



GREATER MIDLAND COMMUNITY CENTER – LAND GROUP FITNESS CLASSES

Fall 2: Oct. 27th – Dec. 21st

No Group Fitness Classes: After 3pm October 31st (Halloween) & Nov. 29th (Black Friday)

Special Schedule TBA: Saturday, Nov. 30th (Turkey Burn-Off)

Buildings Closed: Nov. 28th (Thanksgiving Day)

Group Fitness Pass: Session Pass \$91, Session Pass 50+ \$86, Yearly Pass \$337, Yearly Pass 50+ \$322, Drop-in \$9, Drop-in 50+ \$8 *CLASS PASSES ARE NON-REFUNDABLE
For more information on Community Center Water Group Fitness Classes please contact Jeanenne Heye (989) 832-7937 x 4409 JHeye@greatermidland.org

MONDAY
5:30-6:25am- Hi-Rider* (Cycle)
8:30-9:25am- Stretch & Tone (2)
8:30-9:25am- Body Blast (1)
8:30-9:45am- Retiree’s Gym (Gym)
9:30-10:15am- TRX®* (3)
9:30-10:20am- Seniors in Motion(50+)
9:30-10:25am- Hi-Rider* (Cycle)
9:30-10:25am- GentleMuscle/CardioFitness(2)
9:30-10:25am- Zumba® (1)
10:45-11:45am- SilverSneakers® (50+)
5:30-6:25pm- Zumba® (1)
5:45-6:30pm- TRX®* (3)
6:00-6:55pm- Hi-Rider* (Cycle)
6:00-7:00pm- Beginners Yoga* (B059)

TUESDAY
5:45-6:30am-Motion Live (Wellness) Free for ALL Wellness Members
8:30-9:25am- Cardio Dance (2)
9:30-10:15am- Rejuvenate (50+)
9:30-10:25am- Total Body Sculpt (1)
9:30-10:25am- Barre Burn (2)
9:30-10:30am- Gentle Yoga* (B059)
9:30-10:45am- Cycle Live* (Cycle) Free for ALL Wellness Members
10:45-11:45am- VinyasaYoga*(B059)
12:00-12:55pm- Cycle Live* (Cycle) Free for ALL Wellness Members
5:30-6:25pm- Cardio Kick (1)
6:30-7:25pm- Muscle-Up (1)

WEDNESDAY
5:30-6:25am- Hi-Rider* (Cycle)
8:30-9:25am- Stretch & Tone (2)
8:30-9:25am- F.I.T. (1)
8:30-9:45am- Retiree’s Gym (Gym)
9:30-10:15am- TRX®* (3)
9:30-10:20am- SeniorsinMotion(50+)
9:30-10:25am- Core & More (2)
9:30-10:25am- Hi-Rider* (Cycle)
9:30-10:25am- Zumba® (1)
10:45-11:45am- SilverSneakers®(50+)
5:30-6:25pm- Zumba® (1)
5:45-6:30pm- TRX®* (3)
6:00-7:00pm- Vinyasa Yoga* (B059)

THURSDAY
5:45-6:30am- Motion Live (Wellness) Free for ALL Wellness Members
8:30-9:25am- Barre Burn (2)
9:30-10:15am- Rejuvenate (50+)
9:30-10:25am- Cardio Dance (2)
9:30-10:45am- Cycle Live* (Cycle) Free for ALL Wellness Members
9:30-10:25am- Step Interval (1)
12:00-12:55pm- Cycle Live* (Cycle) Free for ALL Wellness Members
5:30-6:25pm- Tri-Cardio (1)
6:30-7:25pm- Zumba® (1)

FRIDAY
5:30-6:25am - Hi-Rider* (Cycle)
8:30-9:25am - Stretch & Tone (2)
8:30-9:45am - Retiree’s Gym (Gym)
9:30-10:15am- TRX®* (3)
9:30-10:20am- Seniors in Motion(50+)
9:30-10:25am- Hi-Rider* (Cycle)
9:30-10:25am- Zumba® (1)
9:30-10:30am-Gentle Yoga*(B059)
10:45-11:45am- SilverSneakers® (50+)
5:30-6:25pm- Zumba® (1)

