

CAC - SILVER LAKE GROUP EX SCHEDULE MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Cycle 45 & Core 5:45-6:45am Jenna Cycle Studio		Awaken Slow Flow 5:45-6:45am Jill Mind/Body Studio	Cycle 45 & Core 5:45-6:45am Jenna Cycle Studio		
					Barre Bootcamp 8:30-9:30am Nina Mind/Body Studio	
Aqua Dance 9:00am-10:00am Kiera/Bari Indoor Pool		Aqua walk'n'talk 15 Aqua Cardio 45 9:15-10:00am Bari, Indoor Pool		Aqua Boot Camp 9:00am-10:00am Bari Indoor Pool		
Group Power 9:00-10:00am Chrissy GX Studio	Group Core 9:00-9:30am Bari, GX Studio	Group Power 9:00-10:00am Lauren GX Studio	Group Core 9:00-9:30am Chrissy, GX Studio	Group Power 9:00-10:00am Chrissy GX Studio	Group Core (No Core on 4/12) 8:45-9:15 Mary, GX Studio	Group Power 9:00-10:00am Mary GX Studio
	Circuit 45 9:30-10:15am Bari GX Studio		MIIT 45 9:30-10:15am Chrissy GX Studio		Group Blast 9:15-10:15am Mary GX Studio	
Vinyasa Yoga 9:15-10:15am Carmen Mind/Body Studio		Pilates Mat 9:15-10:15am Laurie Mind/Body Studio	Yoga Sculpt 9:15-10:15am Lauren Mind/Body Studio			Group Centergy 10:15-11:15am Mary GX studio
Pilates Barre 10:30-11:20am Carmen Mind/Body Studio	Vinyasa Yoga 10-11am Karen Mind/Body Studio	Yin Yoga 10:30-11:30am Karen Mind/Body Studio	Group Centergy 10:30-11:30am Lauren Mind/Body Studio	Stretch & Flex 10:00-11:00am Enfys Mind/Body Studio		Vinyasa Yoga 10:30-11:30 Danii Mind/Body Studio
S.B.C. 10:30-11:15am Chrissy GX Studio	ZUMBA 10:30-11:30am Jillian GX Studio	Circuit 45 10:30-11:15am Bari, GX Studio	S.B.C. 10:30-11:15am Bari, GX Studio		Yoga Flow 11:00am-12:00pm Helen Mind/Body Studio	
May Member Social- May 5 10-12pm SLC Café	Intro to ZUMBA May 6 10:30-11:30am Jillian, GX Studio					
	Aqua Motion 12:00-1:00pm Bari Indoor Pool		Aqua Dance 12:00-1:00pm Lauren Indoor Pool			
Group Core 4:45-5:15pm Mary, GX Studio						
Group Blast 5:15-6:15pm Mary GX Studio	Group Power 5:15-6:15pm Mary GX Studio	Group Blast 5:15-6:15pm Veronica GX Studio	Group Power 5:15-6:15pm JoAnne GX Studio			
(Hot) Fire Flow 5:45-6:45pm Laurie Mind/Body Studio	Group Centergy 6:15-7:15pm Lauren Mind/Body Studio		Vin to Yin Yoga 6:15-7:15pm Enfys Mind/Body Studio			
Ride-45 6:30-7:15pm Kelly, Cycle studio		Heated Yoga Flow New Time! 6:15-7:15pm Helen Mind/Body Studio	Ride-45 6:30-7:15pm Erin, Cycle Studio			
Yin Yoga & Meditation 7:00-8:00pm Laurie Mind/Body Studio		Core Cardio Circuit 6:30-7:30pm Bari GX Studio	ZUMBA 6:30-7:30pm Nicolle GX Studio			
			ZUMBA Fiesta! May 1 6:30-8:30pm Nicolle, GX Studio			
Aqua Bootcamp 7:40-8:30pm Kelly Indoor Pool		Aqua Bootcamp 7:40-8:30pm Helen Indoor Pool				

May 2025 Member Socials

Zumba Fiesta Party

Thursday, May 1

6:30 – 7:30pm, Dance Party GX studio

7:30 – 8:30pm, Fiesta, Silver Lake Café

May member "Build your Yogurt Parfait" Social

Monday, May 5, 10am – 12pm, Silver Lake Café

Introduction to ZUMBA with Jillian

Date: Tuesday, May 6, 10:30 – 11:30am, GX Studio

Memorial Day Monday, May 26

Club hours are 5am – 3pm, NO Evening GX classes!

GX modified schedule will be posted for this Holiday around the Club.



CAC - SILVER LAKE GROUP EXERCISE CLASS DESCRIPTIONS MAY

MOSSA Group Exercise Classes

MOSSA Group Centergy®

Grow longer and stronger with Group Centergy, an invigorating 60 minute mind/body workout. It incorporates Yoga and Pilates fundamentals with athletic training for strength, balance, mobility and flexibility. Emotive music drives the experience as you breathe and sweat through this full-body movement journey. REDEFINE YOURSELF.

MOSSA Group Blast®

BLAST OFF your workout with 60 minutes of cardio training that uses The STEP® in highly effective, athletic ways. Group Blast® will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength with exciting music and group energy. HAVE A BLAST!

MOSSA Group Core®

Let's get Hard Core! Train like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain, and give you ripped abs! Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, weight plates, a towel, and a platform – all to challenge you like never before. Reach Your Peak!

MOSSA Group Power®

Group Power® is Your Hour of Power! Blast all your muscles with this high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best! Power Up!

