



THOMAS E. HANNAH GROUP EXERCISE SCHEDULE — APRIL 2024



For a better us.®

**LES MILLS
LAUNCHES
ARE HERE!**

RPM

SAT, APRIL 20TH

BODYPUMP

MON, APRIL 22ND

BODYBALANCE

SUN, APRIL 28TH

COMBAT

MAY 2ND

MON	TUES	WED	THURS	FRI	SAT	SUN
BODYPUMP 5:15-6:15 AM Mary-Ladd	RPM 5:15-6:00AM Mary-Ladd	BODYPUMP 5:15-6:15 AM Julie	RPM 5:15-6:00AM Annie L. / Kate	BODYPUMP 5:15-6:15 AM Julie	TEST RIDE 30MIN RPM APRIL 17TH @ 4:35PM	
		BODYBALANCE 6:30-7:30AM Julie				
BODYPUMP 8:30-9:30 AM Brandi	RAISED BARRE 8:30-9:30 AM Michele	COMBAT 8:30-9:30 AM Nancy/Regina	BARRE 8:30-9:30 AM Brandi	CARDIO WEAVE 8:30-9:30 AM Kerry	RAISED BARRE 8:30-9:30 AM Michele	
CYCLE 8:35-9:35 AM Kerry		RPM 30MIN 9:00AM - 9:30AM M.Ladd		CYCLE 9:35-10:35 AM Sue	RPM 8:35-9:20 AM M.Ladd	BODYPUMP 3:00-3:45PM Regina/M.Ladd
YOGA 9:35-10:35 AM Annie P.		SCULPT-N-FIRE 9:35-10:20 AM Annie L.		TABATA FIT 9:35-10:30 AM Kerry	YOGA 9:40-10:40 AM Marge	BODY BALANCE 4:00-5:00PM Julie
A.D.L INTERVALS 11:00 - 11:45 AM Sue	A.D.L R.O.M. 11:00 - 11:45 AM Julie	A.D.L CIRCUIT 11:00 - 11:45 AM Kerry	A.D.L YOGA 11:00 - 11:45 AM DJ	A.D.L FIT & FAB! 11:00 - 11:45 AM DJ	DANCE ROTATION 11:00-12:00 PM Arista - ZUMBA Rebeca - SALSATION	
RAISED BARRE 4:30-5:30PM Mary-Ladd	BODYBALANCE 4:30-5:30PM M.Ladd/Amanda	BODYPUMP 4:15-5:15 PM Brandi	YOGA 4:30-5:30PM Mary-Ladd	CHAIR YOGA 12:00-12:45 PM Sue		
STEP BLAST 5:35-6:35 PM Donna	ZUMBA 5:35-6:30 PM Brandi	CARDIO KICK 5:35-6:35 PM Donna	COMBAT 5:35-6:30 PM Regina/Nancy	YIN YOGA 4:15-5:15 PM Mercedes	11am Saturdays Dance ZUMBA - 13TH & 20TH SALSATION - 6TH & 29TH	
VINYASA YOGA 6:40 - 7:45PM Katherine	BODYPUMP 6:30-7:30 PM Regina		BODYPUMP 6:30-7:30 PM Regina/Michele	ZUMBA 5:35-6:35 PM Naomi	STAY UPDATED! LIKE US ON FACEBOOK 	



GROUP EXERCISE CLASS DESCRIPTIONS

A.D.L – Active Daily Living is for those who want to get better function out of daily life and enhance quality of living using a variety of movement and to build accountability for improving strength, breathing, mind and body function, flexibility, balance, and also build fellowship among attendees. A chair may be used for seated or standing support.

