

Winter 2020 Fitness Class Schedule at PMRC

Please Note: Studio B is under repair indefinitely. We'll provide updates as they are received.

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
C 6:15 - 7:15 am Express Cycling & Abs Lee Crumbaugh	A 8:45 - 10 am Yoga for the Older Adult Kate Sanford	A 6:15 - 7:15 am HIIT Fusion Penny Wardell	C 6:15 - 7:15 am Express Cycling & Abs Lee Crumbaugh	A 6:15 - 7:15 am HIIT Fusion Penny Wardell	C 9 - 10 am Weekend Ride Staff						
A 7:45 - 8:45 am Aerobics Mary Slidell	C 9 - 10 am Moderate Cycle John Clifford	Aux 7:45 - 8:45 am Aerobics Mary Slidell	A 8 - 8:45 am Beginner Pilates Beth Ross	A 8 - 9 am Barre Nicole Meidinger	A 9 - 10:15 am Yin Yang Yoga Linda Barrett						
Aux 9 - 9:45 am Yoga Sculpt Liz DeGraffenreid	Aux 9:30 - 10 am BODYSHRED™ Liz DeGraffenreid	A 8 - 8:45 am Barre Nicole Meidinger	A 9 - 9:45 am Cardio Conditioning  Stacey Oliff	C 9 - 10 am Moderate Cycle John Clifford	A 10:30 - 11:30 am Cardio Dance Mix Leandra Parkinson						
A 9 - 10 am Turn Back the Clock Nicole Meidinger	Aux 10:15 - 11 am Cardio Kickboxing Nicole Meidinger	Aux 9 - 9:45 am HIIT/Sculpt Combo Stacey Oliff	Aux 9 - 10 am Full Body Workout for 40+ Darcy Scaringe	Aux 9:30 - 10 am BODYSHRED™ Liz DeGraffenreid	Track 10 - 11 am Walking with Purpose Suzanne Stringer						
Aux 10 - 11 am Barbell Strength Kelly Scalia Mannix	A 12:30 - 1:30 pm Movement for Motion Sheri Barnes	A 9 - 10 am Turn Back the Clock Kate Sanford	A 10 - 11:15 am Gentle Yoga Aimee Seal	A 9:30 - 10:30 am Vinyasa Yoga 1 & 2 Aimee Seal	Aux 10:30 - 11:45 am Total Body/Work Your Core Linda Barrett						
A 10:15 - 11:15 am Turn Back the Clock Penny Wardell	A 5:30 - 7 pm Total Body/Work Your Core Linda Barrett	Aux 10 - 11 am Barbell Strength Kelly Scalia Mannix	A 10 - 11:15 am Gentle Yoga Aimee Seal	Aux 10:15 - 11:15 am Cardio Step  Jennifer Lancaster	Sunday A 10 - 11:15 am Vin/Yin Yoga Barbara Devitt						
A 12:30 - 1:30 pm Lunch Time Yoga Aimee Seal	A 7 - 7:30 pm BODYSHRED™ Liz DeGraffenreid	A 10:15 - 11:15 am Deep Stretch Yoga Aimee Seal	Aux 10:15 - 11:15 am Turn Back the Clock  Stacey Oliff	A 12 - 1 pm Gentle Yoga Barbara Devitt	 pink star indicates new class, format or update						
1 5:30 - 6:30 pm Hatha Yoga Bonnie Urban	1 7 - 8 pm Slow Flow, Deep Stretch Yoga Linda Barrett	A 5:30 - 6:30 pm Yogilates Aimee Seal	Aux 12 - 1 pm Pickleball Fitness Darcy Scaringe	A 5 - 6 pm Zumba® Toning Linda Roberts	yellow boxes indicate classes for Age 55+						
C 6 - 7 pm Cycling Lisa O'Leary		C 6 - 7 pm Cycling Lisa O'Leary	A 12:30 - 1:30 pm Movement for Motion Sheri Barnes		Fitness classes are for Age 16+ unless otherwise noted.						
A 6:30 - 7:30 pm Zumba® Leslie Davis		A 6:30 - 7:30 pm Cardio Dance Mix Leandra Parkinson	A 7 - 7:45 pm Country Cardio Linda Roberts		A orange box indicates Studio A						
					Aux purple box indicates Aux Gym						
					C green box indicates Cycling Studio						
					Track blue box indicates Track						
					1 gray box indicates Meeting Room 1						

BARRE

Barre A ballet inspired workout focusing on balance and strength. Go to the next level for an added challenge or modify to accommodate injuries. Great for all activity levels! Instructor: Nicole Meidinger

CARDIO & STRENGTH

Aerobics Jacki Sorensen's fitness class combines stretching, flexibility, core work, weight training and aerobic exercise to upbeat and motivating music! Participate at your own level. Instructor: Mary Slidell

