: 5px;"> BOSU STRENGTH 4:30 - 5:15 pm w/ Fred - Studio 1 </div> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; margin-bottom: 5px;"> TAE KWON DO \$ 4:45-7:45 PM - Studio 2 </div> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; margin-bottom: 5px;"> YOGA 5:15 - 6:15 PM w/ Fred - Studio 1 </div> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; margin-bottom: 5px;"> SPINNING 5:15 - 6:00 PM w/ Tamara - Spin Studio </div> <div style="border: 1px solid black; border-radius: 10px; padding: 5px;"> MIDD KID DANCE COMPETITION TEAM \$ 6:30 - 8:00 PM - Studio 1 </div>	<div style="border: 1px solid black; border-radius: 10px; padding: 5px; margin-bottom: 5px;"> LES MILLS BODYPUMP 6:05 - 7:05 AM w/ Megan - Studio 1 </div> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; margin-bottom: 5px;"> ZUMBA 8:30 - 9:30 AM w/Brye - Studio 1 </div> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; margin-bottom: 5px;"> Strength & Stability 9:45 - 10:30 AM w/ Emily - Studio 1 </div> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; margin-bottom: 5px;"> Living Strong 10:00 - 11:00 AM \$ - Studio 2 </div> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; margin-bottom: 5px;"> STRONG <small>BY ZUMBA</small> 4:30 - 5:30 pm w/ Kristi - Studio 2 </div> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; margin-bottom: 5px;"> LES MILLS BODYPUMP 5:15 - 6:15 PM w/ Tamara - Studio 1 </div> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; margin-bottom: 5px;"> SPINNING 5:15 - 6:15 PM w/ Kathleen - Spin Studio </div> <div style="border: 1px solid black; border-radius: 10px; padding: 5px;"> SPOTLIGHT ON DANCE 5:30 - 7:30 PM \$ Studio 2 </div>	<div style="border: 1px solid black; border-radius: 10px; padding: 5px; margin-bottom: 5px;"> SPINNING 6:15 - 7:00 AM w/ Megan - Spin Studio </div> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; margin-bottom: 5px;"> SENIOR FITNESS 9:00 - 10:00 AM w/ Gail - Studio 1 </div> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; margin-bottom: 5px;"> Find Us </div> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; margin-bottom: 5px;"> Tai Chi (CVAA) 11:00 - 12:10 PM Studio 1 </div> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; margin-bottom: 5px;"> LES MILLS BODYPUMP 12:10 - 1:10 PM w/ Jeanette - Studio 1 </div> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; margin-bottom: 5px;"> YOGA 4:30 - 5:30 PM w/ Kathryn - Studio 1 </div> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; margin-bottom: 5px;"> raisedbarre™ 5:30 - 6:30 PM w/ Lily- Studio 2 </div> <div style="border: 1px solid black; border-radius: 10px; padding: 5px;"> SPOTLIGHT ON DANCE 4:15 - 5:15 PM Studio 2 \$ 5:35 - 6:35 PM Studio 1 \$ </div>	<div style="border: 1px solid black; border-radius: 10px; padding: 5px; margin-bottom: 5px;"> LES MILLS BODYPUMP 6:05 - 7:05 AM w/ Ashley - Studio 1 </div> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; margin-bottom: 5px;"> CARDIO DANCE 8:30 - 9:30 AM w/ Jeanette - Studio 1 </div> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; margin-bottom: 5px;"> SPINNING 8:45 - 9:30 AM w/ Lynne - Spin Studio </div> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; margin-bottom: 5px;"> Strength & Stability 9:45 - 