

# Modified COVID-19 Fitness Class Schedule at PMRC

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>A</b> 9 - 10 am <b>Turn Back the Clock</b> Linda Roberts	<b>A</b> 8:45 - 10 am <b>Yoga for the Older Adult</b> Kate Sanford	<b>F</b> 6:30 - 7:30 am <b>Running and Abs</b> ★ Lee Crumbaugh	<b>A</b> 8:15 - 8:45 am <b>Beginner Pilates</b> Beth Ross	<b>B</b> 9 - 10 am <b>Turn Back the Clock</b> Linda Roberts	<b>A</b> 9 - 10:15 am <b>Yin Yang Yoga</b> Linda Barrett
<b>A</b> 10:15 - 11:15 am <b>Turn Back the Clock</b> Linda Roberts	<b>B</b> 9 - 10 am <b>Turn Back the Clock</b> Stacey Oliff	<b>B</b> 9 - 9:45 am <b>Zumba® Gold</b> ★ Linda Roberts	<b>A</b> 9 - 9:45 am <b>Cardio Conditioning</b> Stacey Oliff	<b>A</b> 9:30 - 10:30 am <b>Vinyasa Yoga 1 &amp; 2</b> Aimee Seal	<b>A</b> 10:30 - 11:30 am <b>Cardio Dance Mix</b> Leandra Parkinson
<b>A</b> 12:30 - 1:30 pm <b>Lunch Time Yoga</b> Aimee Seal	<b>B</b> 10:15 - 11:15 am <b>HIIT</b> Stacey Oliff	<b>A</b> 9 - 10 am <b>Turn Back the Clock</b> Kate Sanford	<b>A</b> 10 - 11:15 am <b>Gentle Yoga</b> Aimee Seal	<b>B</b> 10:15 - 11:15 am <b>Cardio Step</b> Jennifer Lancaster	<b>B</b> 10:30 - 11:45 am <b>Total Body/Work Your Core</b> Linda Barrett
<b>A</b> 6:30 - 7:30 pm <b>Zumba®</b> Leslie Davis	<b>B</b> 5:30 - 6:30 pm <b>Let's Have a Ball</b> ★ Linda Barrett	<b>B</b> 10 - 10:45 am <b>Strength and Stretch</b> ★ Linda Roberts	<b>B</b> 10:15 - 11:15 am <b>Turn Back the Clock</b> Stacey Oliff	<b>A</b> 5 - 6 pm <b>Zumba® Toning</b> Linda Roberts	
	<b>B</b> 6:45 - 8 pm <b>Slow Flow, Deep Stretch Yoga</b> Linda Barrett	<b>A</b> 10:15 - 11:15 am <b>Deep Stretch Yoga</b> Aimee Seal	<b>B</b> 5:30 - 6:30 pm <b>Let's Have a Ball</b> ★ Linda Barrett		
<p><b>Only 9 participants to 1 instructor are allowed for each class. This is to maintain the 10-person maximum group gathering for physical distancing during COVID-19. Classes are first come, first serve;</b></p> <p><b>All face coverings/masks must be worn with exception to using equipment or participating in class.</b></p> <p><b>All fitness equipment must be wiped down after use.</b></p> <p><b>Showers are not available at this time, however, lockers are available.</b></p> <p><b>Please bring your own water. Fountains are available ONLY to REFILL bottles.</b></p>		<b>A</b> 5:30 - 6:30 pm <b>Yogilates</b> Aimee Seal	<b>B</b> 6:45 - 8 pm <b>Slow Flow, Deep Stretch Yoga</b> Linda Barrett		<p>★ pink star indicates new class, format or update</p> <p>yellow boxes indicate classes for Age 55+</p> <p>Fitness classes are for Age 16+ unless otherwise noted.</p>
		<b>A</b> 6:30 - 7:30 pm <b>Cardio Dance Mix</b> Leandra Parkinson	<b>A</b> 7 - 7:45 pm <b>Country Cardio</b> Linda Roberts		

## CARDIO & STRENGTH

**Cardio Dance Mix** Cardio workout filled with fast and slow dance intervals and exciting dance moves! Modeled after the Zumba® fitness program, this class is sure to get you moving! Instructor: Leandra Parkinson

**Cardio Conditioning** High energy workout that is great for cardiovascular conditioning will focus on running or walking, Plyometrics, agility, strength training with weights, resistance bands, glides and more, ending with stretching and correctives for flexibility and mobility. Instructor: Stacey Oliff

**Cardio Step** A classic cardio workout that's lasted for decades because it delivers results! Step aerobics has the benefits of a high-intensity cardio workout without putting stress on your joints. It improves overall fitness by building strength, reducing fat and boosting cardiovascular health. If you love to dance, this class is for you! Instructor: Jennifer Lancaster