- Circuit: a round robin format that incorporates strength, ROM, balance, flexibility, and cardio exercises.
- Intervals: kick start the week by improving endurance for a happy heart while fortifying cognitive, agility, and muscle fortitude using nonimpact exercises with hand weights, resistance bands, medicine balls, and other fun gym equipment.
- Fit and Fabulous: fun-filled Fridays are here! Move at your own pace while mixing easy to follow dance steps using strength, balance, and ROM with progressive intensity opportunities. Utilize chairs, bands, handheld weights, and exercise balls during routines, sitting or standing options available.
- ROM (Range of Motion): improve overall function, circulation, endurance, and conditioning efforts by using strength, balance, and flexibility intuition. Expect some cardio speedbumps along the way!
- Yoga: uses the fundamentals of yoga to increase internal space through breath work, advance flexibility through postural sequences, sharpen mental concentration, and relieve stress. Leave feeling calm and collected for the weekend ahead.

Les Mills classes fuse science, movement, and music with the latest exercise trends and technology to deliver a workout experience that will change your outlook on exercise. Les Mills classes focus on one goal: bringing people together to harness the power of group fitness and collective determination through different exercise styles and intensities.

BODYCOMBAT™ – is a high-energy martial arts-inspired workout that is totally non-contact. Learn moves from Karate, Taekwondo, Boxing, etc. Release stress, have a blast, and feel like a champ. This is a Les Mills group exercise class.

BODYBALANCE™ – ideal format for anyone and everyone. This yoga-based class that will improve your mind, body and life with invigorating strength, balance, flowing movement, and core work. This is a Les Mills group exercise class.

BODYPUMP™ – the optimal workout for anyone looking to get and stay lean, toned, and fit – fast. Class uses light to moderate weights for a total body work out and also boosts metabolism and heartrate.

RPM™ – an indoor cycling workout where participants control the intensity of speed and resistance through as an interval based journey over hill climbs, sprints, and lighter inclined terrain. Reach cardio peaks then ease back down, keeping pace with the pack to lift personal performance, achievement, boosting both cardio and endurance fitness. RPM is fun, low impact, energetic workout that burns calories and revs metabolism each revolution of the pedals.

Barre & RAISED BARRE – a full body workout that fuses the best of ballet, Pilates, and sports conditioning. Tighten and sculpt your body with little to no impact on joints.

Cardio Weave – individualized routines maximizing cardio fitness using sports conditioning, Plyometrics, interval, and circuit training styles. Fun and fitness at the same time!

Cardio Kick – a cardio class blending kickboxing and sports conditioning for an intense workout. Get a blast of core work at the end!

Chair Yoga – clear the mind of outside distractions and gently work on range of motion & balance for living in the present. Chair is optional or for seated or standing support.

Power Yoga – incorporates traditional yoga asanas in a fluid sequence of standing and mat based postures. If you are looking to move the body and build strength, flexibility, and balance this class is for you!

Tabata Fit – elevate heart rate, burn fat, and improve endurance, balance, & agility by alternating 20-second intervals of all-out effort followed by 10-second intervals of rest. Uses a variety of exercises & equipment. Time to get fit-n-fabulous!

SALSATION® is a fun and addictive, functional dance workout. Learn the art of moving to world rhythms while getting fit; Don't dance? No worriers, no dance experience necessary!

Sculpt & Fire – boost heart rate, tone, strengthen while defining core, upper, & lower body muscles using strength and cardio intervals. Rev endorphins and metabolism while energizing the heart, primary, and secondary muscles all at once.

Step Blast – step up your cardio game with this strength and conditioning class that incorporates the step, dumbbells, and core work. The one-stop-shop for fun fitness!

Yoga – foundational yoga postures, balance poses, and breathing techniques are practiced to align, strengthen, and promote flexibility in the body and renew the mind body connection.

Zumba – Latin & international music with dance moves incorporating interval training to improve cardiovascular fitness.

NEW: Yin Yoga – encourages physical, mental, and emotional relaxation. Appropriate for all levels, restorative yoga is practiced at a slow pace, focusing on long holds, stillness, and deep breathing.

NEW: VINYASA Yoga – smooth flowing poses paired w/breath & movement to enhance mind-body connection. Focuses on strong poses to build strength and mobility while the mind-body and spirit improves mindfulness and lowers stress.