

Group Exercise Class Schedule

Last Revised: 10.12.20

CLASSES AT CHILSON: Register for individual classes and use your Chilson pass or pay the daily fee. Physical distancing guidelines will be observed. You MUST wear a mask at ALL times including while exercising (except to catch your breath if needed). Bring a filled water bottle. Space is limited.

VIRTUAL CLASSES: Register for virtual classes by the week and use your Chilson pass or pay the fee. **Fee:** \$6/week for unlimited virtual classes (use keyword "virtual"; receipt has Zoom link)

Register for all classes:
cityofloveland.org/webtrac
Questions:
 970.962.2FUN (2386)

MONDAY

Indoor Cycling	C	5:45-6:45A	Marco
Pilates <small>Ends 10/19</small>	Virtual	7:15-8:10A	Marcy
Pilates <small>Ends 10/19</small>	SG	7:15-8:10A	Marcy
River Walking	LE	8:15-9:15A	Amy
SS Classic	Virtual	8:30-9:30A	Anita
Aqua Fitness	LAP	9:15-10:15A	Jan S.
Power Tone Plus	SG	10:15-11:15A	Sherri
Aqua Fitness	LAP	10:30-11:25A	Mo
Body Blast	Virtual	11:00-11:45A	Debra
Body Blast	F/D	11:00-11:45A	Debra
Yoga	Virtual	12:00-1:00P	Mo
Yoga	SG	12:00-1:00P	Mo
Power Tone Plus	SG	5:30-6:30P	Kathy

TUESDAY

Power Toning	SG	6:00-6:50A	Katie
Aqua Fitness	LAP	7:05-7:55A	Pam P.
PiYo <small>Starts 10/13</small>	H	8:00-9:00A	Cindi
Ai Chi/Aqua Yoga	LE	8:15-9:10A	Joyce
Cardio Power	Virtual	9:15-10:15A	Anita
Aqua Fitness	LAP	9:15-10:15A	Debbie
SS Yoga	Virtual	10:30-11:30A	Donna
SS Circuit	Virtual	12:00-1:00P	Donna
Indoor Cycling	C	12:00-1:00P	Sherri
Zumba®	SG	4:30-5:30P	Courtney
Yoga	Outside	5:30-6:30P	Linda
Power Toning	SG	6:15-7:15P	Lisa J.

WEDNESDAY

Aqua Zumba®	LAP	7:15-8:15A	Ellen
Step	SG	7:30-8:25A	Anita
Aqua Fitness	LAP	9:15-10:15A	Pam P.
Meditation	Virtual	10:00-11:00A	Larry
Power Toning	SG	10:15-11:15A	Candace
Aqua Fitness	LAP	10:30-11:25A	Mo
Yoga	SG	12:00-1:00P	Debra
Indoor Cycling	C	4:30-5:30P	Todd
Aqua HIIT	LAP	6:00-6:55P	Kathy

THURSDAY

Power Toning	SG	6:00-6:50A	Katie
Aqua Fitness	LAP	7:05-7:55A	Amy
River Walking	LE	8:15-9:15A	Pam P.
Indoor Cycling	C	9:00-10:00A	Sherri
Aqua Fitness	LAP	9:15-10:15A	Debbie
Cardio Power	Virtual	9:15-10:15A	Anita
SS Circuit	Virtual	12:00-1:00P	Donna
Yoga	Virtual	4:30-5:30P	Mo
Yoga	SG	4:30-5:30P	Mo
Power Toning	SG	6:15-7:15P	Lisa J.

FRIDAY

Indoor Cycling	C	5:45-6:45A	Dan
Aqua Zumba®	LAP	7:15-8:15A	Ellen
Pilates	SG	7:30-8:30A	Nancy
SS Classic	Virtual	8:30-9:20A	Donna
Aqua Fitness	LAP	9:15-10:15A	Ginny
SS Yoga	Virtual	9:30-10:15A	Mo
Power Toning	SG	10:15-11:15A	Sherri
Aqua Fitness	LAP	10:30-11:25A	Pam S.
Zumba®	SG	12:00-1:00P	Tracey

SATURDAY

Step	SG	7:30-8:25A	Anita/Cindi
Power Toning	SG	8:30-9:30A	Katie/Kathy
Yoga	H	9:00-10:00A	Debra/Mo
Zumba®	SG	9:45-10:45A	Courtney

Need equipment?

