

Group Fitness

Weekly Schedule

August 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am Pop Pilates 3, 17 & 31 Barre & Balance 10 & 24 Regan	9:00am Total Body Strength Judy	9:30am Mat Yoga Kathy	9:00am Total Body Strength Judy	9:30am Mat Pilates Beth	9:30am Kickboxing Basics Rowan
10:30am Low Impact Strength Indira	10:30am Low Impact Core Combo Indira	10:30am Low Impact Strength Indira	10:30am Tai Chi Indira	10:30am Low Impact Strength & Cardio Indira	10:20am Water Aerobics Indira
11:30am Chair Yoga Fusion Melanie	11:15am Water Aerobics Indira	11:30am Functional Fitness Kathy	11:15am Water Pilates Indira	11:30am Chair Core & Cardio Stephanie	

Green Classes = All fitness levels welcome; lowest impact options

Orange Classes = Some intermediate movements but can be modified to any level

Red Classes = Intermediate to advanced movements, evaluation recommended prior to attending

***Purple Classes** = Small Group Training (3-6 participants), extra fee applies

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Class Descriptions

Barre & Balance: This class combines balance-training, isometric muscle-shaping techniques and the elongating principles of dance conditioning to create a revolutionary full-body workout. Chairs are used for support throughout class. All levels are welcome.

Chair Core & Cardio: A chair supported class featuring seated cardio, core activation, flexibility and mobility work to support healthy aging and everyday function. Beginners Welcome!

Chair Yoga Fusion: Ease your way into stretching and mobility with yoga inspired movement that focus on technique, flexibility, breathing and relaxation. All movements can be done in a chair. All levels are welcome.

Functional Fitness: A hybrid seated/standing class where movements can be modified and weights are optional. This workout brings you through a combination of dynamic stretching and mobilizing movements paired with balance throughout. All levels are welcome.

Kickboxing Basics: An upbeat and empowering class designed for all fitness levels. Learn easy to follow combos of punches and kicks while improving balance, strength and coordination. All levels welcome – please reserve your spot in advance as space is limited to 8.

Low Impact Cardio Combo: A gentle yet effective workout that combines a variety of cardio exercises to boost your heart rate without putting stress on your joints. All levels welcome

Low Impact Strength Training: Learn the basics of strength and conditioning in a welcoming, slower-paced environment. This is more intense than our basic classes but can be modified to any fitness level. All levels are welcome.

Mat Pilates: Learn the foundational principles of Pilates and its basic series of exercises. The emphasis will be placed on core strength, flexibility and breathing. *Bring your own mat and a small pillow if you need neck support*

Mat Yoga: Level 1 yoga. There will be a gentle stretching warm up with breathing techniques, some sun salutations and basic yoga flows and deep stretching all done on the mat on the floor. *Bring your own mat and (optional) stretch straps*

Pop Pilates: This combination of total body Pilates exercises with the energy of music gives you an intense workout that is fun and effective, developing a rock solid core while leaving no muscle untouched. Moderate to intense class. *Bring a mat*

SGT (Small Group Training): A small class, limited to 3-6 participants, focusing on a common theme that is customizable by the group. There is an extra fee for this class as it is a form of Personal Training. Reservations are required.

Total Body Strength : This class is designed to work every major muscle to build a solid base for overall fitness and performance. Class will be lifting moderate to heavy weights and could be moving from floor to standing. Moderate class but can be modified for any level. *Bring a mat*

Tai Chi: This mind-body format involves slow movements, breathing and meditative flows. There will be some balance practice and flowing movements but all from a standing position. All levels are welcome.

Water Aerobics: An aquatic class involving low impact movements to work aerobic endurance, resistance training and get the entire body moving. Great for arthritis or mobility issues. All levels are welcome. *Wear your swimsuit*

Water Pilates: An aquatic class involving low impact movements to focus on core strength. All levels are welcome. *Wear your swimsuit*

Any questions about memberships or classes, please contact:

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