

**GROUP FITNESS SCHEDULE: COMMERCE WAY**  
slhn.org/fitness  
**August 2022**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> <b>6:00am</b> Cycle - Terry <b>9:00am</b> Fitness Fusion - Sheryl <b>10:00am</b> Body Balance - Sheryl <b>4:30pm</b> Pilates/Barre Fusion - Sheryl <b>5:30pm</b> Cycle - Kelly	<b>2</b> <b>4:30pm</b> Tabata/Zumba® - Cathy <b>5:30pm</b> Yoga - Stephanie <b>5:45pm</b> MetCon - Alissa	<b>3</b> <b>6:00am</b> <b>Cycle - Gary</b> <b>9:00am</b> Fitness Fusion - Sheryl <b>10:00am</b> Body Balance - Sheryl <b>5:00pm</b> Cycle - Kris	<b>4</b> <b>9:00am</b> Cycle - Peggy <b>5:00pm</b> Sweat & Sculpt - Kris <b>5:45pm</b> MetCon - Alissa/Gary	<b>5</b> <b>9:00am</b> Pilates Plus - Sheryl	<b>6</b> <b>7:30am</b> Cycle - Terry
<b>7</b>	<b>8</b> <b>6:00am</b> Cycle - Terry <b>9:00am</b> Fitness Fusion - Sheryl <b>10:00am</b> Body Balance - Sheryl <b>4:30pm</b> Pilates/Barre Fusion - Sheryl <b>5:30pm</b> Cycle - Kelly	<b>9</b> <b>4:30pm</b> Tabata/Zumba® - Cathy <b>5:30pm</b> Yoga - Stephanie <b>5:45pm</b> MetCon - Alissa	<b>10</b> <b>6:00am</b> <b>Cycle - Gary</b> <b>9:00am</b> Fitness Fusion - Sheryl <b>10:00am</b> Body Balance - Sheryl <b>5:00pm</b> Cycle - Kris	<b>11</b> <b>9:00am</b> Cycle - Peggy <b>5:00pm</b> Sweat & Sculpt - Kris <b>5:45pm</b> MetCon - Alissa/Gary	<b>12</b> <b>9:00am</b> Pilates Plus - Sheryl	<b>13</b> <b>7:30am</b> Cycle - Terry
<b>14</b>	<b>15</b> <b>6:00am</b> Cycle - Terry <b>9:00am</b> Fitness Fusion - Sheryl <b>10:00am</b> Body Balance - Sheryl <b>4:30pm</b> Pilates/Barre Fusion - Sheryl <b>5:30pm</b> Cycle - Kelly	<b>16</b> <b>4:30pm</b> Tabata/Zumba® - Cathy <b>5:30pm</b> Yoga - Stephanie <b>5:45pm</b> MetCon - Alissa	<b>17</b> <b>6:00am</b> <b>Cycle - TBA</b> <b>9:00am</b> Fitness Fusion - Sheryl <b>10:00am</b> Body Balance - Sheryl <b>5:00pm</b> Cycle - Kris	<b>18</b> <b>9:00am</b> Cycle - Peggy <b>5:00pm</b> Sweat & Sculpt - Kris <b>5:45pm</b> MetCon - Alissa/Gary	<b>19</b> <b>9:00am</b> Pilates Plus - Sheryl	<b>20</b> <b>7:30am</b> <b>Cycle - Cathy</b>
<b>21</b>	<b>22</b> <b>6:00am</b> Cycle - Terry <b>9:00am</b> Fitness Fusion - Sheryl <b>10:00am</b> Body Balance - Sheryl <b>4:30pm</b> Pilates/Barre Fusion - Sheryl <b>5:30pm</b> Cycle - Kelly	<b>23</b> <b>4:30pm</b> Tabata/Zumba® - Cathy <b>5:30pm</b> <b>No YOGA today</b> <b>5:45pm</b> MetCon - Alissa	<b>24</b> <b>6:00am</b> <b>Cycle - TBA</b> <b>9:00am</b> Fitness Fusion - Sheryl <b>10:00am</b> Body Balance - Sheryl <b>5:00pm</b> Cycle - Kris	<b>25</b> <b>9:00am</b> Cycle - Peggy <b>5:00pm</b> Sweat & Sculpt - Kris <b>5:45pm</b> MetCon - Alissa/Gary	<b>26</b> <b>9:00am</b> Pilates Plus - Sheryl	<b>27</b> <b>7:30am</b> Cycle - Terry
<b>28</b>	<b>29</b> <b>6:00am</b> Cycle - Terry <b>9:00am</b> Fitness Fusion - Sheryl <b>10:00am</b> Body Balance - Sheryl <b>4:30pm</b> Pilates/Barre Fusion - Sheryl <b>5:30pm</b> Cycle - Kelly	<b>30</b> <b>4:30pm</b> Tabata/Zumba® - Cathy <b>5:30pm</b> Yoga - Stephanie <b>5:45pm</b> MetCon - Alissa	<b>31</b> <b>6:00am</b> <b>Cycle - TBA</b> <b>9:00am</b> Fitness Fusion - Sheryl <b>10:00am</b> Body Balance - Sheryl <b>5:00pm</b> Cycle - Kris			

## **GROUP FITNESS CLASS DESCRIPTIONS: Commerce Way**

**Body Balance:** Are you looking to improve your balance and coordination? Balance and strengthening (particularly core strength) exercises are key. This class will be done in the standing position, with light aerobics, cardio-box movements and mind-body elements, all designed to improve coordination, flexibility, balance & posture. Come ready for basic upper body strengthening with bands and weights too.

**Cycle:** Enjoy a fun and invigorating workout set to music. Designed to simulate outdoor cycling on a stationary cycle. Take pleasure in the benefits of a group training ride without the fear of keeping up!

**Fitness Fusion:** A less-cardio-demanding version of Aerobic Fusion, with an emphasis on all aspects of fitness. It will include more strength, balance, flexibility and posture work, but will still include some cardio-box elements that you remember from Aerobic Fusion. Wednesday's class will end with mat work and planks so be sure to bring your mat!

**MetCon:** or "Metabolic Conditioning" refers to short bouts of high intensity exercise done in fast succession. It is designed to work all the body's energy systems in an intense, but efficient way. Experience a fantastic workout in 30 minutes or less. \*\*(class meets on the turf)

**Pilates/Barre Fusion:** Bring your mat for a Core and More style workout with our Barre Above & Stott Pilates Certified Instructor. This class will feature a Fusion of Pilates, Ballet, Yoga and Strength Training.

**Pilates Plus:** This mid-level mat class will incorporate elements of Stott Pilates, as well as some Yoga poses. It is designed to increase your core strength, coordination, balance, flexibility and overall strength. Pilates is great for your posture as well.

**Sweat & Sculpt:** Get ready to tone and strengthen your muscles and your heart. This class will mix fun cardio with strength training and core work. All fitness levels are welcome, exercises can be modified as needed. Bring your mat if you have one!

**Tabata/Zumba®:** This exciting combo class is a strength and cardio mash-up. Part Tabata strength workout and part Zumba Cardio workout! Tabata consists of 8 rounds: 20s of work + 10s of rest (totaling 4 minutes). After the 4 minute Tabata is complete, you will do a Zumba song.... and Repeat!

**Yoga:** A relaxing and refreshing addition to your week. This class emphasizes the harmonious balance between mind and body. Various poses will be utilized to improve postural alignment, body strength, and flexibility. All Fitness levels are welcome. Modifications can be given as needed.