

Albright College Schumo Center for Fitness & Well-Being



Spring Group Fitness Schedule



January 28th - May 15th, 2019

MONDAY		Tuesday	Wednesday	Thursday	Friday	
			*****	Spin 7:00 AM <i>Julia</i>		
*****		Fit @ 50 Circuit Training 9:00 AM <i>Brenda</i>	*****	Fit @ 50 Circuit Training 9:00 AM <i>Brenda</i>	*****	
Silver Sneakers Circuit 10:30 AM <i>Sheri</i>	Arthritis Exercise Program 10:00 AM <i>Brenda</i>	Silver Sneakers Classic 10:30 AM <i>Sheri</i>	Line Dancing 10:00 AM <i>Jean</i>	Silver Sneakers Classic 10:30 AM <i>Sheri</i>		
	Total Body Xpress 12:15-12:45 PM <i>Alison</i>	Yoga Flow 12:15-1:00 PM <i>Alison</i>	Total Body 12:15-12:45 PM <i>Alison</i>	Spin Xpress 1:00 - 1:30 PM <i>2/7-2/28</i>	Zumba Gold 11:30 AM <i>Joanne</i>	
	*****					
Yoga 5:15 PM <i>Yuriko</i>	Spin + Abs 5:15 PM <i>Julia</i>	Core + More! 5:15 PM <i>Julia</i>	Sprints (spin) + Abs 5:15 PM <i>Julia</i>	Yoga Flow 5:15 PM <i>Donna D.</i>	Spin 5:15 PM <i>Donna S.</i>	Glow Yoga 6:00 PM Feb 15th & March 1st

***No late afternoon/evening classes 3/15-3/24 and 4/18

Group Fitness Class Description

Spring 2019

Arthritis Exercise Program-This class is aimed at reducing pain and stiffness, maintain and improve mobility, muscle strength and functional ability. Arthritis Foundation Exercise Program classes are conducted by trained and certified instructors in partnership with the local Arthritis Foundation Chapter.

Core + More- This class will combine both plyometric drills and total body sculpting exercises for a power packed 60 minute workout! The instructor might also follow an interval-type pattern of exercising, where cardio is mixed with the muscle conditioning portion. Knock out two different workouts in one class!

Fit at 50+- Join in the fun and improve your health with this basic group fitness class that will help enhance your range of motion, improve over-all body strength and pump up the action of the lungs. Exercise intensity is focused for those who have some fitness training experience. The exercises are safe and easy to follow and most of all, fun!

Line Dancing- This class will include beginner and intermediate dances to Country, Modern, and Caribbean music. Come out and get some EXERCISE, work on balance, memory, and have FUN too!

Total Body Xpress (30 mins) - A total body workout involving hand held free-weights, resistance bands, and balls. This class is power- packed and will leave you feeling challenged and re-charged!

Silver Sneakers Classic- Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. This class is perfect for first-time exercisers, 65+.

Spin- Interval based cycling class that utilizes upper body strength and endurance. Classes are 45 minutes and suitable for all-levels. **(Spin Xpress is 30 minutes)** Space is limited so sign-up in advance at the front desk **NO MORE** than 60 minutes prior to the start of class. If you are a beginner, please arrive early to allow time for bike-set up. **Bring a water bottle!**

Spin + Abs- All the excitement of the spin class plus an additional 20 minutes to target your mid-section! 20 minutes doesn't sound like much but give it a try and we will prove differently!

Sprint – try this 30 minute high-intensity interval training (HIIT) cycling workout for rapid results + a 20 minute ab workout! Double whammy!

Yoga Flow - All-Levels Vinyasa welcomes all students and will flow through poses with a focus on alignment. Modifications are encouraged to allow participants to make each pose their own. This moderate paced class will help build and maintain flexibility, strength, and an awareness of your breath. Whether you are feeling the aches and pains related to stress, studying, working over your computer, or muscle soreness from exercise, this class is sure to help you feel good- mind, body, and soul!

Zumba Gold- Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.