

North Baldwin Fitness Center

Group Exercise Class Schedule

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

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 am	Senior Strength Bobbie Maud	Walking Club Bobbie Maud	Senior Strength Bobbie Maud	Walking Club Bobbie Maud	Senior Strength Bobbie Maud
8:30 am		Silver Sneakers Classic Irma		Silver Sneakers Classic Irma	
9:00 am	Water Aerobics Irma		Water Aerobics Irma		Water Aerobics Irma
9:15 am	Yoga Michelle		Pilates Michelle		Pilates Michelle
12:15 pm	Boot Camp Joel	Boot Camp Joel	Pilates Core & More Michelle	Boot Camp Joel	Yoga Michelle
4:00 pm	Silver Sneakers Classic Marcia		Silver Sneakers Classic Marcia		
4:30 pm		Get Fit Marcia		Get Fit Marcia	
5:00 pm	Water Aerobics Irma		Water Aerobics Irma		
5:00 pm	Barre None Bobbie Maud		Barre None Bobbie Maud		Boot Camp Corey
5:15 pm		Step-N-Sculpt Alyson		Step-N-Sculpt Alyson	
6:00 pm	Boot Camp Corey	Indoor Cycling Joel	Boot Camp Corey	Indoor Cycling Joel	
6:15 pm		Pilates Alyson		Pilates Alyson	

CLASS DESCRIPTIONS

Barre None: A high intensity but low impact class that is designed to burn fat, lift and tone muscles, and create a longer and leaner physique. Barre workouts are ballet inspired, but they do not require ballet or dance experience.

Boot Camp: This all level group class is a combination of strength, cardio, muscle endurance, flexibility, core, and functional movement patterns. You get EVERYTHING you need!

Body Mix: All level group class 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.

Get Fit: This 45-minute class is a full body workout that will focus on cardio, core, and toning.

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.

Running Club: For new-to-the-sport and veteran runners. Meet us bright and early for a fun group run.

SilverSneakers 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 Silver Sneakers 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 aerobics class for all skill levels.

Walking Club: Get in out of the elements and join our walking club! This club is for all levels.

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.