10:30 AM w/ Kristen - Studio 1 </div> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; margin-bottom: 5px;"> Living Strong 10:00 - 11:00 AM \$ - Studio 2 </div> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; margin-bottom: 5px;"> BOSU STRENGTH 4:30 - 5:15 pm w/ Fred - Studio 1 </div> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; margin-bottom: 5px;"> SPOTLIGHT ON DANCE 4:30 - 7:30 PM \$ Studio 2 </div> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; margin-bottom: 5px;"> SPINNING 5:15 - 6:00 PM w/ Fred - Spin Studio </div> <div style="border: 1px solid black; border-radius: 10px; padding: 5px;"> MIDD KID DANCE COMPETITION TEAM \$ 5:30 - 8:30 PM - Studio 1 </div>	<div style="border: 1px solid black; border-radius: 10px; padding: 5px; margin-bottom: 5px;"> SPINNING 6:15 - 7:00 AM w/ Carolee - Spin Studio </div> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; margin-bottom: 5px;"> YOGA STRETCH 9:00 - 10:00 AM w/ Fred - Studio 1 </div> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; margin-bottom: 5px;"> SilverSneakers® 10:15 - 11:00 AM w/ Kimberly Studio 1 </div> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; margin-bottom: 5px;"> raisedbarre™ 12:10 - 1:10 PM w/ Abby - Studio 2 </div> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; margin-bottom: 5px;"> MIDD KID DANCE COMPETITION TEAM \$ 3:45 - 6:45 PM - Studio 2 </div> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; margin-bottom: 5px;"> TAE KWON DO \$ 4:45-7:45 PM Studio 1 </div> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; margin-bottom: 5px;"> PERSONAL TRAINING Bathing suit weather is right around the corner! Consider hiring one of our amazing personal trainers and get the results you've been looking for. Whether it's a whole new program or tweaking an existing program it will be worth the investment. Your first session is just \$25 </div>	<div style="border: 1px solid black; border-radius: 10px; padding: 5px; margin-bottom: 5px;"> SPINNING 8:15 - 9:00 AM w/ Tamara - Spin Studio </div> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; margin-bottom: 5px;"> YOGA 9:20 - 10:20 AM w/ Olga - Studio 2 </div> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; margin-bottom: 5px;"> LES MILLS BODYPUMP 9:15 - 10:15 AM w/ Tamara - Studio 1 </div> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; margin-bottom: 5px;"> SPOTLIGHT ON DANCE 10:30 - 11:30 AM \$ Studio 2 </div> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; margin-bottom: 5px;"> SUNDAY </div> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; margin-bottom: 5px;"> SPIN & CORE 9:00 - 10:00 AM w/ Kathleen - Studio 1 </div> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; margin-bottom: 5px;"> raisedbarre™ 9:30 - 10:30 AM w/ Tamara - Studio 2 </div> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; margin-bottom: 5px;"> YOGA 10:45 - 11:45 AM w/ Drew- Studio 1 </div> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; margin-bottom: 5px;"> MIDD KID DANCE COMPETITION TEAM \$ 2:00 - 3:00 PM - Studio 2 </div> <div style="border: 1px solid black; border-radius: 10px; padding: 5px;"> TRX BOOTCAMP Drop in to a class for just \$15. Call Emily @ 388-3744 for the various days and times available </div>

