



Techny Prairie Activity Center

Livestream Group Fitness

January 2021 Schedule

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:45am	5:45-6:45am PURE STRENGTH						
8am						8-9am CARDIO/ STRENGTH CIRCUIT	
8:15am		8:15-9:15am CARDIO/ STRENGTH CIRCUIT	8:15-9:15am MAT PILATES	8:15-9:15am ALL LEVEL YOGA	8:15-9:15am BARRE		
8:30am	8:30-9:30AM PURE STRENGTH						
9am							9-10am WERQ
9:30am		9:30-10:30am ZUMBA	9:30-10:30am WERQ	9:30-10:30am W.O.W. (Wonderful Overall Workout)	9:30-10:30am CARDIO/ STRENGTH CIRCUIT	9:30-10:30am BARRE	
10am	10-11am CHAIR YOGA						
10:35am		10:35-11:35am ZUMBA GOLD					
11:30am							11:30-12:30pm FLEX YOGA
5:15pm				5:15-6:15pm VINYASA FLOW YOGA			
5:30pm	5:30-6:30pm WERQ		5:30-6:30PM YOGA BARRE SCULPT				
5:45pm		5:45-6:45pm PURE STRENGTH					

Specialized classes, see reverse for details.

Schedule is subject to change visit nbfitness.org for updates.

TPAC Group Fitness Classes

TPAC offers group fitness classes livestreamed through Fitness On Demand™, TPAC's virtual platform. The platform also provides access to popular programs from top fitness experts and recorded TPAC classes.

Specialized classes, indicated with this symbol **\$** on the schedule are targeted to specific participants, medically based, progressive or in a highly-focused area that require elevated certifications for the instructors. Specialty classes require a fee and separate registration. [Click here for more information.](#)

All Level Yoga

This Hatha based, Vinyasa infused yoga practice is appropriate for all levels of comfort with yoga.

Equipment: Mat

Barre

Ballet inspired moves are combined with elements of Pilates, dance, yoga and strength training in this hybrid workout class.

Equipment: Mat, chair for balance

Cardio/Strength Circuit

This well-rounded workout includes cardiovascular exercises alternating with strength work. Appropriate for all fitness levels, high and low intensity and impact options are demonstrated during each class.

Equipment: Dumbbells, resistance band

Chair Yoga

Done seated, this yoga class includes breathing techniques and a wide variety of poses.

Equipment: Chair

Flex Yoga

Enjoy a session of muscle, ligament and tendon stretches and poses designed to increase flexibility, promote overall joint and muscle health and help prevent injuries.

This class is a perfect complement to sports and intense activities as well as to active senior lifestyles.

Equipment: Mat

Mat Pilates

Based on the original exercises Joseph Pilates developed to strengthen his body as a young man, this muscle-strengthening and lengthening form of exercise focuses on core muscles and the toning of arms and legs.

Equipment: Mat

Pure Strength

Build strength and add definition in this all-strength class that focuses on repetitions to define and sculpt muscles.

Equipment: Mat, dumbbells, resistance band

Vinyasa Yoga

Vinyasa is a style of yoga characterized by stringing postures together so that you move seamlessly from one to another using your breath.

Equipment: Mat

WERQ

This wildly addictive cardio dance class is based on the hottest pop and hip hop music. The workout is nonstop with repetitive athletic moves and fresh dance steps.

Equipment: None

W.O.W.

(Wonderful Overall Workout)

This low impact class focuses on light cardio, strength and balance work.

Equipment: Chair for balance, light-weight dumbbells, resistance band

Yoga Barre Sculpt

This class is a combination of yoga poses, bodyweight exercises, light dumbbell repetitions and ballet barre movement.

Equipment: Chair for balance, mat, light dumbbells

Zumba

Combining Latin and international music with dance moves, routines incorporate interval training to help improve cardiovascular fitness.

Equipment: None

Zumba Gold

A modified version of Zumba, this class is geared toward active, older adults seeking lower-impact workouts.

Equipment: None

Dumbbell substitutions: Water bottles or soup cans Resistance band substitutions: Elastic robe tie or bungee cord