

 **SilverSneakers® fitness classes** are geared for older adults. Free for those with a SilverSneakers membership.

 **Express classes** offer all the challenge and intensity of a longer session in just 30 jam-packed minutes.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5-7 AM	5:30-6:30 AM CYCLE- LIFT- ROW Gym w/ Kristin	5:30-6:30 AM CIRCUIT TRAINING GX 2 w / Ashlyn	5:30-6:30 AM BARBELL/ BOOTCAMP GX 2 w/ Chad	5:30-6 AM CYCLE Cycle w/ Leah	5:30-6:20 AM CARDIO SCULPT GX 2 w/ Ashlyn	
				6-6:30 AM BOOT CAMP GX 2 w/ Leah		
8-9 AM	8:30-9:20 AM 20-20-10 (Mixed Level) GX 2 w/ Ronna	8:30-9:30 AM YOGA GX 1 w/ Brennan		8:30-9:20 AM CIRCUIT TRAINING GX 2 w/ Ronna		8:15-9AM CIRCUIT TRAINING GX 2 w/ Kristin
			9-10 AM VINYASA YOGA GX 1 w/ Erica H.	8:30-9:30AM YOGA GX 1 w/ Brennan		9-9:50 AM CYCLE Cycle w/ Chad
9-10 AM	9-10 AM VINYASA YOGA GX 1 w/ Janet	9:00-9:50AM CYCLE STRENGTH Cycle w/ Jenny	9-9:50AM TRX CIRCUIT GX 2 w/ Ronna	9-9:45AM CYCLE Cycle w/ Jenny	9-9:50 AM FOREVER FIT – 20/10 GX 1 w/ Ashlyn	9-10 AM YOGA GX 1 w/ Janet
			9-9:50 AM AQUA ZUMBA Pool w/ Lisa T.	9:45-10:15AM CORE STRENGTH GX 2 w/ Jenny	9-10 AM AQUA TONING POOL w / Penny	9:15-9:45 AM STRONG NATION GX 2 w/ Hannah
	9:30-10:20 AM BARBELL STRENGTH GX 2 w/ Josh		9:30-10 AM CYCLE Cycle w/ Kristin		9-9:45 AM BOOTCAMP GX 2 w/ Kristin	9-10 AM CURRENT FITNESS Pool w/ Penny
10-12 PM	10:15-11:15AM CHAIR YOGA GX 1 w/ Janet	10-10:50 AM FOREVER FIT – CARDIO GYM w/ Ronna	10-10:30 AM BOOTCAMP Gym w/ Kristin	10-10:50 AM FOREVER FIT – STRENGTH GYM w/ Josh/Ronna	10-10:45 AM BARRE FITNESS GX 2 w/ Kristin	10-11 AM BARBELL STRENGTH GX 2 w/ Bobby
		10-10:45AM TABATA STRENGTH GX 2 w/ Kristin	10:15-11 AM CHAIR YOGA GX 1 w/ Erica H	11:15-12 PM SILVERSNEAKERS CLASSIC GX 2 w/ Sandee	10:30-11:30 AM GENTLE YOGA GX 1 w/ Erica H.	
					10-10:45 AM BARRE FITNESS GX 2 w/ Kristin	
5-6 PM				5-6 PM HATHA YOGA GX1 w/ Erica H.		
	5:45-6:30 PM BARRE FITNESS GX 1 w/ Leah		5:15-6 PM CIRCUIT TRAINING GX 2 w/ Ashlyn			
	5:45-6:45 PM STRONG NATION GX 2 w/ Hannah	5:45-6:35 PM CARDIO SCULPT GX 2 w/ Jen	5:30-6:30PM ZUMBA® GX 1 w/ Stacy			
6-8 PM		6-7PM VINYASA YOGA TO RESTORATIVE GX 1 w/ Sarah		5:45-6:45PM BARBELL/BOOTCAMP GX 2 w/ Bobby		

**NOTE: Schedule is subject to change based on instructor availability and class demand.  
See most current class schedule at [LENEXA.COM/GROUPX](https://www.lenexa.com/groupx).**

Revised: 4/19/22

## **CLASS DESCRIPTIONS**

### **CARDIO/STRENGTH**

**BARBELL STRENGTH:** Plate-loaded barbells enhance muscular endurance and strength using basic weight-lifting techniques.