SATURDAY
8:00-8:55am- Hi-Rider* (Cycle)
8:00-9:00am- Morning Yoga* (B059)
9:00-9:45am- TRX®* (3)
9:00-9:55am- Zumba® (1)

Highlighted in “Green” New Classes/Times

< Must be a registered Silver Sneakers® participant to attend >

* Space is limited for these classes: Please sign-up at Welcome Desk prior to class start *

Please sign- up, in person, at the Welcome Center Desk no earlier than an hour before the start of class. Thank you for your cooperation



GREATER MIDLAND NORTH-END – GROUP FITNESS CLASSES

Space is limited for ALL North End classes: Please sign-up at Welcome Desk prior to class start

Please sign- up, in person, at the Welcome Center Desk no earlier than an hour before the start of class. Thank you for your cooperation

MONDAY
5:05-6:00am- PiYo®
9:00-10:00am- Body Blast
6:00-7:00pm- Hot-Style Hatha Yoga

TUESDAY
5:05-6:05am- Total Body Sculpt
9:00-9:45am Butts & Guts
6:00-7:00pm- Zumba®

WEDNESDAY
5:05-5:45am- H.I.I.T.
9:00-10:00am- Traditional Yoga

THURSDAY
5:05-6:05am- Total Body Sculpt
9:00-10:00am- Body Blast
6:00-7:00pm- Traditional Yoga

FRIDAY
5:15-6:15am- Hi-Rider
9:00-10:00am- Cardio Sculpt

GROUP FITNESS CLASS AGE RESTRICTIONS:

Age 13yrs. parent/guardian must be present in Group Fitness Class. Age 14yrs. parent/guardian must be present in the building. Age 15yrs. & up can attend without parent/guardian present

Download our Greater Midland Fitness App on your Smart Phone

Last Updated 10/17/2019

Weather Policy: All morning Greater Midland classes will be cancelled if Midland Public School cancels school.

Decision on afternoon classes will be made at 10:00am and evening classes at 2:00pm

CLASS PASSES ARE NON-REFUNDABLE: Classes are subject to change or may be cancelled based on participation **Per weather policy If water fitness classes are cancelled the Oasis Pool will be open for open fitness**



GREATER MIDLAND COMMUNITY CENTER - WATER FITNESS CLASSES

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-9:00am – Aqua in Motion (O) 9:00-10:00am – H2O Works (O) 9:00-10:00am – Sr. Aquacise (E) 10:00-11:00am – Aqua Arthritis (O) 10:00-11:00am – Deep Water Challenge (E) 6:30-7:30pm – Aqua in Motion (E) 7:30-8:30pm – Open Fitness (O)	8:00-9:00am – H2O Works (E) 9:00-10:00am – Aqua in Motion (E) 9:00-10:00am – H2O Works (O) 10:00-11:00am – Cardio Max (E) 6:45-7:30pm – Open Fitness (O)	8:00-9:00am – Aqua in Motion (O) 9:00-10:00am – H2O Works (O) 9:00-10:00am – Sr. Aquacise (E) 10:00-11:00am – Aqua Arthritis (O) 10:00-11:00am – Deep Water Challenge (E) 6:45-7:30pm – Open Fitness (O)	8:00-9:00am – H2O Works (E) 9:00-10:00am – Aqua in Motion (E) 9:00-10:00am – H2O Works (O) 10:00-11:00am – Cardio Max (E) 5:30-6:30pm – Aqua in Motion (E)	8:00-9:00am – Aqua in Motion (O) 9:00-10:00am – H2O Works (O) 9:00-10:00am – Sr. Aquacise (E) 10:00-11:00am – Aqua Arthritis (O) 10:00-11:00am – H2O Works (E)

CLASS DESCRIPTIONS

Land Classes

(1= Studio1 / 2= Studio2 / 3= Studio 3 / Cycle= Wellness Center B047-A / Gym= South Gym / 50+= Barstow Shippis Wing / B059= Yoga Studio / Wellness Center)

LOWER INTENSITY

Seniors in Motion: Flexibility, Strength & Coordination while seated
Retiree's Gym: 30 minute light muscle toning, and volleyball
Rejuvenate: Cardiovascular and muscular workout + socializing 45 minute class.

