

# Group Fitness Studio

Facility Hours: Monday-Friday 5:30 am to 8 pm | Weekends 8 am to 5 pm



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9-10 am <b>Flex Yoga</b> Jim	8:30-9 am <b>Cardio &amp; Strength for AOA</b> Julia	6:15-7 am <b>HIIT</b> Alex		6:15-7 am <b>Strength &amp; Sculpt</b> Alex		
	9:10-9:40 am <b>Cardio &amp; Strength for AOA</b> Julia	8-8:45 am <b>Deep Stretch</b> Jim	8:30-9 am <b>Strength for AOA</b> Knowledge		8-8:45 am <b>Cardio &amp; Strength for AOA</b> Julia	
	10-10:45 am <b>Zumba Gold®</b> Diann	9-9:45 am <b>Zumba®</b> Mabel	9:10-9:40 am <b>Strength for AOA</b> Knowledge	9-9:45 am <b>Movement &amp; More</b> Alex	9-9:45 am <b>Cardio &amp; Strength for AOA</b> Julia	9-9:45 am <b>Zumba®</b> Diann
	11-11:45 am <b>Pilates</b> Helen	10-10:45 am <b>Strength &amp; Sculpt</b> Mabel	10-10:45 am <b>Chair Yogalates</b> Teresa	10-10:45 am <b>Core &amp; More</b> Julia	10-10:45 am <b>Balanced Strength</b> Alex	10-10:45 am <b>Hatha Yoga</b> Melissa
	12-12:45 pm <b>SilverSneakers® Classic</b> Helen	11-11:45 am <b>Hatha Yoga</b> Anna	11-11:45 am <b>Pilates</b> Teresa	11-11:45 am <b>Zumba®</b> Mabel	11-11:45 am <b>Chair Yoga</b> Jim	
	6:30-7:15 pm <b>Yoga Flow</b> Melissa	12-12:30 pm <b>Mobility &amp; More</b> Alex	12-12:30 pm <b>Tai Chi Qigong</b> Teresa	12-12:45 pm <b>Chair Yoga</b> Melissa	12-12:45 pm <b>Strength for AOA</b> Alex	
Updated as of: 1/27/26			Studio Reserved for <b>Yoga for Arthritis:</b> 1/28 - 3/18 1:30-2:30pm	6-6:45 pm <b>HIIT</b> Payton		
		6-6:45 pm <b>Bootcamp</b> Payton	6-6:45 pm <b>Gentle Stretch &amp; Flow</b> Jim			

**NOTICE  
TO ALL  
MEMBERS**

This class schedule is subject to change. All communication regarding class cancellations and changes will be sent out through the MemberMe+ app.



Gottlieb  
Center for  
Fitness

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## Disclaimer

- A minimum of three participants is required for the start of a class.
- It is recommended that participants arrive 5-10 minutes prior to class in order to set up and select the necessary equipment needed for class.
- Anyone arriving late to class **WILL NOT BE ALLOWED IN**. This is in respect to reduce distractions to the instructor and participants as well as member safety.
- Exercise equipment is on a first come, first serve basis (i.e. dumbbells, resistance bands, open spin bikes, etc.)
- Participants are expected to inform the instructor of any injuries or limitations they may have prior to class.
- **Before, during or after class, if any participant begins to feel lightheaded, dizzy, nauseous or ill, please notify staff immediately!**

## Group Exercise Class Descriptions

**Balanced Strength:** This class focuses on exercises to increase general strength, balance, and body proprioception. This class is designed for all fitness levels and will utilize multiple pieces of equipment.

**Bootcamp:** This class is intended for intermediate and advanced exercisers looking for an intense workout to get their heart rates up and increase their muscular endurance! Utilizing traditional cardio and resistance exercises, you will be sure to get a great workout while pushing yourself and having fun at the same time!