Barbell Strength & Conditioning This class uses simple, athletic movements such as squats, curls, lunges and presses. Shape, tone and strengthen your entire body! For all ages and fitness levels. Instructors: Kelly Scalia Mannix

BODYSHRED™ is a high intensity and endurance based 30-minute workout utilizing Jillian Michael's 3-2-1 interval approach of 3 minutes of strength, 2 minutes of cardio and 1 minute of abs. You'll shed fat, define muscle, transform your physique and enhance your overall health and athletic performance. It's kinetic, energetic and provides the ultimate challenge, regardless of level! Instructor: Liz DeGraffenreid

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 Kickboxing is a martial arts style cardio workout that helps you improve endurance and coordination, build lean muscle, relieve stress and have a lot of fun! This workout challenges your stamina and coordination (gets your heart racing) as moves are layered together into kickboxing combos using HIIT intervals. This class alternates kickboxing intervals with strength moves to give you a balanced total body workout. All levels welcome, no gloves needed. Instructor: Nicole Meidinger.

★ **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

Full Body Workout for 40+ From flexibility to strength to cardio and a bit of interval training, this class has it all! Sounds like too much? Don't be intimidated! Adaptations are provided for all levels and all ages. You'll obtain more strength and fitness, flexibility and cardio all by using your core! Instructor: Darcy Scaringe

HIIT/HIIT Fusion 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: Penny Wardell

HIIT/Sculpt Combo A 45-min total body workout that will focus on improving strength, balance, flexibility and burning calories by guiding you through a range of aerobic and anaerobic exercise. Instructor: Stacey Oliff

Movement for Motion This class is designed for people with movement disorders, balance issues, fear of falling and diseases such as Parkinson's disease. Taught by a certified therapist who works on rewiring the mechanisms of the brain so better healthy movement is possible! Instructor: Sheri Barnes

Pickleball Fitness We all know how infectious and just plain fun pickleball is! Join us for a fitness class aimed at agility, speed, strength and endurance as you can get the most out of your pickleball game whatever your level or goals. Instructor: Darcy Scaringe

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. Focused on improving your strength, flexibility, posture, coordination and reduce the risk of falls. This class can also help

you alleviate symptoms of chronic conditions such as arthritis. Instructors: Nicole Meidinger (Mon) / Penny Wardell (Mon) / Kate Sanford (Wed) / Stacey Oliff (Thu)

Walking with Purpose Combines walking drills and strength training in a coached setting on the PMRC indoor track. This class is appropriate for those new or returning to exercise looking for a low impact alternative for their cardio. Start moving more in a meaningful way! Instructor: Suzanne Stringer

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 to stick to a fitness program to achieve long-term health benefits. Instructors: Leslie Davis (Mon) / Betty Lougee (Thu)

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

BIKE CYCLE

Cycling / Weekend Ride Cycle through hill climbs, sprints, chases and many other exciting drills for a great cardio workout! Variety offers something for everyone and will challenge you like no other. Please bring a small towel. Instructors: Lisa O'Leary (Mon/Wed) / Staff (Sat)

Express Cycling and Abs Wake up and get moving with hill climbs, jumps, and interval tracks during this energizing cardio-fun. Bring a small towel to class. Instructor: Lee Crumbaugh

Moderate Cycle Build strength and burn calories while cycling for 45 minutes to fun and motivating music! Finish with a 15-minute stretch and tone segment to increase your flexibility and rejuvenate your body. Beginners can be successful in this all-level class. Instructor: John Clifford

YOGA & PILATES

Beginner Pilates Engage the mind and condition the body while you strengthen the core, lower back muscles, abs and glutes. Instructors: Beth Ross (Thu)

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. Instructors: Aimee Seal (Thu) / Barbara Devitt (Fri)

Hatha Yoga Uses traditional yoga poses to awaken joints, muscles and mind that translates to improved flexibility, stability and balance in everyday functional activities. Instructor: Bonnie Urban

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 Are you losing range of motion as you get older? Or, you are young but have been focusing on weight training and need to work on lengthening tight muscles? Slowing down the flow will help maintain control of breath while intensifying practice and becoming more limber. 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

Vin/Yin Yoga A Yin/Yang style class. Classic poses will stretch and strengthen; deeper-held Yin poses improve flexibility and energy flow – all with breathing and meditation. A moderate paced class for students with some experience. Instructor: Barbara Devitt

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

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

Yoga Sculpt Combines yoga sequencing with free weights, strength training moves and cardio. Expect traditional yoga poses, squats, lunges, lifts, curls and low impact cardio in every class set to an uplifting and fun soundtrack. Instructor: Liz DeGraffenreid

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