

# COMMUNITY FITNESS CLASS SCHEDULE

31 High St., Guilford

876-4813

[www.comfitme.com](http://www.comfitme.com)

Daytime classes and Tabata Bootcamp begin the week of September 25th  
4:30 and 5:30 PM classes begin the week of October 2nd.

Classes marked \*\* have a fee.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>8:00 AM</b> Gentle Awakening Yoga w/Gayle</p> <p><b>9:45 AM</b> Silver Sneakers Intermediate w//Terri</p> <p><b>11:00 AM</b> SilverSneakers I Classic w/Terri</p> <p><b>4:30 PM</b> Pound w/Sherree</p> <p><b>5:30-6:15 PM</b> HardCORE! w/Cara</p>	<p><b>9:00AM</b> Morning Burn w/ Gayle</p> <p><b>10:00-11:30 AM</b> Senior Game Day</p> <p><b>3:15 PM</b> Yoga Unwind w/Gayle</p> <p><b>4:30 PM</b> Spin Club</p> <p><b>6:00-7:00 PM</b> Tabata Bootcamp ** w/Wendy</p>	<p><b>7:00-8:00 AM</b> **Tai Chi w/Wayne</p> <p><b>8:00 AM</b> Gentle Awakening Yoga w/Gayle</p> <p><b>9:45 AM</b> Silver Sneakers Intermediate w//Terri</p> <p><b>11:00 AM</b> SilverSneakers I Classic w/Terri</p> <p><b>4:30 PM</b> Country Heat Live w/Megan</p> <p><b>5:30-6:15PM</b> RockSolid w/Kaitlyn</p>	<p><b>9:00AM</b> Morning Burn w/ Gayle</p> <p><b>10:00-11:30 AM</b> Senior Crafts Day</p> <p><b>4:30 PM</b> Pound w/Sherree</p> <p><b>5:30-6:15</b> Tabata Bootcamp ** w/Wendy</p>	<p><b>9:45 AM</b> Silver Sneakers Intermediate w//Terri</p> <p><b>11:00 AM</b> SilverSneakers I Classic w/Terri</p>	<p><b>8:15-9:00 AM</b> Tabata Bootcamp** w/Wendy</p>

Country Heat: A high-energy, easy-to-follow, low-impact, country dance-inspired fitness program that is so totally fun—you won't even feel like you're working out!

Gentle Awakening Yoga & Yoga Unwind: Set the tone of your day. Every class is a little different but they all include strengthening, stretching, and balancing the physical body. Attention is given to movement with the breath and cultivating a holistic sensitivity. Class ends with a short guided meditation. All levels are welcome. We use blankets, blocks, straps, & sometimes the wall for props. Bring a smile and an open mind. Every body can do yoga!

HardCORE! A full body workout focused on CORE! Strengthen the whole body using some of the latest techniques followed by circuit stations to end class. Sweat, Fun, Friends, and great Music. You'll be HardCORE!

Morning Burn: We use 20/10 second intervals of work/active rest to tone muscles and ramp up the cardiovascular system to BURN calories all day long. All levels and ages are welcome as these exercises are easily adaptable. We use body weight, tubes, hand held weights, gliders, step benches, chairs, fitness balls, walls, etc.

POUND: Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

Rock Solid: Based on the most current research in fitness. You can get your workout done in half the time and boost your metabolism to keep burning calories for hours after the workout is over! Come get your sweat on! This class uses 20 second work, 10 second rest intervals for a full body training session adaptable to all fitness levels. Add a pumping playlist on our great sound system and you'll BURN calories for hours.

SilverSneakers Intermediate 9:45-10:30 SilverSneakers Classic 11:00-11:45 Classes are designed for older adults who wish to enjoy Fitness, Fun and Friends. We move to music through a variety of exercises, designed to increase strength, range of motion and balance, supporting activities for daily living. We use light weights, elastic tubes with handles and small balls for resistance. A chair is used for seated exercises and standing support. These classes are low impact training suitable for beginners to intermediate skill level and can be adapted to meet all fitness abilities. Class placement will be determined based on each member's needs, abilities and class size. Bring a bottle of water and wear comfortable clothing and footwear appropriate for exercise. Please come a few minutes early to gather provided equipment for each class so that we can begin on time.

\*\*Tabata Bootcamp: Based on the most current research in fitness! This revolutionary 6-week program combines boot camp fitness with the hottest trend to hit the scene - High Intensity Interval Training. You can get your workout done in half the time, and boost your metabolism to keep burning calories for hours after your workout is over. Personalized results-driven program that targets your individual goals, increases your strength, endurance, flexibility and cardiovascular fitness. Workouts that are never boring, take half the time, and change your body for LASTING results. Group support in a small group training environment - to keep you on track for success! 24/7 website access to track your progress and interact with your trainer and fellow boot campers. \$75.00 fee for six week session.