**Cardio & Strength for AOA (Active Older Adults):** Get moving with this split cardio and strength class. This class consists of about 10-15 minutes of cardio exercises to get the heart rate up and 10-15 minutes of strength training to work on muscle endurance and coordination.

**Chair Yoga:** Utilize a chair in this class to perform a variety of Yoga positions without having to be concerned with unassisted balance or strenuous ground exercises. Just about any standard yoga pose can be modified for the chair and participants can expect a great and safe workout.

**Chair Yוגalates:** This class combines the best aspects of both Yoga and Pilates and with the option of utilizing a chair. Participants will be led through a safe and effective workout that is both good for the body and the mind!

**Core & More:** This class focuses on low impact movements designed to strengthen your body by using ballet, Yoga and Pilates elements. Participants will be led through dance type exercises utilizing the studio's ballet bar as well as utilizing mat exercises to engage the core.

**Deep Stretch:** This class focuses on gently stretching major muscle groups, fascia, tendons and ligaments, and helps keeps the muscles and connective tissues supple and resistant to injury.

**Flex Yoga:** Enjoy a session of muscle, ligament and tendon stretches and poses designed to increase flexibility, promote overall joint and muscle health, and help prevent injuries.

**Gentle Stretch & Flow:** This calming evening class blends gentle traditional Yoga poses with longer, supported stretches to improve mobility, reduce tension, and promote relaxation. Most of the class is done down on the mat, with some standing poses added. Appropriate for all levels of experience and flexibility.

**Hatha Yoga:** This Yoga format incorporates traditional poses, breath awareness, and stability to the body. Hatha Yoga is the foundation of all Yoga styles and offers benefits of balance, strength, flexibility, and relaxation as well as stress reduction.

**HIIT:** (High Intensity Interval Training) is designed with short, high-energy bouts of exercises, followed by periods of rest. It is the best 'Bang for your buck' in regards to calorie expenditure and heartrate increase. Push yourself with total body cardio and strength exercises and leave the class feeling accomplished!

**Mobility and More:** Work on increasing range of motion, strengthening the stabilizing muscles, and working on balance all at the same time! This class is very low impact and designed for anyone wanting to move better in a short amount of time.

**Movement and More:** This class is a lower impact class designed to get participants up and moving with a combination of strength, balance and mobility exercises. This class utilizes light dumbbells or bodyweight exercises and will help strengthen muscles that are primarily underutilized. Designed for all fitness levels.

**Pilates:** This 45-minute class will help safely strengthen your body with low impact movements traditional Pilates exercises. This class will you down on the mat, in a seated position and standing.

**Tai Chi Qigong:** Tai Chi Qigong focuses on breath work and gentle healing exercises with repetitive movements to allow focus and reduction of stress and anxiety.

**SilverSneakers® Classic:** This class is a beginner-friendly, strength-focused workout program designed for older adults. It is designed to improve muscle strength, range of motion, and help with activities of daily living. Modifications will be made for all fitness levels and also utilizes a chair for support.

**Strength for AOA (Active Older Adults):** Get Gottlieb Strong! Develop strength and balance while using resistance bands, dumbbells and incorporate bodyweight exercises.

**Strength & Sculpt:** Strengthen and tone up in this 45-minute class designed to take participants through various resistance exercises. You will utilize various types of equipment including dumbbells, resistance bands and much more!

**Yoga Flow:** This class incorporates a mixture of meditation, breath work, and movement within a flowing sequence. Increase your strength, stamina, and mobility with the added emphasis of learning how to control your body through the expert guidance of the instructor.

**Zumba®:** Zumba® class is a combination of dance and fitness moves done to a background of exhilarating, international rhythms. Get moving with this fun and easy-to-follow calorie burning class!

**Zumba Gold®:** Zumba Gold® is a class geared for active older adults that recreates the original Zumba moves that everyone loves at a lower intensity. Have fun and get moving with this easy-to-follow choreographed class that focuses on range of motion, balance, and coordination!