Galter Life Center
Virtual Group Fitness Schedule

effective October 5, 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6-7 a.m. Hybrid Dumbbell Shred **Jasmina***	6-6:30 a.m. Hybrid Group Core Jesse		6:30-7:30 a.m. Hybrid Group Centergy Erika		
7:25-7:55 a.m. Hybrid 3D30 Jesse			6-7 a.m. Hybrid Group Power Nikki/Carmen	8-8:30 a.m. Hybrid Cycle 30 Diana	7-8 a.m. Hybrid Group Ride Shannon	
8-8:30 a.m. Hybrid R30 Nikki/Jesse		8:45-9:15 a.m. Hybrid R30 Leslie	***NEW TIME*** 8:30-9:30 a.m. Hybrid Group Power **Staff***	8:35-9:05 a.m. Hybrid Move 30 Diana	8:15-9:15 a.m. Hybrid Group Power Bea	8-9 a.m. Hybrid Cycling and Core **Tonna***
8:35-9:05 a.m. Hybrid Group Core Nikki/Jesse	9-10 a.m Hybrid Yoga Pamela	9-10 a.m. Hybrid Yoga Sara	9:30-10:15 a.m. Hybrid Gentle Pilates Jessie	9-9:45 a.m. Virtual Pilates Mat Cori		
9:15-10:15 a.m. Hybrid Group Fight Katie	10:15-11:15 a.m. Hybrid Group Active Diana	9:20-9:50 a.m. Hybrid 3D30 Jesse		9:15-10:15 a.m. Hybrid Group Fight Rodney	9:30-10:30 a.m. Hybrid Group Groove Erin/Kerry	9:30-10:30 a.m. Hybrid Group Blast Carmen/Retha/ Sophia
10:30-11:30 a.m. Hybrid Group Power Francie	11:30 a.m.-noon Hybrid Move 30 Diana	10-11 a.m. Hybrid Group Groove Francie	10:15-11 a.m. Hybrid Zumba **Martha***	10:30-11 a.m. Hybrid 3D30 Francie	10-11 a.m. Hybrid Yoga Tim	10:45-11:45 a.m. Hybrid Group Centergy Erika/Nikki
10:30-11:30 a.m. Hybrid Gentle Yoga Jessie	11:45 a.m.- 12:15 p.m. Hybrid Meditation Lin		11:15 a.m.- 12:15 p.m. Hybrid Yoga Pamela	10:30-11:15 a.m. Hybrid Stretch and Tone Diana	10:35-11:35 a.m. Hybrid Group Fight **Katie/Rodney***	Noon-12:45 p.m. Hybrid Pilates Mat Tonna
				11:30 a.m.-12:30 p.m. Hybrid Tai Chi Chuan Lin		Noon-1 p.m. Hybrid Group Groove Mary
12:30-1:15 p.m. Hybrid Chair Fitness Rodney	12:15-12:45 p.m. Hybrid R30 Francie	12:30-1:30 p.m. Hybrid Chair Yoga Tim	12:15-12:45 p.m. Hybrid Cycle 30 Tonna		12:30-1:30 p.m. Virtual Chair Yoga/ Move to Heal Sara	
	12:30-1:30 p.m. Hybrid Chair Yoga Lin			12:45-1:30 p.m. Hybrid Chair Fitness Nicole		
5-5:50 p.m. Hybrid** Nia Sara		4-4:45 p.m. Hybrid Intermediate Pilates Mat Andrew	4:30-5:30 p.m. Hybrid Group Ride Shannon	4:30-5 p.m. Hybrid R30 Lora		
NEW CLASS 5-6 p.m. Hybrid Group Active Dannah	***NEW TIME*** 5-5:45 p.m. Hybrid Stretch and Tone **Shannon***	5:30-6:30 p.m. Hybrid Group Power Bea		5:05-5:35 p.m. Hybrid Group Core Lora		
6:05-7:05 p.m. Hybrid Group Power Dannah	5:45-6:45 p.m. Hybrid Group Fight Sophia		6-7 p.m. Hybrid Group Active Katie	6-7 p.m. Hybrid Yoga Fundamentals Shannon		
7:05-8:05 p.m. Hybrid Group Groove Mary	6:50-7:50 p.m. Hybrid Group Centergy Sophia	6:45-7:45 p.m. Hybrid Group Blast Retha/Carmen	7:05-8:05 p.m. Hybrid Group Centergy Lora/Nikki			

*All new additions and changes to the previous version of the schedule are marked with a star.

Instructor substitutions may be made without notice. Virtual members may attend hybrid classes via Zoom only.
See reverse side for class descriptions. For more information or to sign up for a class,
visit galterlifecenter.org

Endeavor Health
Fitness & Wellness Center

CLASS DESCRIPTIONS

3D30 - 3D30 integrates strength and cardio training to build muscle, burn calories and improve agility. Dynamic music drives the energetic 30-minute workout with athletic movements and phases of high-intensity interval training. Train the way the body was designed to move.