MIDDLEBURY FITNESS GROUP CLASS DESCRIPTIONS

We take great pride in our fitness instructors. All are carefully screened, trained, evaluated and updated on a regular basis. We guarantee that we will continue to employ the very best instructors in the area and continually strive for a well balanced, high quality group exercise program. Please feel free to ask your instructor about modifications if necessary (i.e. taking a high impact move to a low impact move). Always exercise at your own pace and alert the instructor of any personal limitations. Should you need to leave early, please inform the instructor prior to the start of class. If you have any questions, comments or suggestions please email our Program Director Tamara Chase at tamara@middleburyfitness.com **Please Note:** Please arrive 5 minutes prior to class start time. If you are attending a class for the first time please arrive 10 minutes early. If Middlebury schools are cancelled due to inclement weather our classes will be cancelled as well.

BARRE - Raisedbarre™ provides a unique combination of cardio, strengthening and stretching resulting in a long, lean and flexible body.

BODY PUMP® – Les Mills: Engineer your perfect body with LES MILLS PUMP. This barbell-based rapid weight loss and accelerated strength-training program incinerates calories to help give you the ultimate tight, toned, and lean body you want.

BOSU STRENGTH & BALANCE: Focuses on whole body strengthening with a strong dynamic balance component centered on the BOSU (both sides up balance trainer). You will also use weights, tubing, stability balls; improving fitness to make normal life functions and recreational pursuits a little easier. All abilities welcome.

CARDIO DANCE: Traditional, fun, floor aerobics. Dance to your favorite tunes and finish with some core strength moves and stretches.

CORE & MORE: Safely strengthen your core, abs, glutes and hips with functional exercises using bands, gliders, balls, mats and of course, your own body weight.

SPINNING®: An indoor cycling class on a fixed gear bike. Class is set to music and offers a smooth, safe ride bringing in components of outdoor cycling. Members of all fitness levels welcome. Heart rate monitors recommended. Come 15 minutes early for proper instruction.

STRENGTH & STABILITY: A basic dumbbell strength class, combined with moves on a stability ball and/or BOSU. Your core (abs and back) will get a great workout as well as your major muscle groups. This format will add variety to your routine!

SPIN & CORE: A hybrid class combining 35 minutes of spinning with 25 minutes of shredding core work.

STRONG

(HIIT): While branded by Zumba this not a dance class. It is high intensity interval training combining body weight, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing.

TRX®: "Make your body your machine"! Leveraged bodyweight exercise. Power, strength, flexibility, balance & mobility. Class provides a great workout with a repetition based format for upper and lower body along with core strength moves, or a time based format followed by a cardio segment, allowing participants to pace their workout at their own rate. Free orientations are available. Private or semi-private sessions are also available. Sign up at the front desk.

YOGA: Class consists of a set of physical exercises (known as asanas or postures), and sequences of asanas, designed to align your skin, muscles, and bones. The postures are also designed to open the many channels of the body—especially the main channel, the spine. Incorporating strength, balance and flexibility; yoga is a great way of handling stress and revitalizing ourselves physically and mentally.

ZUMBA®: A high energy fitness dance class with fun, easy to learn moves. This fusion of musical rhythms & dynamic moves creates an exciting and motivating workout. From beginners to those with dance experience, this class is for everyone!

SPOTLIGHT ON DANCE: Classes provide a fun, supportive environment to explore all that dance and performing arts can offer. A full dance curriculum for young children, teens and adults. All Styles, All Ages. For more information or to sign up call 802-865-7626 or email info@spotlightondance.com.

TAE KWON DO: A martial arts program to increase self-confidence and self-control while improving flexibility, strength and balance. Learn self defense and board breaking! Call Kellie at 802-377-0476.

MIDD KID DANCE COMPETITION TEAM: Competition Teams begin practicing in late September and continue through May. There is a Mini Team, an Intermediate Team and an Advanced Team. Teams will perform hip hop, lyrical, tap, jazz and ballet. Genres will be dependent on the strengths of the individual teams and each team will consist of 10-12 dancers. For more information or questions contact Chris Giorgio by email at chrisgiorgio@comcast.net

SENIOR SPECIFIC CLASSES

LIVING STRONG in Vermont: A 12 week osteoporosis/falls prevention program by Age Well and sponsored by Middlebury Fitness. The class is composed of weight training, stretches and balance exercises. Participants perform these exercises seated or holding on to chairs. Call Maureen at 802-388-0866 to register in advance of first class.

RSVP: A senior weight training/bone building class that is sponsored by the Retired Volunteer Senior Program. For more info or to register contact RSVP at 388-7044.

SENIOR FITNESS: Easy on joints! A combination of light cardio, strength and stretching. Designed to gently increase fitness levels and help you stay active.

* Membership Required

SILVER SNEAKERS Strength & Balance: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing and a ball are offered for resistance and a chair is used for seated and/or standing support. * Membership Required

TAI CHI: Advanced level senior based class by Age Well. For questions and registration information please contact local instructor Ruth Barenbaum at 388-2651.