

GROUP FITNESS SCHEDULE

OPEN 24 HOURS PER DAY, EVERYDAY!!				ALL CLASSES ARE FOR EVERY FITNESS LEVEL!			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30AM	*Cycling w/ Peg (45min)		*Cycling w/ Peg (45min)		*Cycling w/ Peg (45min)		
6:00AM	Dance Fitness w/ Lisa	Strength w/ Donna	Cardio w/ Donna	Cardio/Strength w/ Lisa	Cardio & Sculpt w/ Lisa		
8:30AM		Muscles in Motion w/ Deb (30min)		Muscles in Motion w/ Deb (30min)		8am Express Cycle w/ Lawrence (30min) 8:30am Sculpt Intervals w/ Lawrence	
9:00AM	Sculpt Intervals w/ Bridget (75min)	Dance Fitness w/ Deb (studio) *Cycling w/ Trish Strength w/ Lisa (out back)	Sculpt Intervals w/ Bridget (75min)	Dance Fitness w/ Deb (studio) *Cycling w/ Sue Strength w/ Donna (out back)	Cardio/Box Variety w/ Bridget (75min) Cycling w/ Sue		
10:30AM	Strength w/ Karen		Low Impact Balance/Core Fusion w/ Donna		Mobility and Movement (45min) w/ Lawrence		
12:00PM	TRX/Pilates Fusion w/ Bridget	Muscle Strength w/ Judy	Pilates w/ Bridget	TRX Circuit w/ Bridget	Pilates w/ Bridget		
4:15PM	Yoga w/ Jeannine	Cardio/Core w/ Bridget	Cardio w/ Lisa	Sculpt & Stretch w/ Jeannine			
5:30PM	*Cycling w/ Trish (45min) Dance Fitness w/ Lisa	Group Training w/ Donna	*Cycling w/ Lawrence	Pilates/Stretch w/ Lawrence			

Option 1 Group Fitness Class Descriptions

All classes are for all fitness levels

Group Fitness is a tremendous way to connect with fellow workout buddies and we build a community of health together by exercising together. Please come in and try our classes. Our instructors and these classes sustain us through the busy lives we lead to help us to remain well.

We'll see you in class!

BALANCE CORE FUSION – A wonderful blend of non impact aerobics focusing on balance and core strength. Routines change every 4 to 6 weeks to help you gain confidence with the movement patterns.

BODY SCULPT – An effective and dynamic total body workout designed to increase muscular strength and endurance. This is a resistance strength training class which uses your own body weight, plus free weights, tubing, gliders, BOSU Balance Trainers and stability balls. Core work, balance training and stretching are included.

CARDIO – Time to get your heart rate up and have fun moving to music! Low and higher impact choices are always provided!

CARDIO-BOX VARIETY – Get a great cardio workout in this class which includes cardio kickboxing, agility and sports drills. Additional strength and core exercises are incorporated.

CARDIO + CORE/PILATES – Choose your own impact during this easy to follow cardio drills express class! This is followed by Core strength training with balls, Bosu Balance trainers, tubes or light weights.

CYCLING – Time to sweat while experiencing a variety of indoor group cycling rides: endurance, strength, intervals, hills, race day, flats and/or hill. Online signup required. Sign up begins 24 hours before the class time. Visit the Option 1 Fitness Keene website to sign up.

DANCE FITNESS – Enjoy a moderate intensity dance fitness class with diverse rhythms and genres. Come dance with the stars: you and your classmates!

DANCE & SCULPT – Let's rock out to music and dance away, while also using some strength equipment, and your own bodyweight, to work on sculpting those muscles!

GROUP TRAINING – Group exercise meets specialized personal training... progressive strength and cardiovascular exercises that allow you to work at your own level will make you want to come back for more!

MUSCLES IN MOTION – A great introduction to group strengthening, this class focuses on both upper and lower body muscle groups utilizing bands, tubes, weights and stability balls. Class is geared toward the beginner and/or active older adult.

MUSCLE STRENGTH/STRENGTH – This class will develop muscular strength and endurance through a challenging workout using your own body weight for resistance and a variety of equipment.

PILATES/PILATES STRETCH – Beyond the mat and more... Targeting core muscle groups which support the spine, plus total body toning, this class focuses on strength, flexibility and fluid movements through controlled and mindful exercise.

SCULPT INTERVALS – Resistance strength training exercises using free weights, tubing, gliders, BOSU Balance Trainers and stability balls with additional brief intervals of easy to follow cardio drills for that extra push!

SCULPT + STRETCH – Let's get our strength on with exercises to target the major muscle groups followed by yoga inspired stretches and strengthening postural exercises for a complete workout for you and your health!

TRX CIRCUIT – The TRX Suspension Trainer is used for amazing bodyweight strength exercises in this class, alternated with weight work using tubes and dumbbells, while sprinkling in cardiovascular agility drills and 3 dimensional core training. We meet in the back room by the Rogue Rack.

YOGA – Flow and breathe, stretch and strengthen. A great class for quieting your mind and releasing stress while stretching and strengthening your entire body. Yoga emphasizes core strength, balance, and flexibility while creating the opportunity to reduce stress, induce relaxation, and share in the yoga experience.

While we do have a limited supply of mats for Yoga and Pilates classes, we encourage members to bring their own mats if attending these classes on a regular basis.

Group Fitness Policies - Class is cancelled if fewer than 2 people are in attendance. Wear clean workout shoes, bring water and a sweat towel and always work out at your own pace. Please be on time. Let the instructor know if you have to leave early. The warm up and cool down are important and aid in injury prevention. Return all equipment to its proper location at the end of class. Class equipment is available on a first come, first serve basis. Please do not reserve equipment for others. Classes missed due to the gym being closed (inclement weather, etc.) are not rescheduled. Classes and instructors are subject to change at any time. If you are new to a class, pregnant or have injuries please let the instructor know.