Chair Fitness (Arthritis Foundation) - Chair exercise that will improve your range of motion, flexibility, aerobic capacity and endurance.

Chair Yoga (Arthritis Foundation) - A gentle form of yoga utilizing the chair for support. Chair Yoga allows greater flexibility and joint mobility through breath and relaxation techniques. Great for beginners and seniors.

Cycle 30 - This class will help you burn calories and improve your cardio fitness and muscle endurance in just 30-minutes! Enjoy the ride with inspiring music and motivational coaching throughout. Efficient and effective!

Cycling and Core - Burn calories and strengthen your legs as you ride over mixed terrain. Climb hills, sprint the flats and power through intervals to great music. Complete this workout with targeted core training. Enjoy the ride!

Cycling and Stretch - This program incorporates cycling techniques for riders of all levels, put to motivating music. Accelerate fat loss and increase cardiovascular capacity with an extended stretch to help enhance flexibility which will help improve cycling performance and prevent injury.

Dance Fit - Sweat with a smile during this energizing dance fitness class. Improve your dance skills and cardio!

Dumbbell Shred - Strengthen and sculpt your full body with a high-energy workout using dumbbells and resistance bands. The power of supersets, HIIT and core training will leave you shredded!

Gentle Pilates - This gentle Pilates mat class combines the fundamentals of core engagement, proper posture and alignment to achieve an overall balanced body. This class is perfect for beginners or people with physical limitations.

Gentle Yoga - This class offers a therapeutic approach to yoga with simple poses/stretches and moving at a slower pace. Gentle Yoga focuses on relaxation of the mind and body through easy breath work and restorative poses that can be done on the back, belly and in seated positions.

Group Active® - This class gives you all the fitness training you need – cardio, strength, balance and flexibility. Get stronger, fitter and healthier with inspiring music, adjustable dumbbells, weight plates, body weight and simple athletic movements.

Group Blast® - Cardio training that uses The STEP® in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination and strength with exciting music and group energy.

Group Centergy® - Grow longer and stronger with an invigorating mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility and the core.

Group Core® - 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.

Group Fight™ - Tap into the hottest mixed martial arts movements done at a rapid-fire pace! From the boxing ring to the fighting cage, Group Fight combines cutting-edge moves with thrilling music. This electric experience is addictive!

Group Groove® - Sweat with a smile during this energizing fitness class. A sizzling cardio experience that is a fusion of club, urban and Latin dance styles set to the hottest current hits and the best dance songs ever produced!

Group Power® - Blast all your muscles with a 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.

Group Ride® - A cycling experience brought indoors. Roll over hills, chase the pack, spin the flats, climb mountains and sprint to the finish! Feel the thrill of energetic music and group dynamics as you get all the benefits of authentic interval training.

Intermediate Pilates Mat - This class focus on improving strength and flexibility for the whole body without building bulk. The Pilates Method includes over 500 exercises that focus on the muscles of the abdomen, back and glutes. Prior experience is recommended.

Latin Dance Workout - As you learn the basic steps of Salsa, Merengue, Bachata and Cha Cha you'll get your heart rate up and have some fun!

Meditation - Prep your mind/body for a healthier today and a happier tomorrow. Learn techniques to help you get through life's toughest situations.

Move 30 - This class is for anybody looking to improve their overall movement health with ease and less restriction and discomfort. From someone looking to build their confidence and start an exercise program, or someone reconditioning their body to help prevent pain or injury.

Move to Heal - Move to Heal is a mindful movement class and are for everybody with long- or short-term healing goals like recovery from injury, surgery, trauma, addiction; also Parkinson's and other movement challenges. Chairs are available and used.

Nia - Combines movements and concepts from yoga, martial arts and dance to improve your cardio as well as increase body awareness, endurance, flexibility and energy levels. Nia is an exhilarating mind/body dance workout that is designed to invigorate, and then relax.

R30® - This class will get you fitter and feeling better in only 30 minutes. Inspiring music and motivating coaching will get you to burn calories, improve muscular endurance and build cardio fitness as you ride with surges, short intervals, power and end with a rush.

Stretch and Tone - This class is geared to strengthen and stretch the body. Improve your balance, posture, strength and flexibility to music.

Tai Chi Chuan - A meditative form of exercise that links the health of the body to a relaxed state of mind. It combines breathing techniques with a series of slow movements that stretch and tone the body. It is easy on the joints, improves balance and posture, reduces falls, lowers blood pressure and improves concentration.

Yoga - Designed for the student with some prior yoga experience. This class will refine alignment in the asanas and introduce advanced poses and sequenced combinations of poses. Build strength and flexibility along with developing breath control techniques (pranayama).

Yoga Fundamentals - This class is designed with the foundation of yoga as the primary focus. All levels welcome. A great class to get started with your yoga practice.

Zumba - Dance/fitness inspired by Latin and international rhythms that is fun for all ages.