

Group Fitness Class Schedule

Effective October 1 - 31



Anderson HealthPlex

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 HIIT / FIELD Jack	6:00-6:45 HIIT / FIELD Dennis	5:30-6:15 Cycle Melissa	5:45-6:30 Trekking Dennis	6:00-6:45 HIIT / FIELD Jack	7:00-7:45 Trekking Dennis	9:30-10:30 Qigong [New Class!] Mike
9:15-10:00 Barre Abbi	9:15-10:00 Cardio Tone Linda	6:00-6:45 HIIT / FIELD Dennis	6:00-6:45 HIIT / FIELD Jack	8:00-8:45 Body Pump [New Format!] Lorry	7:15-8:15 Yoga Flow Michelle	9:30-10:15 Body Pump Lindsay
10:00-10:45 Cardio Splash Jannine	9:30-10:15 HydroRider Jannine	8:00-8:45 Tone & Chisel [New Class!] Denise	9:15-10:15 Yoga Flow Shana	8:00-8:45 Aqua Arthritis Judy	8:00-8:45 Aqua Arthritis Rotation	10:40-11:40 Yoga Flow Bo
10:00-10:45 Sit, Stretch & Strengthen Melissa	9:30-10:15 Trekking Dennis	8:00-8:45 Aqua Arthritis Jannine	9:15-10:00 Cardio Step Jessica	9:00-10:00 Tai Chi Sue	8:30-9:15 Cardio Step Jessica/Linda	
10:15-11:00 Cardio Box Abbi	10:15-11:15 Yoga Flow Shana	9:00-9:45 Impact Free Aqua Jannine	9:30-10:15 HydroRider June	9:15-10:00 Cardio Barre Julie	8:45-9:30 Trekking / Strength Dennis	
11:00-11:45 Aqua Circuit Jannine	10:15-11:00 Strength & Balance Melissa	9:15-10:00 Interval Blast Maggie	9:30-10:15 Trekking Dennis	10:00-10:45 Cardio Splash June	9:00-9:45 HIIT / FIELD Brendan	
12:00-12:45 HIIT / FIELD Amy	5:30-6:15 F. I. T. Amy	10:00-10:45 Aqua Intervals Rotation	10:30-11:15 Fitness Pilates Shana	10:30-11:30 Yoga Flow Shana	9:30-10:15 F.I.T. [New Format!] Amy	
3:00-3:45 Aqua Arthritis Nicoletta	6:00-6:45 HIIT / FIELD Nicoletta	10:00-10:45 Sit, Stretch & Strengthen Melissa	10:30-11:15 Balance & Stability Melissa	11:00-11:45 Aqua Circuit Kim H	10:00-10:45 Impact Free Aqua Coleen	
6:00-6:45 HIIT / FIELD Nicoletta	6:30-7:15 Aqua Arthritis Joanne	11:00-11:45 Aqua Circuit June	6:00-6:45 HIIT / FIELD Emily Riggs	6:00-6:45 HIIT / FIELD Brendan	10:15-11:15 Yin Yoga Shana	
6:00-6:45 Zumba Fusion [New Class!] Sue	6:30-7:30 Power Yoga Bo	11:00-12:00 Yoga Flow Emily Robinson	6:00-6:45 Cardio + Core Lindsay		11:00-11:45 HydroRider June	
	6:30-7:15 Body Pump [New Class!] Lorry	12:00-12:45 HIIT / FIELD Amy	6:30-7:15 Aqua Circuit Coleen			
		3:00-3:45 Aqua Arthritis Martha W.				
		6:00-6:45 Dance Fit Emily N			Group Fitness Studio Mind/Body Studio Cycle Studio Functional Training Studio	
		6:00-6:45 HIIT / FIELD Nicoletta			Lap Pool Warm Water Pool Gym/Fitness Floor THE FIELD	

LAND CLASSES

Balance & Stability for Seniors (Level 1)

Exercises are performed primarily from a chair. Participants should be able to stand and walk without assistance.

