

- 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.
- Virtual classes:** Join real-time classes online via Zoom. Core Pass members and nonmembers buy monthly Virtual Class Pass at [Lenexa.com/GetActive](http://Lenexa.com/GetActive). X Pass members can RSVP at [tinyurl.com/LenexaRecGroupXClasses](http://tinyurl.com/LenexaRecGroupXClasses).

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5-7 AM	5:30-6:30 AM CYCLE- LIFT- ROW Gym w/ Kristin (12 max)	5:30-6:30 AM CIRCUIT TRAINING GX 2 w / Chad	5:30-6:30 AM BARBELL/ BOOTCAMP GX 2 w/ Chad	5:30-6 AM CYCLE Gym w/ Leah		
				6-6:30 AM BOOT CAMP Gym w/ Leah		
8-9 AM	8:30-9:20 AM 20-10 (Mixed Level) GX 2 w/ Ronna	8:30-9 AM CARDIO SCULPT GX 2 w/ Jenny		8:30-9:20 AM 20-10 (Mixed Level) GX 2 w/ Ronna		8:15-9AM CIRCUIT TRAINING GX 2 w/ Kristin
			9-10 AM VINYASA YOGA GX 1 w/ Erica H.	9-9:45AM CYCLE Cycle w/ Jenny	9-9:45 AM BOOTCAMP GX 2 w/ Kristin	
9-10 AM	9-10 AM VINYASA YOGA GX 1 w/ Lauren H.		9- 9:50AM CARDIO SCULPT GX 2 w/ Amber		9-9:50 AM FOREVER FIT – 20/10 Gym 1 w/ Amber	9-9:50 AM CYCLE Cycle w/ Chad
	9:30-10:20 AM BARBELL STRENGTH GX 2/GYM w/ Amber	9:15-9:45AM CYCLE Cycle w/ Jenny	9 -9:50 AM AQUA ZUMBA Pool w/ Lisa T.	9:45-10:15AM CORE STRENGTH Cycle w/ Jenny		9-10 AM YOGA GX 1 w/ Erica H
		10:15-10:45AM KETTLEBELL CIRCUIT GX2 w/ Kristin	9:30-10 AM CYCLE Gym w/ Kristin		10-10:45 AM BARRE FITNESS GX 2 w/ Kristin	10:15 -11 AM ZUMBA® GX 1 w/ Jhessika
10-12 PM	10:30- 11 AM CORE Strength GX 2 w/ Amber	10-10:50 AM FOREVER FIT – CARDIO GX 2 w/ Ronna ✓	10-10:30 AM BOOTCAMP Gym/ Kristin	10-10:50 AM FOREVER FIT – STRENGTH Gym / w/ Josh ✓	10:30-11:30 AM VINYASA YOGA GX 1 w/ Lauren H.	10-11 AM BARBELL STRENGTH GX 2 w/ Bobby
		11:15-11:45AM TRX GX 2 w/ Ronna	10:15-10:45 AM CHAIR YOGA GX 1 w/ Erica H ✓			
	12 -12:50 PM CHAIR YOGA GX 1/ w/ Emily J ✓		12 -12:50 PM VINYASA YOGA TO RESTORATIVE GX 1 w/ Emily J			
5-6 PM			5-5:45 PM CYCLE/CORE Cycle w/ Leah	5-6 PM HATHA YOGA GX1 w/ Erica H.		
	5:45-6:30 PM BARRE FITNESS GX 1 w/ Leah	5:45-6:35 PM YOGA SCULPT GX 1 w/ Jen	5:30-6:30PM ZUMBA® GX w 2/ Stacy			
6-8 PM	6 -6:50 PM BARBELL/BOOTCAMP GX 2 w/ Josh		6-7PM VINYASA YOGA GX 1w/ Emily J	5:45-6:45PM BARBELL/BOOTCAMP GX 2 w/ Bobby		
		6-6:50PM CYCLE Cycle/ Yu-Jin				

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

Revised: 5/20/21

## **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.

**BOSU® BALANCE TRAINING:** Uses an inflated dome on the flat base to enhance overall fitness and everyday ease of movement.

**BOXING BURNOUT:** A high-energy workout set to pump-up music. Benefits include upper and lower body muscle toning through a series of punches and kicks, and a vigorous cardiovascular workout. Weights can be added for maximal burn.

**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.

**SILVERSSNEAKERS® 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.

**TRX® :** Overhead straps leverage body weight against gravity to develop strength, balance, flexibility and core stability.

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

**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.

**DEEP WATER AQUA AEROBICS:** Using flotation devices, participants remain above water while using their bodies and optional exercise equipment to increase their total-body strength and mobility.

**STRENGTHEN & STRETCH** Jab, punch, lift and twist in the shallow areas of the pool before heading to the warm water wellness pool for relaxing stretches.

### **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.

**RHYTHM CYCLE:** A high intensity, beat-based cycling class that incorporates choreography and upper body movements and feels like a dance party on the bike while delivering a full body work out.

### **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.

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

**YOGA/PILATES FUSION:** A combination of low impact cardio and core work using a combination of yoga and Pilates movements.

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

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

**No advance registration is required to attend Group X classes, classes will be first come first serve until max capacity of 15 has been met.**