





# GROUP FITNESS CLASS SCHEDULE

## NOVEMBER 2022



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
<p><b>JAZZERCISE EXPRESS</b> 8:30-9:00 AM \$\$ w/ AMY - Studio 2 <b>LIVE &amp; VIRTUAL</b></p>	<p><b>Strength, Core &amp; More</b> 9:00 - 9:40 AM w/ Jeanette- Studio 1 <b>LIVE &amp; VIRTUAL</b></p>	<p><b>JAZZERCISE FLIP FUSION 45</b> 8:30-9:15 AM \$\$ w/ AMY - Studio 2 <b>LIVE &amp; VIRTUAL</b></p>	<p><b>SPINNING</b> 6:05 - 6:50 AM w/ Janet - Spin Studio <b>LIVE</b> starts 11/17</p>	<p><b>JAZZERCISE DANCE MIXX</b> 8:30-9:15 AM \$\$ w/ Kara - Studio 2 <b>LIVE &amp; VIRTUAL</b></p>	<p><b>JAZZERCISE STRETCH</b> 8:00-8:30 AM \$\$ w/ AMY - Studio 1 <b>LIVE &amp; VIRTUAL</b></p>
<p><b>CARDIO DANCE</b> 9:00 - 9:40 AM w/Jeanette - Studio 1 <b>LIVE &amp; VIRTUAL</b></p>	<p><b>MORNING STRETCH</b> 10:00 - 10:40 AM w/ Jeanette- Studio 1 <b>LIVE &amp; VIRTUAL</b></p>	<p><b>SENIOR FITNESS STRENGTH &amp; BALANCE</b> 9:00 - 10:00 AM w/ Gail - Studio 1 <b>LIVE</b></p>	<p><b>CARDIO DANCE</b> 9:00 - 9:40 AM w/ Jeanette - Studio 1 <b>LIVE &amp; VIRTUAL</b></p>	<p><b>SENIOR FITNESS STRENGTH &amp; BALANCE</b> 9:00 - 10:00 AM w/ Gail - Studio 1 <b>LIVE</b></p>	<p><b>JAZZERCISE DANCE MIXX</b> 8:30-9:30 AM \$\$ w/ AMY - Studio 1 <b>LIVE &amp; VIRTUAL</b></p>
<p><b>Tone, Core &amp; Balance</b> 10:00 - 10:40 AM w/ Jeanette- Studio 1 <b>LIVE &amp; VIRTUAL</b></p>	<p><b>SENIOR STRONG</b> 10:00- 11:00 PM w/ Maureen Studio 2 <b>LIVE \$\$</b></p>	<p><b>BARRE EXPRESS</b> 12:15 - 1:00 PM w/ Vanessa - Studio 2 <b>LIVE</b></p>	<p><b>Strength, Core &amp; More</b> 10:00 - 10:40 AM w/ Jeanette- Studio 1 <b>LIVE &amp; VIRTUAL</b></p>	<p><b>JAZZERCISE Strength 30</b> 12:00-12:30 PM \$ w/ AMY Studio 1 <b>VIRTUAL ONLY</b></p>	<p><b>SUNDAY</b></p>
<p><b>BOB</b> VERMONT BUSINESS MAGAZINE'S Best of Business Awards 2021</p>	<p><b>JAZZERCISE INTERVAL FUSION</b> 5:35-6:35 PM \$\$ w/ Kara - Studio 2 <b>LIVE &amp; VIRTUAL</b></p>	<p><b>FOLLOW US ON:</b></p> <p> </p> <p><a href="https://www.instagram.com/middleburyfitness802">middleburyfitness802</a></p>	<p><b>Senior Strong</b> 10:00- 11:00 PM w/ Maureen Studio 2 <b>LIVE \$\$</b></p>	<p><b>raisedbarre™</b> 12:15 - 1:00 PM w/ Lily - Studio 2 <b>LIVE</b></p>	
<p><b>SPINNING</b> 5:15 - 6:00 PM w/ Tamara - Spin Studio <b>LIVE</b></p>	<p><b>LES MILLS BODYPUMP</b> 5:15 - 6:15 PM w/ Tamara - Studio 1 <b>LIVE</b></p>	<p><b>SPINNING</b> 5:15 - 6:00 PM w/ Lynne - Spin Studio <b>LIVE</b></p>	<p><b>YOGA</b> 5:30- 6:30 PM w/ Vanessa - Studio 2 <b>LIVE</b></p>	<p><b>Thanksgiving Hours</b> Thanksgiving Day - Closed 11/25 - Open 6am-8pm No classes</p>	<p><b>Early Morning Spin</b> You spoke and we listened! As of November 17th our Thursday morning 6:05 Spin with Janet is back!</p>
			<p><b>JAZZERCISE DANCE MIXX</b> 5:35-6:35 PM w/ AMY - Studio 1 (Free to Midd Fit Members) <b>LIVE &amp; VIRTUAL</b></p>	<p><b>"BEST HEALTH CLUB"</b> In Addison, Franklin &amp; Grand Isle Counties Awarded By Vermont Business Magazine!</p>	

## **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 [info@middleburyfitness.com](mailto:info@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** - This barbell-based strength-training class will work your total body resulting in the tight, toned, and lean body you want.

**STRENGTH, CORE & MORE:** Focuses on whole body strengthening with lots of core work and a strong dynamic balance component. You will also use weights, tubing, stability balls; and more with a focus on 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.

**TONE, CORE & BALANCE:** 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.

**STRETCH :** Explore functional flexibility with both static and dynamic stretching to improve the body's mobility. This class will assist in improving your posture, body awareness and will help you alleviate daily aches and pains.

**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:** Revitalize your body and relax your mind with Yoga asanas and breath work. With a focus on alignment and awareness, we work on strength, balance and flexibility, all while honoring our body's intuition and individual needs. This class is for all levels, ages and body types! Yoga is a great way of handling stress and revitalizing ourselves physically and mentally.

**YOGA DANCE :** Come tone and enliven the body with Yoga Dance, a fusion of yoga asana and high energy dance. With an emphasis on core strength and intuitive movement, we'll break a sweat and have some fun. (Fun not required but encouraged...) All ages, levels and body types welcome!

**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 Janice Rushton - [janice@middleburyfitness.com](mailto:janice@middleburyfitness.com)

### **SENIOR SPECIFIC CLASSES**

**SENIOR STRONG:** A 12 week osteoporosis/falls prevention program 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. \*Donation Suggested

**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

**SENIOR 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. Hand-held weights, elastic tubing and a ball are offered for resistance. Chairs are used for seated and/or standing support.\* Membership Required

*Middlebury Fitness, 175 Wilson Rd. Middlebury, VT PH: 802.388.3744 [www.middleburyfitness.com](http://www.middleburyfitness.com) like us on facebook: [facebook.com/middleburyfitness802](https://facebook.com/middleburyfitness802)*