

# Lake Placid

## 2019 Class Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
5:30 - 6:15 am Total Body			5:30 - 6:15 am Total Body	
8:30 - 9:20am Hard Body	8:30 - 9:30am Tabata		8:30 - 9:30am Tabata	8:30 - 9:20am Freaky Friday
9:30 - 10:15 am Step Aerobics	9:40 - 10:00 am Hard Core Abs		9:40 - 10:00 am Hard Core Abs	9:30 - 10:15 am Step Aerobics
10:25 - 10:55 am Balance & Beyond	10:15 - 11:00 am Fit After Fifty		10:15 - 11:00 am Fit After Fifty	10:25 - 10:55 am Meltdown
11:05 - 11:50 am Stretch for Health	11:15 - 11:45 am Zen Flow		11:15 - 11:45 am Zen Flow	11:05 - 11:50 am Stretch for Health
12:00 - 12:45 pm Silver Sneakers Chair Cardio	12:00 - 12:45 pm Silver Sneakers Chair Strength		12:00 - 12:45 pm Silver Sneakers Chair Strength	12:00 - 12:45 pm Silver Sneakers Chair Cardio
			4:00 - 5:00 pm Tranquility	
	5:00 - 6:00 pm Tranquility			
6:15 - 7:00 pm Spin**		6:15 - 7:00 pm Spin**	6:15 - 7:00 pm Spin**	

\*Each class must maintain at least 10 people per class to avoid cancellation.

\*\*Spin classes - mandatory to bring a water bottle and large towel to cover the entire bike panel. Spin shoes are not mandatory, but preferred.

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## 2019 Class Descriptions



*For all classes, please be sure to bring a towel and bottle of water.*

**Balance & Beyond:** Improves your flexibility, balance, strength, agility and stress level by using strength and balance equipment.

**Cycle:** Enjoy chatting while bike riding indoors and jamming to some great tunes.

**Freaky Friday:** Every session is different to keep you energized and getting a good strength/cardio workout.

**Fit After Fifty:** A mix of strength and cardio for ages 50+, must be able to get up and down from the floor without assistance from a cane or walker.

**Hardcore:** Focus just on your core, devoted to flattening and sculpting your midsection. You'll concentrate on your obliques, posture muscles of the mid and lower back, and of course that six-pack.

**Hard Body:** A full body workout using different types of strength training equipment to tone and streamline your body.

**Meltdown:** Massage reflexology using small rubber balls for hands, back and feet.

**Silver Sneakers - Cardio Chair:** Remain seated while exercising with a cardio dance.

**Silver Sneakers - Chair Strength:** Remain seated while strength exercising your arms and legs.

**Spin:** Your high-energy bicycle class featuring great music and a motivating instructor riding a variety of sprints, hills and flat roads.

**Step Aerobics:** An easy to learn, low-impact cardio workout proven to strengthen and tone your muscle groups, and improve coordination.

**Stretch for Health:** Reduce your stress by performing stretching techniques that increase joint range of motion and flexibility with slow and controlled movements, which maintain proper positioning of the joint and release muscle tension. This class is a wonderful compliment to your strength and cardio training.

**Tabata:** Change up your fitness routine with 20 - 45 second intervals of extreme exercise, followed by 10 - 15 seconds of rest, then repeat. These bursts of intense work will torch calories and strengthen your entire body.

**Tranquility:** Slow down for a few minutes of relaxation and deep breathing to strengthen your body and reduce your stress.

**Zen Flow:** Your slow, fluid movements help improve flexibility, balance, strength, agility and stress.