**Country Cardio** High-energy, easy-to-follow, country dance-inspired workout! It's simple, fun and you will barely notice you're burning fat and tightening your body from head to toe. Instructor: Linda Roberts

**HIIT** (high-intensity interval training) In this class you will give an all-out 100% effort through quick intense bursts of exercise followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time. Incorporates lightweights and various equipment to make the most of your workout. Combined with some boot camp-style exercises and Tabata, you will leave feeling accomplished and strong! Instructor: Stacey Oliff

★ **Let's Have a Ball** The inherent instability of a big ball forces the core stabilizing muscles to work harder to keep you balanced on it. The shape and weight of the ball is used to leverage challenges. In addition to the stability ball, you will use various dumbbells to tailor the workout to your abilities and goals. This class will help you strengthen and tone your major muscle groups, improve your posture and boost your balance – all while having fun and moving to motivating music! Instructor: Linda Barrett

★ **Running and Abs** Group run with stretching and abs! Come in running clothes and shoes, and bring an exercise mat for greater comfort. You'll receive guidance on physical distance running and learn about the run route. Run socially distanced with a group for 30 minutes – 15 minutes out and 15 minutes back. Then weather allowing, improve your strength during a brief stretching and abs session. 50-minutes. Instructor: Lee Crumbaugh

★ **Strength & Stretch** A mix of floor work and standing while alternating between hand weights, stretching and body weight exercises. Instructor: Linda Roberts

**Total Body / Work Your Core** Combination class to strengthen and work your entire body! Develop strength, endurance and muscle tone in all the major muscle groups of the upper and lower body, including abs. Instructor: Linda Barrett

**Turn Back the Clock** Exercises to help you look and feel younger and stay active longer! This class focuses on improving strength, flexibility, posture, coordination and reducing the risk of falls, as well as helping alleviate symptoms of chronic conditions such as arthritis. Instructors: Linda Roberts (Mon/Fri) / Kate Sanford (Wed) / Stacey Oliff (Tue/Thu)

**Zumba®** Combines high energy and motivating music with unique moves and combinations that allow participants to dance away their workout! Zumba® workouts are fun and easy so participants stick to a fitness program to achieve long-term health benefits. Instructor: Leslie Davis

★ **Zumba® Gold** is an easy-to-follow program that lets you move to the beat at your own speed. The *Zumba® Gold Live It Up Total Body Wellness* class feels like a party while revitalizing your mind and body! Instructor: Linda Roberts

**Zumba® Toning** Enhancing the sense of rhythm and coordination, participants will use weighted, maraca-like Zumba® Toning Sticks to build strength and tone all the right target zones, including arms, core and lower body. Instructor: Linda Roberts

## YOGA & PILATES

**Beginner Pilates** Engage the mind and condition the body while you strengthen the core, lower back muscles, abs and glutes. Instructor: Beth Ross

**Deep Stretch Yoga** Combines breath work and deep full body stretching; suitable for all ages and levels. Instructor: Aimee Seal

**Gentle Yoga** Develop and maintain better balance with easy-to-learn positions, movements and breathing techniques; build bone density to prevent osteoporosis. Instructor: Aimee Seal

**Lunch Time Yoga** Take a break from your mundane Monday! This yoga class is geared to enhance your mind, body and soul in the middle of the day. All levels welcome! Instructor: Aimee Seal

**Slow Flow, Deep Stretch (SFDS) Yoga** SFDS is a smooth synchronization of breath with movement, intensified by mindfully holding postures for longer than a typical, invigorating flow class. Join this soul-soothing, rhythmic movement class to prepare mind and body for a restful, rejuvenating night of sleep. All levels welcome! Instructor: Linda Barrett

**Vinyasa Yoga Level 1 and 2** Hold yoga poses with a series of strength building and flexibility. Mind, body and spirit will be encouraged and challenged. This is a mixed level class. Instructor: Aimee Seal

**Yin Yang Yoga** A moderate-paced class (mixed levels with modifications offered.) A dynamic vinyasa flow sequence to stretch, strengthen and invigorate; then, a more meditative (yin) portion to stimulate energy flow in the deeper tissues and improve flexibility and joint health. Includes breath work and meditation techniques. A fully balanced yoga practice. Instructor: Linda Barrett

**Yoga for the Older Adult** Continued yoga practice can help alleviate or reduce health challenges faced as we age. Poses can be modified to accommodate fitness level and health conditions. Instructor: Kate Sanford

**Yogilates** Increase strength and flexibility through poses and movement. Developmental balance and focus through breathing and meditation. For new and experienced students. Please bring a yoga mat. Instructor: Aimee Seal