MERCYONE

AEROBICS STUDIO

NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HIIT 5:15-5:45am **DaShawn**	**BODYPUMP Express** 5:15-6:00am **Gretchen**	**Cardio Strength** 5:15-6:00am **Laura**	**BODYPUMP Express** 5:15-6:00am **Tramelle**	**HIIT** 5:15-5:45am **DaShawn**	
Heart Health 9:00-9:30am **Fitness S.**		**Heart Health** 9:00-9:30am **Fitness S.**		**Heart Health** 9:00-9:30am **Fitness S.**	**BODYPUMP** 8:30-9:30AM **Rotation**
Cardio Strength 9:35-10:20am **Michelle R.**		**Cardio Strength** 9:35-10:20am **Lesa**			
Active Adults 10:30-11:20am **Lesa**	**Active Adults** 10:30-11:00am **Angel**	**Active Adults** 10:30-11:20am **Becky/Kristin**	**Active Adults** 10:30-11:00am **Lesa**	**Active Adults** 10:30-11:20am **Fallon**	**Zumba** 10:30-11:20am **Rotation**
	Zumba 11:00-11:30am **Angel**		**Zumba Gold** 11:00-11:30am **Lesa**		
Cardio Strength 12:00-12:45pm **Lesa**		**BODYPUMP Express** 12:00-12:45pm **Lesa**		**BODYPUMP Express** 12:00-12:45pm **Monica**	
Delay the Disease 1:00-2:00pm **LaDona/ Jennifer**		**Delay the Disease** 1:00-2:00pm **LaDona/ Jennifer**	**Cardio Wellness** 1:00-1:45pm **Rotation**		
BODYPUMP Express 5:00-5:45pm **Monica**	**HIIT** 5:00-5:30pm **Trey**	**BODYPUMP Express** 5:00-5:45pm **Monica**	**HIIT** 5:00-5:30pm **Trey**		
	Cardio Strength 5:35-6:20pm **Carissa**		**Cardio Strength** 5:35-6:20pm **Carissa**		
Step & Core 5:55-6:40pm **Ann**		**Zumba** 5:55-6:40pm **Olga**			
Total Strength 6:45-7:15pm **Ann**					

Class schedule including formats, times, and instructors subject to change without notice. Classes with low attendance will be cancelled. Updates posted in advance when possible. Thank you for your understanding.

Class Descriptions:

Active Adults: Moderate intensity, low impact class that uses a variety of fitness formats to build strength, cardiovascular fitness, balance and flexibility. All fitness levels and abilities are welcome! *Class intensity: Low to Moderate.*

BODYPUMP & BODYPUMP Express: Barbell workout for anyone looking to get lean, toned and fit! Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It challenges all of your major muscle groups while you squat, press, lift and curl to chart-topping music! BODYPUMP Express is the condensed version of BODYPUMP and focuses on 8 Les Mills BODYPUMP tracks. This class is great for men and women of all fitness levels. *Class intensity: Moderate to High.*

Cardio Strength: Cardiovascular exercises are mixed with strength and resistance work. This class combines interval and circuit training and uses a variety of equipment or just body weight. All fitness levels and abilities are welcome. *Class intensity: Moderate to High.*

Heart Health: Reduce your risk of cardiovascular disease by improving your strength, balance and flexibility. All fitness levels and abilities welcome. *Class intensity: Low.*

Cardio Wellness: This class focuses on higher intensity exercise for individuals with neurological disorders. A variety of class formats will be offered: Music & Movement, Boxing for PD, circuit training, TRX, cardio & core. Participants need to be assessed by a fitness specialist prior to participation and need to be able to stand and walk without a cane or other assistive device AND must be able to get down to and up from the ground without assistance. *Class intensity: Low to moderate.*

Delay the Disease: This exercise program is designed specifically to address the symptoms of Parkinson's related to movement, balance, coordination and walking rhythm. The Delay the Disease functional movement program helps decrease the risk of falls, minimize fatigue, reduce rigidity and improve mobility. Individuals with other neurological conditions are also welcome to join this class. *Class intensity: Low.*

HIIT: High Intensity Interval Training consists of intense bursts of cardio and strength exercises followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time. *Class Intensity: High.*

Step & Core: A combination of traditional choreographed step moves along with athletic intervals. Class will end with core work: training the abs, obliques and glutes. *Class intensity: Moderate to High.*

Total Strength: This is a muscle strength and endurance class designed to help tone and sculpt the entire body using a variety of exercises and resistance equipment such as weights, bars, balls and bands. *Class intensity: Moderate to High.*

Zumba: Dance-fitness class with Latin flavor and international zest combining all elements of fitness – cardio, muscle conditioning, balance and flexibility. The class takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba®Fitness classes are often called exercise in disguise. *Class intensity: Moderate to High.*

Zumba Gold: A modified Zumba® class that recreates the original moves at a lower-intensity. Suitable for beginners, active adults and for those who want to take Zumba at an easier pace. *Class intensity: Low to Moderate.*