**BOOT CAMP:** Challenges the cardiovascular, pulmonary, and musculoskeletal systems using a variety of fitness equipment and body weight exercises.

**CARDIO SCULPT:** Combines favorite cardio moves and muscle-toning exercises in a high-energy, heavy-breathing circuit.

**CIRCUIT TRAINING:** Allows you to fit a huge variety of movements into your workout — meaning a full-body challenge, and none of the boredom that can come with repetitive exercises.

**CORE STRENGTH:** Focuses on abs, back using combination movement patterns.

**FOREVER FIT:** designed to help active seniors increase cardiovascular endurance, strength and improve balance with weights, dancing, and range of motion.

**KETTLEBELL CIRCUIT:** A combination of high intensity moves for a quick 30min workout.

**TABATA STRENGTH:** Tabata offers short bursts of peak effort using the formula of a work/rest ratio of 2:1. The class includes alternating periods of short intense anaerobic exercise. They have even shorter, less-intense recovery periods. combination of high intensity moves for a quick 45min workout.

**TRX® CIRCUIT:** Overhead straps leverage body weight against gravity to develop strength, balance, flexibility and core stability. In addition to strength training with various equipment.

**SILVERS SNEAKERS® CLASSIC:** have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. A chair is used for seated or standing support.

**STRONG NATION™:** Combines high intensity interval training with science of synced music motivation. In every class, music and moves sync perfectly to push you beyond your limits.

**ZUMBA®:** A cardio dance class that feels more like a party than an exercise class.

**20/20/10:** Combines all of your favorite aspects of fitness and puts them into one solid workout! Combine 20 minutes of cardio, 20 minutes of strength, and 10 minutes of core and flexibility!

### **AQUA**

**AQUA TONING:** Resistance exercises performed in the shallow areas of the pool enhance overall muscular strength and endurance

**AQUA ZUMBA:** A classic aqua aerobics with Latin flavor added. You perform large muscle movements by reaching your arms and lifting your legs in the water, as well as circling your hips and shoulders

**CURRENT FITNESS:** Using the resistance and assistance of the current in the lazy river exercises using aqua equipment and/or floatation devices work to enhance cardiorespiratory fitness, strength, stability, and balance.

### **CYCLE**

**CYCLE:** Energizing music motivates participants on indoor stationary exercise bicycles through various challenges and personal competitions.

**CYCLE- LIFT- ROW:** Enjoy a rotation of cycle/ rowing and lifting to keep your heart rate pumping.

**CYCLE STRENGTH:** Hop on your bike and get your heart rate and cardiovascular system going for the first 25-30 minutes. Hop off the bike and grab those weights to get your resistance training in and build those muscles.

### **MIND + BODY**

**BARRE FITNESS:** Inspired by dance, Pilates, yoga and more, this class develops total body strength, flexibility, balance, and posture.

**CHAIR YOGA:** A gentle yoga class that uses a chair for seated and standing support.

**GENTLE YOGA:** A gentle introduction to yoga with flowing progressions of beginner yoga poses, postures and stretches.

**RESTORATIVE YOGA:** Relax and reinvigorate with gentle poses held for prolonged periods of time using props and breathing techniques.

**VINYASA YOGA:** Continuous, flowing progressions of dynamic yoga poses and postures.

**YOGA/HATHA FLOW:** Each class will focus on the progression of beginner yoga poses, postures, and stretches. Each instructor creates their own class rhythm and lets your body be your guide. Classes typically include standing poses, twists, balancing poses, and restorative poses.

**No advance registration is required to attend Group X classes, classes will be first come first serve until max capacity of 25 has been met.**