Purchase at the front desk or online at cityofloveland.org/webtrac and pick up curbside!

Due to limited capacity, you must REGISTER FOR ALL CLASSES:
cityofloveland.org/webtrac

See class descriptions on back.

C: Cherry Rm F/D: Fitness/Dance Studio H: Hickory Rm
 LAP: Lap Pool LE: Leisure Pool SG: Small Gym Virtual: Online



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Ai Chi|Aqua Yoga* A water-based total body strengthening, balance/relaxation class through movement. Ai Chi focuses on deep breathing/slow movement and is designed to improve balance, flexibility & core strength. Pilates movements strengthen.

Aqua Fitness Water exercise increases flexibility and muscle strength, and gives your cardiovascular system the workout it needs. It takes stress off joints and muscular skeletal system, yet works the muscles, heart and lungs. Classes contain cardio, strength and stretching components.

Aqua HIIT HIIT optimizes your workout time by utilizing a series of short, high intensity intervals designed to improve your cardio and strength & increase your metabolism. Class includes a warm up, interval training section, strength work and cool down.

Aqua Zumba® Make a splash by adding a low-impact, high-energy aquatic exercise to your fitness routine. It blends the Zumba® philosophy with water resistance. There is less impact on your joints, so you can really let loose. The natural resistance means every step is more challenging and helps tone your muscles.

Body Blast Use bands, balls and weights to combine low impact cardio, balance challenges and functional movement for a total body workout you'll love.

Cardio Power* is an advanced group exercise class designed for active adults who desire a safe and effective low-impact cardio workout. Energizing and easy-to-follow movements promote heart-healthy, total-body conditioning to increase cardiovascular and muscular endurance. A variety of strength training options are offered to provide a well-rounded workout.

Indoor Cycling One of the most effective and motivating group exercise classes on our schedule! Allows for a variety of ages and levels. **Arrive 15 min early for 1st session.**

Meditation Guided meditation and relaxation can enhance memory and learning, decrease feelings of stress and anxiety and improve blood pressure, back pain and sleep quality.

Pilates While focusing on the Pilates breath, learn fundamental exercises using correct posture, alignment and understanding of the control and function of abdominal muscles used for exercises.

Pilates Plus Improve your core and postural muscle strength and endurance using Bender Ball and Bender Barre methods, resistance bands, fitballs and other apparatus. Increase muscle and joint mobility, improve blood flow, coordination and balance, learn effective fascial active stretching, muscle activation and release techniques using myofascia balls, foam rollers and tennis balls.

PiYo A total-body fitness class that combines the practices of Pilates and Yoga to help you build strength and increase flexibility. Upbeat music and challenging movement patterns make this fusion class loads of fun.

Power Toning One of the fastest ways to get in shape. With a combination of great body sculpting routines, work every major muscle group in the body. Strengthen, tone and increase flexibility using weights, bands and balls. A great class for beginners to experienced exercisers.

POWER TONE PLUS A total body workout with a variety of cardio intervals and core conditioning.

SilverSneakers® Classic* Seated/standing exercises to increase muscular strength, range of motion and activities for daily living.

SilverSneakers® Circuit* Standing upper-body strength work alternated with low impact cardio using a chair for standing support.

SilverSneakers® Yoga* Seated and standing yoga poses to increase flexibility, balance and range of motion.

Step A medium impact cardio activity that ensures you will meet your step goal each day. Classes vary in the level of choreography. All instructors offer various options for different levels of intensity.

Yoga Explore your body and mind with postures, breath and meditation. Emphasis is on alignment and self-awareness for safe practice. Develop and maintain strength, focus, flexibility and balance.

Zumba® Ready to party into shape? Forget the workout, just lose yourself in the music and find yourself in shape. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and energy levels will soar!



* For age 62+ or those seeking a low-impact workout