



Group Exercise Class Schedule

Effective September 22, 2024

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|---|---------------------------------------|---|---------------------------------------|
| | | 6am Cycle/Core Stephanie | | 6am Cycle/HIIT Stephanie | | |
| 8:30am Barre Kathy | 10am Lo Impact Strength Kris | 9am Functional Strength/Stretch Kathy | 10am Lo Impact Strength Kris | 10am Zumba GOLD Donna | 9am Step N Stretch Steve | 8am Cycle/Core Stephanie |
| 6pm Circuit Burn Jeanine | 6pm Powerlates Christine T | 6pm Tabata Steve | | | 10:15am Lengthen & Strengthen Yoga Leslii (upstairs studio) | |
| 7pm Vinyasa Yoga Flow Leslii (upstairs studio) | | | | | | |

Pre-Registration is required for all classes and can be done on the Wayside APP, 7 days in advance.

Classes must have a minimum of 5 participants.

All classes are subject to change. Please check the APP for any updates on classes and substitutes.

Group Exercise Class Descriptions:

BARRE - A unique, high energy/no impact class that combines ballet barre work and light weights to strengthen and lengthen the muscles of the butt, legs, torso and arms. This class is perfect for all fitness levels!

CIRCUIT BURN - A high-intensity workout focusing on strength building and muscular endurance. Tone your entire body with this fun and challenging circuit training class that has you rotating through various exercises and stations around the studio.

CYCLE - Our Cycle classes are challenging, fun, and one of the best ways to improve cardiovascular fitness while burning lots of calories! Cycle is a low impact class suitable for most people and can accommodate all levels of fitness.

CYCLE/CORE - Class will end with 10 minutes of core strength and conditioning exercises.

CYCLE/HIIT - 30 minutes of CYCLE and 30 minutes of HIIT training using weights and body weight exercises.

FUNCTIONAL STRENGTH/STRETCH - This class uses dynamic functional movement to work through the whole body and create more functional strength, flexibility, coordination, mobility, and stability.

LO IMPACT STRENGTH - Fun and easy to follow moves to improve and maintain cardiovascular fitness. Light dumbbells, bands, balls may be used to increase bone density and increase muscular endurance.

POWERLATES - High Intensity Interval Training (HIIT) meets Yoga and Pilates! Build endurance while sculpting a long lean body. Focus on cardio, strengthening the core and increasing flexibility in this interval style class

TABATA - Tabata interval training is one of the most effective types of high intensity interval training. Through a variety of simple, yet intense exercises, each class will blast the calories and provide noticeable results in a short amount of time. . 45 minute class.

VINYASA YOGA - Relax and move with dynamic breaths. Challenge your body and mind in this great class. Soft music will help you stretch, strengthen, and invigorate the mind, body, and soul. Leslii uses myofascial release balls in this class to help release stress and tension within the body. Practice at your own pace, we are all built differently. Great for all levels.

LENGTHEN & STRENGTHEN - *Yoga/Resistance/Myofascial Release* -A new way to sculpt and shape your body! This new approach to strength building combines unique body-weight and resistance training exercises with traditional yoga practices.

ZUMBA GOLD - This class features simple, easy to follow, repetitive dance steps, set to Latin/International music and geared to the active older adult.