Barre/Cardio Barre (All Levels)

Low impact, high intensity movements to strengthen, tone and increase flexibility. Improve balance, range of motion and endurance. Cardio Barre adds cardio intervals to the workout.

BODY PUMP (All Levels)

Challenge every muscle group in this barbell class designed to build strength, tone your body and push you to your limit.

Cardio + Core

A high energy class, to build aerobic fitness while also building muscle strength, with moves that cater to all levels and goals.

Cardio/Step/Core

Basic choreography using a step, core workout following.

Cardio Dance & Dance Fit

(Great for ages 10 to Adults!)

Dance fitness class based on current trends and dance moves that keep you moving to the beat of music from all over the world.

Cycle (All Levels)

Performed on a stationary bike and set to pumping music. Based on real terrain rides with a focus on heart rate and cadence.

F.I.T. (All Levels)

Full-body strength and cardio workout plus abs. Modifications made for any joint/muscle limitations.

Fitness Pilates

Pilates and ballet exercises focus on core stability and balance to sculpt thighs, tone and firm glutes and flatten abdominals.

High Intensity Interval Training (All Levels)

High intensity, action-packed classes for those looking for a results driven workout. Modifications made to accommodate joint/muscle limitations.

Interval Blast (Level 2/3)

Incorporates modified plyometrics and sports moves with intervals of resistance training.

Intro Yoga Flow (Level 1)

Basic slow paced yoga for those beginning your journey in flexibility and mindfulness.

Qigong (All Levels)

Meditation along with self-healing movements, postures and self-massage techniques help promote mental equanimity, emotional clarity and physical vitality.

Sit, Stretch & Strengthen (Level 1)

Simple strengthening exercises performed seated or with the support of a chair. Keeps bones and muscles strong and joints moving.

Strength & Balance (Level 1)

Great for anyone who needs balance and stability conditioning.

Tai-Chi (All Levels)

A combination of graceful and gentle meditative movements focused on cultivating breathing and its relation to energy and mindfulness.

Trekking

Heart pumping experience on the treadmill. Includes running, walking up hills and speed intensity intervals.

Tone & Chisel (All Levels)

Strength training using free weights, tubing, body bars, medicine balls and stability balls.

Yin Yoga (All Levels)

A slow-paced style of yoga with poses that are held for longer periods of time - five minutes or more per pose is typical.

Power Yoga (Level 2/3)

An advanced form of yoga focused on strength and core conditioning. Not recommended for beginning yoga students.

Yoga Flow (Level 2)

A challenging, flowing form of yoga with quicker transitions between poses designed to increase strength, endurance and flexibility.

Zumba Fusion

Rhythms set to high-energy Latin and international beats along with Cardio-dance-kickboxing all fused together for an amazing, fun workout!

WATER CLASSES

LAP POOL

Aqua Intervals

Shallow water HIIT (short periods of intense exercise with rest/recovery periods) using buoyancy to exercise at higher intensity with less impact on the body.

Cardio Splash

This low impact class incorporates unique movements that stimulate all major muscle groups while keeping your heart pumping.

HydroRider (Great for Weight Loss or Post-Rehab!)

A stationary bike is immersed in water to provide the excitement of cycling with the added resistance the water provides. Shoes required.

Impact Free Aqua

Buoyancy belts provide a no-impact cardio workout. Great for beginners but challenging enough for experienced aqua exercisers.

WARM WATER POOL

Aqua Arthritis

Designed to help manage joint pain and stiffness. Gentle movements improve range of motion, increase flexibility and reduce pain.

Aqua Circuit

A low impact Aqua cardio class with cardio, and equipment to challenge your balance, strength and core.

Adult Swim in the Warm Water Pool

Monday	7:00 - 8:00 am 2:00 - 3:00 pm
Tuesday	7:00 - 8:00 am
Wednesday	7:00 - 8:00 am 2:00 - 3:00 pm
Thursday	7:00 - 8:00 am
Friday	7:00 - 8:00 am 2:00 - 3:00 pm

Warm Water Pool Closed for Physical Therapy

Tuesday	2:00 - 3:30 pm
Thursday	2:00 - 3:30 pm