MOSSA R30/Group Ride®

Get fitter in only 30 minutes in R-30 or 45- 60 minutes in Group Ride! It's as easy as riding a bike and even better with other cyclists! Burn calories, improve muscular endurance, and build cardio fitness as you ride with surges, short intervals, power, and end with a rush! Inspiring music and motivating coaches will ensure that Everyone Finishes First!

Group Exercise Classes

Cycle 45 and Core

Take your cardio to the next fitness level. 30-45 minutes of endurance, power and sprint training while using your heartrate as a guide to maximize your workout. Finish with strength training using weights and body resistance-core work.

Core Boot Camp

Meet in the basketball gym for 45 minutes of speed, agility, muscle strength and endurance training. The last 15 minutes focus on maximizing your Core muscles!! This workout is good for all ages and all levels of fitness.

Circuit 45min: Designed for ALL fitness levels and every BODY!

Rotate to different stations. Use free weights, body resistance, TRX and a wide variety of equipment to complete your circuit. Bonus, have FUN working out with others! Workout now, so you can do anything you want to do the rest of your life.

MIIT 45

HIIT is a medium to high intensity, whole-body approach to training using resistance, cardio and endurance/strength based exercises. MIIT 45 will have more options and modifications=low to moderate intensity and a good workout. Both options will have metabolic circuit training, intervals and supersetting with light to moderate dumbbell resistance to deliver results in the most efficient, accelerated and fun way possible...all in 45 minutes!

SBC (Strength-Balance-Core)

This class is designed to use basic movements and improve overall balance, increase muscular strength, and implement core stability. This class is appropriate for all fitness levels, but designed for beginning through intermediate participants. It is a great addition to existing fitness programs or as a transitional class from water to land-based exercise. SBC will enhance your overall fitness and health.

Zumba!

Get ready to move! This Latin Dance based exercise class combines the best of Latin and traditional dance movements to make for a fun-filled hour of exercise. Shake, shimmy and move yourself into shape!

Water Aerobics Classes

Aqua CARDIO 45

A cardio base work out in the water. Move to music using your body resistance in the water. The lap lanes are open starting at 9am so come in, stretch and connect with your friends. All ready to move with your instructor by 9:15am.

Aqua Bootcamp

Aqua bootcamp is a medium-high intensity workout in water. Using all the regular buoyancy equipment like dumb bells and noodles, as well as water resistance... Total body workout!

Aqua Motion

This class incorporates walking/rebounding in various directions, using various strides and specific upper body movements to get a balanced workout. This class is slower paced than water aerobics which makes it great for those with arthritis, fibromyalgia or joint replacements. It is also ideal for post-surgery rehab, pre/post- natal workouts and cross training

Aqua Dance

A combination of water resistance, buoyancy and dance moves. Move to fun music and get a good workout while dancing in the water. This class is designed to increase your flexibility and feel good moving in the pool.

Mind/Body Classes

New class! Awaken slow flow

Start your day in the mind body studio for a mindful yoga flow class. This format welcomes people beginning their yoga journey or those who have been practicing yoga for many years. Focus on breath, mobility, flexibility and take time to balance your mind and body.

Yoga Sculpt

In this class, the body is given a long warm up that involves gentle stretching for opening and nurturing the joints. Whether a seasoned practitioner or a beginner, you will have the opportunity to gain flexibility, take some time for yourself to help with stress, management and gain strength using body resistance and free weights. It is your mind, your body and your fitness journey.

Vinyasa Yoga

A dynamic flowing class taught in the style of Baron Baptiste, a combination of strength, sweat and personal empowerment. The practice is accessible to everybody, yet is also a challenging and flowing form of yoga that will lead you to a state of transformation. Vinyasa Yoga heals as it detoxifies. It will sculpt and tone the muscles of your body and clarify your mind.

Vin to Yin Yoga

This class will begin with Vinyasa yoga (see description above) finish with Yin Yoga (see description below).

Yin Yoga and Meditation

Most forms of yoga today are dynamic, active practices designed to work the muscular "yang" tissues. Yin yoga is a complimentary discipline to a yang practice, working the deeper "yin" tissues of our ligaments, joints and deep fascial networks and ultimately, increasing our range of motion.

Fire Flow Yoga/Yoga Flow/Heated Yoga Flow

This practice is slow and steady, but it can be just as vigorous as Vinyasa. You'll move through a sequence of strong postures designed to build heat with core engagement, longer holds, and breathe work. The slower pace helps to cultivate steadiness of mind, enhanced alignment, and nervous system regulation. Studio will be moderately heated 80-85 degrees to help with muscular flexibility, sweat and detoxification. Yoga Flow classes will not be heated.

Barre Bootcamp

Barre Bootcamp will strengthen your arms, sculpt your legs, glutes and core, scorch calories, and leave you feeling lean and elongated. You will experience a well-rounded workout that incorporates basic conditioning movements and isometric holds to build strength, as well as small range of motion moves to get deep into your musculature, resulting in a sleek, sculpted look. Use dynamic, low impact movement to increase your cardio work.

Pilates Barre/Mat Pilates

Barre combines ballet, Pilates and Yoga to give you an amazing workout that will sculpt your legs, butt and core, scorch calories, and leave you feeling lean and elongated. You don't need to be a dancer to participate. We take inspiration from dance and ballet, meshing these with fitness moves gleaned from Pilates as well as the grace and wisdom of Yoga. Mat Pilates does not use a Barre, all on your yoga mat.

Stretch and Flex

A blend of Yoga and Pilates, using body resistance, balance poses focusing on your flexibility and strength with a sprinkle of Yin Yoga. This class is designed to meet the needs of all fitness levels with a lot of options, so everyone can get what you want out of this class!

