



JULY 5-27

GROUP FITNESS CLASS DESCRIPTIONS

NEW! Body Strength: A medium intensity workout that combines cardio, core, and strength training using only your body weight. This class will incorporate interval training, resistance equipment, and suspended movements all designed to burn fat, increase cardiovascular fitness, and muscle tone.

Instructor: Kendra Davito

Day: Mon, Wed, Fri

Time: 8am-8:45am

Location: Roosevelt Elementary Fitness Studio

Barre Fusion: An upbeat, low impact strength workout that enhances your muscle tone, posture, and flexibility in a class that blends ballet, functional strength training, music, and mind-body movement. Exercises focus on precision and concentration for ultimate results. Each movement can be modified to match your unique skill and strength levels.

Instructor: Betsy Maxwell

Mondays: 7pm-8pm

Wednesdays: 4:10pm-5:10pm

Location: Roosevelt Elementary Fitness Studio

Cardio Sculpt: A circuit style class that combines cardio, strength and core training into a fun full body workout. Each workout includes HIIT (high intensity interval training), strength training and powerful pilates moves to burn calories. tone and build muscle all while improving flexibility, balance, and core strength.

Instructor: Jaci Lowther

Day: Tue & Thur

Time: 4:10pm-5:10pm

Location: Roosevelt Elementary Fitness Studio

Muscle Max 30: A 30-minute workout designed to achieve muscular strength and endurance and increase lean muscle mass.

Instructor: Kendra Davito

Day: Tue & Thur

Time: 5:55am-6:25am

Location: Roosevelt Elementary Fitness Studio

Senior Power: A fun, quick-paced senior workout that engages each of your muscle groups. This class is designed for you, regardless of your fitness level, and will offer challenges when you are ready. You'll experience improved muscle strength, range of motion and balance through this class sure to unleash your Senior Power!

Instructor: Kendra Davito

Day: Mon & Fri

Time: 9:30am-10:15am

Location: Roosevelt Elementary Fitness Studio

Senior Strong & Balanced: Build bone and muscular strength and improve endurance and balance.

Instructor: Julie Lamer

Day: Wed

Time: 9am-9:45am

Location: Roosevelt Elementary Fitness Studio

NEW! Sitting Cardio and Strength: This low-to-medium intensity class is performed while sitting and is designed to improve joint stability, coordination, heart health, and strength. The class will also incorporate some CARDIO DRUMMING!

Instructor: Kendra Davito

Day: Mon, Wed, Fri

Times: 7am-7:45am & 11am-12pm

Location: Roosevelt Elementary Fitness Studio

Spin & Power Yoga: Each class includes 30-minutes of calorie crushing cardio followed by 30-minutes of dynamic power yoga to build strength, balance, and flexibility.

Instructor: Suzette Staal

Day: Thur

Time: 5:45pm-6:45pm

Location: Roosevelt Elementary Fitness Studio

Spin & Strength: A fusion of cardiovascular training on a bike along with an off-the-bike strength workout, to create a stronger, more balanced body that performs better both in and out of the studio.

Instructor: Kendra Davito

Day: Mon & Wed

Time: 5:15am-6:00am

Location: Roosevelt Elementary Fitness Studio

Spin: Each class delivers a serious calorie burn and a high energy cardio and lower body workout.

Monday: 5pm-5:45pm (Suzette)

Wednesday: 5:45pm-6:30pm (Julie)

Location: Roosevelt Elementary Fitness Studio

Spin 30: A serious calorie burn and high energy cardio and lower body workout in a 30-minute format.

Instructor: Kendra Davito

Day: Tue & Thur

Time: 5:15am-5:45am

Location: Roosevelt Elementary Fitness Studio

Strength & Stretch: A low impact class aimed to tone, strengthen and stretch your whole body. In each 45 minute class, we will use a variety of weights, resistance bands and other fun tools to meet our individual fitness needs and accomplish our health goals! All experience and fitness levels are welcome to join this total body workout class!

Instructor: Mellissa Zoerhof

Day: Tue

Time: 8am-8:45am

Location: Roosevelt Elementary Fitness Studio

Teen Strength (6th-11th Gr): A strength training class just for teens! Work on your conditioning and increase your knowledge of how to do strength training. A great class for beginner strength trainers or students hoping to get ready for an upcoming athletic season.

Instructor: Mellissa Zoerhof

Day: Tues

Time: 11:30am-12:30pm

Location: Roosevelt Elementary Fitness Studio

Teen Yoga (6th-11th Gr): Through breath and movement, this yoga flow class will stretch and strengthen your entire body. No experience necessary with yoga – just a desire to have fun while learning about how to increase your flexibility and strength!

Instructor: Mellissa Zoerhof

Day: Tues

Time: 12:45pm-1:30pm

Location: Roosevelt Elementary Fitness Studio

Yoga-Pilates Fusion: Burn calories, build muscle tone and stamina and increase flexibility in this fusion class that combines all the health benefits of yoga and Pilates.

Instructor: Suzette Staal

Day: Mon

Time: 6pm-6:45pm

Location: Roosevelt Elementary Fitness Studio

Zumba: An energizing and fun fitness class that tones and sculpts your entire body.

Instructor: Grace Spelde

Tue & Wed: 6:40pm-7:40pm

Saturday: 8am-9am

Location: Roosevelt Elementary Fitness Studio

Zumba Gold: Great for active older adults looking for a modified Zumba class at a lower intensity.

Instructor: Danielle Jauw

Tue & Thur: 9am-10am

Location: Roosevelt Elementary Fitness Studio