



# Parrish Health & Wellness

## Group Exercise Schedule – Spring 2024

Last Revised 05.06.24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>6:00am</b> Spin	<b>6:00am</b> Power Hour	<b>6:00am</b> Spin	<b>6:00am</b> Power Hour	<b>6:00am</b> Spin	
<b>7:00am</b> Dumbbells 101		<b>7:00am</b> Dumbbells 101		<b>7:00am</b> Dumbbells 101	<b>8:30am</b> Shred
<b>8:30am</b> Rock Steady Boxing <i>(Specialty Class*)</i> <i>(75 mins)</i>	<b>9:00am</b> Dumbbells 101	<b>8:30am</b> Rock Steady Boxing <i>(Specialty Class*)</i> <i>(75 mins)</i>	<b>9:00am</b> Dumbbells 101	<b>8:30am</b> Rock Steady Boxing <i>(Specialty Class*)</i> <i>(75 mins)</i>	
	<b>10:00am</b> Tai Chi		<b>10:00am</b> Tai Chi		
<b>11:00am</b> SS Stability®		<b>11:00am</b> SS Stability®		<b>11:00am</b> SS Stability®	
<b>4:30pm</b> BOOM Mind™	<b>4:30pm</b> Power Hour	<b>4:30pm</b> BOOM Mind™	<b>4:30pm</b> Power Hour		
<b>5:30pm</b> Shred	<b>5:30pm</b> Zumba®	<b>5:30pm</b> Shred	<b>5:30pm</b> Zumba®		

All Classes are 50 minutes, unless otherwise noted. Class schedule subject to change.

*\*Specialty Classes are NOT included with Group Exercise membership.\**

# Class Descriptions

<b>BOOM MIND™</b>	The best of yoga and Pilates combined in an intermediate to advanced mind-body mat workout. Improve range of motion, balance, and flexibility in this fusion class, by relaxing your mind and engaging your muscles through athletic stretching techniques.
<b>SHRED</b>	Don't let the name scare you! This total body workout incorporates strength and cardio training to challenge you through intervals or stations. Intervals are typically one-minute of work, with 30 seconds of rest.
<b>DUMBBELLS 101</b>	Head-to-toe strength training with dumbbells. All muscle groups are incorporated. Warm up before and stretch throughout. Class also works on balance, coordination, and flexibility. Wednesday is a "challenge day" which is a little harder than the others.
<b>POWER HOUR</b>	Athletic Conditioning including pushups, sit ups, step drills, squats, lunges, burpees. Lots of up and down, lots of stretching. An early morning butt kicking. Very fast paced.
<b>SPIN</b>	An indoor cycling workout focusing on endurance, strength, intervals, and high intensity work, with energizing music and challenging terrain.
<b>SS STABILITY®</b>	This class focuses on improving balance, coordination, and lower body strength, while reducing fall risks by engaging in exercises that promote muscular endurance and cognitive function, including fall prevention techniques and essential skills for stability.
<b>TAI CHI</b>	A moving meditation that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing.
<b>ZUMBA®</b>	Zumba class is a combination of Latin and international music and dance to create a dynamic and calorie-burning workout for people of all fitness levels.
<b>ROCK STEADY BOXING</b> <i>(Specialty Class)</i>	Rock Steady Boxing is a health and wellness program designed for people with Parkinson's Disease. Class is based on a foundation of non-contact boxing, and is very effective for improving all of the symptoms associated with Parkinson's Disease. <i>This class is NOT included with Group Exercise membership.</i>

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