

North Baldwin Fitness Center

Group Exercise Class Schedule



❖ All classes and Instructors are subject to change at any time.

	Monday	Tuesday	Wednesday	Thursday	Friday
5:15am		Pilates Kathy		Pilates Kathy	
8:00 am	Senior Strength Bridgette	Silver Sneakers Classic Irma	Senior Strength Bridgette	Silver Sneakers Classic Irma	Senior Strength Bridgette
9:15 am	Water Aerobics Bridgette		Water Aerobics Bridgette		Water Aerobics Bridgette
9:00 am	Yoga Christy	Pilates Christy		Pilates Christy	
11:30 am	Indoor Cycling Michelle				Indoor Cycling Michelle
12:15pm		300 Spartans Jeb	300 Spartans Jeb	300 Spartans Jeb	
4:00 pm	Silver Sneakers Classic Marcia	3:45-4:45 Fit Kids Please see Front Desk for Details	Silver Sneakers Classic Marcia	3:45-4:45 Fit Kids Please see Front Desk for Details	
4:15 pm		Pilates Samantha		Pilates Samantha	
5:00 pm	Water Aerobics Irma/Marcia	Boot Camp Samantha	Water Aerobics Irma/Marcia	Boot Camp Samantha	
5:15 pm	Dance Aerobics Samantha	Step-N-Sculpt Alyson	Dance Aerobics Samantha	Step-N-Sculpt Paige	
5:30 pm	Indoor Cycling Kathy			Indoor Cycling Kathy	
6:00 pm	Total Body Blast Paige		Total Body Blast Paige		
6:15 pm		Pilates Alyson		Pilates Alyson	

Boot Camp: Don't think you are tough enough? Train with us!

Dance Aerobics: A fun group class that blends [dance](#) and [aerobic](#) elements.

Indoor Cycling: Focuses on endurance, strength, intervals, high intensity cycling, and recovery. Besides burning between 400-500 calories in an hour, indoor cycling also strengthens the muscles of the lower body.

Pilates: A [body](#) conditioning routine that may help build flexibility, [muscle](#) strength, and endurance in the [legs](#), [abdominals](#), [arms](#), [hips](#), and [back](#). It puts emphasis on [spinal](#) and [pelvic](#) alignment, breathing, improving coordination and balance, and developing a strong core.

Senior Strength: Slow paced group class directed but not limited to an older crowd to help build strong muscles and bones. Strength exercises can be done using just your body weight, or you can add resistance bands or dumbbell weights.

Silver Sneakers Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily

living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Step-N-Sculpt: Cardio busting step routines combine with toning intervals to give you a total body workout. Burn calories with low-impact, easy-to-follow step patterns. This is an excellent toning and aerobic class for all skill levels.

Total Body Blast: Full body workout designed to build strength & cardiovascular fitness using a variety of equipment that includes cardio moves & strengthening.

Water Aerobics: Designed to improve strength, balance, and coordination with low-impact exercises in the water. This class will help improve joint function, muscle strength, energy, and helps in easing and repairing minor joint pain.

Yoga: This class uses postures and stretches in combination with proper breathing to develop flexibility and relaxation. The goal of this class is to encourage proper alignment of the body and bring balance, strength, and calmness to the practitioner.

300 Spartans: This all-level class is a toning and cardio workout in one, emphasis is on intensity option and modification for optimal results. Includes cardio combinations, drills, & strength exercises using body weight and resistance equipment.