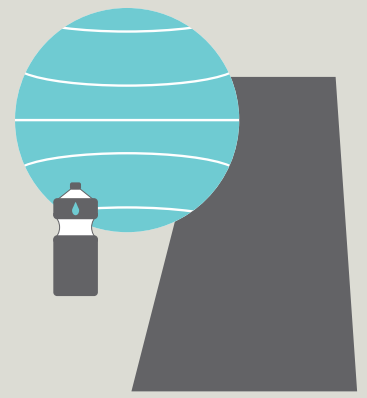


September's Group Exercise Notes



New

Legends

Developed with seniors in mind, the goal of this class is to improve participants' ability to perform daily living activities including sitting, standing, getting up from the ground, placing objects overhead and picking up items. All Legends classes will be led by CrossFit coaches and will be offered:

- Mondays and Wednesdays: 11:00 - 11:30 am (Amy H., The Box)
- Saturdays: 10:30 - 11:00 am (Tim, The Box)

Banded

Apparently, this is the class you're going to love to hate. While small enough to fit in your pocket, the unassuming resistance band - when wielded by Lee Ann - becomes quite the beast. Specifically, BANDED blends smaller, low impact movements that generate an intense muscular burnout from multiple angles with dynamic movement to target larger muscle groups and build lean body mass. Ouch!... BANDED will be offered:

- Fridays: 5:30 - 6:30 am (Lee Ann, Gym)
- Fridays: 8:15 - 9:15 am (Lee Ann, Barre Studio)

Additions

Beat Box

- Mondays and Wednesdays: 6:20 - 7:20 am (Lee Ann, Group Exercise Studio)

Quick Shots

- Tuesdays and Thursdays 10:15 - 10:45 am (Lee Ann/Burke, The Box)
- Saturdays 7:30 - 8:00 am (Brooke/Melissa, Barre Studio)

(As a reminder, you must register for Quick Shots.)

Changes

- Monday's CardioSculpt is changing to TBC and moving to 8:30 am (Carla).
- Tuesday's 5:30 pm Group Cycling is changing to Rhythm Ryde (Jenn C.).
- Wednesday's 5:30 am HIIT Step is changing to Insanity (Aimee P.).
- Wednesdays 9:00 am CardioSculpt is changing to P90X (Amy W.).
- Friday's 5:30 am Boot Camp is changing to Banded (Lee Ann).
- Saturday's 10:00 am Cardio Barre is changing to 9:00 am (Amanda).
- The Monday - Friday 9:35 am Quick Shots will start at 9:40 am.

The following classes are being removed from the schedule:

- Friday's 4:30 pm Rhythm Ryde
- Thursday's 5:30 pm Rhythm Ryde
- Thursday's 9:30 am Sculpt
- Tuesday and Thursday's 6:15 am SUP Yoga