

# MAY GROUP CLASS SCHEDULE

802-885-2568

140 Clinton Street, Springfield VT 05156

**\*\*PRE-REGISTRATION REQUIRED\*\***

MON	TUES	WED	THU	FRI	SAT	SUN
6-6:45AM STUDIO Strength and Stability Zoe Lirakis	6-6:45am STUDIO Pilates/Barre Fusion Jean Warner	6-6:45am Studio Easy Spin Zoe Lirakis	6-6:45AM STUDIO Strength and Core Zoe Lirakis			
8-8:45am STUDIO TRX Pat Koenig			8-8:45am STUDIO TRX Pat Koenig	8-8:45am Studio TRX-Yoga Pat Koenig	8:30-9:15am AQUATIC Hydro Power Zoe Lirakis	9:00-9:45 STUDIO Stretch Yoga Janine Silva Escobar
	9:00AM-9:45AM AQUATIC AquaFit Janine Silva Escobar		9:00-9:45am AQUATIC Aqua Strength and Stamina Julia Lamb			10:15am-11:00am Studio Open Play Ages 6 months to 5yrs Registration required May 5 <sup>th</sup> only
10-10:45 Whitcomb Building Move To Improve Pat Koenig FREE CLASS FOR ALL		10-10:45 AQUATIC Slow Aqua Janine Silva Escobar FREE CLASS FOR ALL				
		12-12:45pm STUDIO Body Build Kristen Miller	12-12:45 STUDIO Total Body Tone Zoe Lirakis			
				Be Sure to check the Upcoming Events section of our website for more information about the many different programs being offered and how to register!		
5:30-6:15pm Studio Monday motivation Jean Warner	5:30-6:30 Studio Spin Up Your Fitness Joni Foster Robison	5:30-6:15 Studio Step by Step Zoe Lirakis	5:30-6:15 Studio Yoga Flow Janine Silva Escobar			

**\*\* MUST have class add-on, punch card OR purchase drop-in class pass to attend any class unless specified as a free class**

## MEMBER

Class add-on: \$24  
Punch Card: \$80  
Drop in: \$11

## NON-MEMBER

Punch Card: \$100  
Drop in: \$14

## CLASS REGISTRATION

- Registration managed on our app "The Edgar May Health & Recreation Center" OR on our website [www.edgarmay.org](http://www.edgarmay.org)
- Registration for each class opens the week prior
- It is VITAL that if you are not able to attend class, you cancel your registration. This can be done on the app by clicking "cancel reservation" or by calling (802) 885-2568



# STUDIO CLASS DESCRIPTIONS

**Body Build (Studio)** – Take the "Time to Build" with this challenging 45-minute resistance class. Your instructor will take you from head to toe using mostly bands to build strong and lean muscles and improve core stability. You will walk away from this class feeling a different kind of connection to your body.

**Easy Spin (Studio)**- kick off your morning with a steady state ride focusing on keeping your heart rate low and building aerobic capacity.

**Monday Motivation (Studio)**- This class is for all fitness levels. We will complete a variety of exercises to build endurance, strength and cardio fitness for the whole body. All while listening to fun, upbeat music. You'll leave smiling and feeling stronger.

**Move to Improve (Whitcomb Building)** – A fitness class designed for those looking to try out a group class with modifications made for seated or standing participation. With emphasis on what YOU can do, get your heart rate up and body moving under the safe guidance of an instructor.

**Pilates/Barre Fusion (Studio)** – Low intensity Pilates & barre based strengthening workout with a focus on building strong stabilizing muscles. Pilates & Barre promote enhanced mobility, posture, balance & body awareness through a variety of controlled movements. Different variations for movements are offered to make this class enjoyable for all fitness levels.

**Power Hour Spin (Studio)** – An hour spin class for ALL fitness levels that will meet you where you are at and personalize the workout to leave you feeling stronger. This class will include a focus on proper technique, form, aerobic boosting intervals, strengthening hill climbs, and a stretching cool down.

**Step by Step(Studio)**- A quick moving step class that raises the heart rate and builds stability and coordination.

**Strength and Stability**- using TRX Bands, exercise balls, and resistance bands we will focus on building core strength, improving stability and overall strength.

**Strength and Core(Studio)**- Come and have fun and build Strength. Learn how to build muscular endurance and power through a variety of different equipment mediums. This will be a full body workout, including your core. Don't leave strength out of your workout regime.

**TRX (Studio)** – A form of suspension training that uses body weight exercises to develop strength, flexibility, balance and core stability simultaneously. Participants leverage gravity and body weight for overall strength and toning.

**TRX Yoga (Studio)**- Using TRX suspension bands lengthen and tone muscles through yoga poses.

**Total Body Tone(Studio)** using resistance bands we will focus on building lean muscles for a full body workout.

**Stretch Yoga(Studio)**- participants will be guided through yoga movements with a focus on releasing tension, relaxing and stretching.

**Yoga Flow (Studio)** Vigorously move through yoga poses while connecting with your mind and breath.

## AQUATIC CLASS DESCRIPTIONS

**AquaFit (Pool)** – Join us for our completely new Aquatic Fitness class! Have fun while learning how to use our pool to improve your strength, mobility, and flexibility.

**Strength & Stamina (Pool)** – Focus on strength and stamina with this combo cardio and strength class! You'll constantly be moving in this class that uses different equipment each week, gets your heart rate up and keeps you happy!

**Slow Aqua**- a beginners aqua based class focusing on balance, strength and mobility.

**Hydro Power**- A focus on building both strength and cardio using weights and resistance.