Stretch & Tone: Non-aerobic, muscle toning for upper/lower

Silver Sneakers®: Low impact exercise class to improve flexibility, cardio & strength. Must be a registered Silver Sneakers participant to attend.

MEDIUM INTENSITY

Barre Burn: Total body workout implementing the ballet barre using small isometric movements. A great core workout!

Core & More: Stability ball exercises, balance, strength & flexibility
FIT—Fitness Interval Training; cardio, weight & resistance training

Gentle Muscle/Cardio Fitness: Increase your strength using various fitness equipment (weights, resistance bands, etc...) with intervals of cardio using low-to-medium impact cardio exercises

Butts & Guts: Sculpt abdominals & glutes with a variety of exercises
Body Blast: full body strength, core, and cardio class. Format typically includes several different resistance exercises using a variety of equipment followed by a quick core and cardio for several total rounds.

Motion Live: Circuit training using Free Motion Machines

Cycle Live: Cycling & Circuit Training with Free Motion Machines

CHOREOGRAPHED TO MUSIC

Zumba®: Party like atmosphere, bringing cardio dance to a whole other level using music & moves from Around the World!

Cardio Dance: Less intense aerobic dance designed for beginners, people with limited mobility, & older adults using modified movements.

Step Interval: Alternating step aerobics (cardio) with weight training to get a full body workout.

HIGH INTENSITY

Tri-Cardio: High energy, muscle sculpting & cardio mix with some Kick Boxing elements.

PIYo®: Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements.

Hi-Rider: 55 min. of stationary bike cycle. New participants plan to arrive 10 min. early to set up

TRX®: Bodyweight suspension training from an anchor point. New participants plan to arrive 10 min. early to set up.

Cardio Kick: Cardio workout consisting of jabs, hooks, uppercuts and kicks designed for a whole body toning. Some contact with pads.

H.I.I.T.: High Intensity Interval Training class uses 100% effort through quick, intense bursts of exercise, followed by short recovery periods. Burn more fat in less time!

Total Body Sculpt: A combination of traditional body sculpting methods using free weights, resistance bands and your own body

Muscle Up: A whole body workout using free weights & resistance bands. This class emphasizes the major muscle groups, including calves & core. Focus on proper form and posture.

Cardio Sculpt: A combination of weight training, bursts of cardio and the use of a variety of strength equipment to sculpt the entire body.

YOGA

Gentle Yoga: De-stress & revitalize. Perfect for all! *If you are recovering from an injury or if you have any limitations, this class will be a good start*

Hot-Style Hatha Yoga: Build balance, strength and flexibility in a warm studio. Yoga experience recommended.

Traditional Yoga: Primary emphasis on breathing, it begins with conditioning which progresses into asanas (sitting and standing), which strengthens and tones the body, to conclude with relaxation. Appropriate for all levels and abilities.

Vinyasa Yoga: Flowing class is perfect for first-time Yogi's or people wanting to deepen their knowledge of posture and breathing. Yoga experience recommended.

Beginners Yoga: Designed as an introduction to the Yoga practice for new students or anyone wishing to refine their practice. No Yoga experience necessary

Morning Yoga: Yoga practice to increase flexibility, strength and balance.

WATER CLASSES (E= East Pool O= Oasis Pool)

Deep Water Challenge: Low impact, high intensity workout in the deep water. Combining cardiovascular work, deep-water running, bicycling, and cross-country skiing movements. Buoyancy belts are available, comfort with deep water is recommended.

Aqua in Motion: 40 min. moderate cardio, 20 min. of hydro toning

Cardio Max: 45 min. of intense aerobics, 15 min. of stretching

H2O Works: 30 min. intense aerobics; 30 min. hydro toning

The Works: All aqua classes combine, each week is a different workout!

Open fitness: No instructor, workout on your own. Equipment is provided.

Aqua Arthritis: Utilize walking, stretching, wall exercises and water resistance to improve joint movement, range of motion, and flexibility in 86 degree water.

Sr. Aquacise: Shallow water; balance & flexibility exercises for seniors.

****Per weather policy if water fitness classes are cancelled the Oasis Pool will be open for open fitness****