

GROUP CLASSES

FALL 2020: Updated October 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>5:45 - 6:30 am CYCLE JOURNEY Garrett • Cycle Studio</p> <p>9:00 - 9:45 am CARDIO SPLASH Hannah • Lap Pool</p> <p>9:30-10:15 am HOOP FIT Rebecca • Fitness Studio</p> <p>10:00 - 10:45 am CORE CARDIO BALANCE Hannah • Warm Water Pool</p> <p>10:30 - 11:15 am HEALING YOGA Rebecca • Fitness Studio</p>	<p>5:15 - 6:00 am BODY PUMP Madison • Fitness Studio</p> <p>9:00 - 9:45 am CORE CARDIO BALANCE Rio • Warm Water Pool</p> <p>9:30 - 10:15 am PILATES BARRE Rebecca • Fitness Studio</p> <p>10:00 - 10:45 am IMPACT FREE AQUA Rio • Lap Pool</p> <p>11:00 - 11:45 am AQUA ARTHRITIS Rio • Warm Water Pool</p>	<p>8:00 - 8:45 am AQUA ARTHRITIS Hannah • Warm Water Pool</p> <p>9:00 - 9:45 am AQUA ARTHRITIS Hannah • Warm Water Pool</p> <p>10:00 - 10:45 am AQUA CIRCUITS Hannah • Lap Pool</p> <p>10:30 - 11:15 am HEALING YOGA Rebecca • Fitness Studio</p>	<p>5:15 - 6:00 am BODY PUMP Madison • Fitness Studio</p> <p>9:00 - 9:45 am CORE CARDIO BALANCE Rio • Warm Water Pool</p> <p>9:30 - 10:15 am BARRE SCULPT Madison • Fitness Studio</p> <p>10:00 - 10:45 am IMPACT FREE AQUA Rio • Lap Pool</p> <p>10:30 - 11:15 am HEALING YOGA Rebecca • Fitness Studio</p> <p>11:00 - 11:45 am AQUA ARTHRITIS Rio • Warm Water Pool</p>	<p>8:00 - 8:45 am AQUA ARTHRITIS Kathy • Warm Water Pool</p> <p>9:00 - 9:45 am AQUA ARTHRITIS Kathy • Warm Water Pool</p> <p>9:30 - 10:15 am POWER YOGA Rebecca • Fitness Studio</p> <p>10:00 - 10:45 am CARDIO SPLASH Hannah • Lap Pool</p> <p>10:00 - 10:45 am CORE CARDIO BALANCE Kathy • Warm Water Pool</p> <p>10:30 - 11:15 am PILATES BARRE Rebecca • Fitness Studio</p>	<p>9:00 - 9:45 am CYCLE JOURNEY Rio • Cycle Studio</p> <p>10:00 - 10:45 am LINE DANCING Sandy • Fitness Studio</p> <p>11:00 - 11:45 am QIGONG Mike • Fitness Studio</p>
<p>1:00 - 1:45 pm AQUA ARTHRITIS Hannah • Warm Water Pool</p>	<p>1:00 - 1:45 pm RESTORATIVE MOVEMENT Rebecca • Fitness Studio</p>		<p>1:00 - 1:45 pm RESTORATIVE MOVEMENT Rebecca • Fitness Studio</p>	<p>1:00 - 1:45 pm AQUA ARTHRITIS Hannah • Warm Water Pool</p>	
<p>5:00 - 5:45 pm BODY PUMP Madison • Fitness Studio</p> <p>6:00 - 6:45 pm ZUMBA Sarah • Fitness Studio</p> <p>6:30 - 7:15 pm AQUA ARTHRITIS Rio • Warm Water Pool</p>	<p>5:15 - 5:45 pm ABS EXPRESS Rio • Fitness Studio</p> <p>6:00 - 6:45 pm PLEX PUMP Rio • Fitness Studio</p> <p>7:00 - 7:45 pm CYCLE JOURNEY Rio • Cycle Studio</p>	<p>5:00 - 5:45 pm BODY PUMP Madison • Fitness Studio</p> <p>5:30 - 6:15 pm CORE CARDIO BALANCE Hannah • Warm Water Pool</p> <p>6:00 - 6:45 pm ZUMBA Sarah • Fitness Studio</p> <p>7:00 - 7:45 pm HEALING YOGA Mike • Fitness Studio</p>	<p>6:00 - 6:45 pm AQUA HIIT Hannah • Lap Pool</p> <p>7:00 - 7:45 pm LINE DANCING Sandy • Fitness Studio</p>		

LAND CLASSES

Abs Express

This non-aerobic conditioning class focuses on abdominals, lower back, shoulders and hip girdles to enhance abdominal definition, core stability and strength.

Barre Sculpt

Barre inspired workout blends ballet, Pilates, isometric holds, and functional strength training to give you a heart-pumping workout and help you get stronger from head to toe.

BODY PUMP

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

Cycle Journey

Burn calories and improve athletic performance through varied terrain rides on a stationary bike. Follow the pace of the instructor or set your own pace to meet your personal goals.

Healing Yoga

A safe introduction to basic yoga postures plus breathing and relaxation techniques. Easy-to-follow instruction makes this class suitable for beginners. Ongoing students welcome.

Hoop Fit

Improve core strength, tone stomach, arms, thighs and butt in a low impact, high energy workout that can burn 400-600 calories an hour.

Line Dancing

Learn popular line dances while burning calories. Each dance is choreographed to 3 songs - slow, medium and fast - to challenge your dancing skills and get the heart rate up.

Pilates Barre

A fusion of ballet, Pilates and barre exercises improve core balance, strength and overall flexibility. Feel stronger, taller and more toned.

Plex Pump

Low impact exercises incorporating cardio and weights. All levels welcome.

Power Yoga

An advanced form of yoga focused on strength and core conditioning not recommended for beginner yoga students.

Qigong

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

Restorative Movement

Cross train your mind and body with gentle conditioning movements, Tai Chi, Pilates and light stretching. Optional use of a chair, wall or mat. This class helps keep bones and muscles strong to improve range of motion and stability.

Zumba® Dance

Zumba combines high energy and motivating music with unique Latin style moves and combinations. Prepare to burn maximum calories while having the time of your life!

WATER CLASSES

Aqua Arthritis (Warm Water Pool)

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

Aqua Circuits (Lap Pool)

Get ready for a high-intensity workout as you move from station to station. You'll be glad the water helps cool you off as you kick your fitness level in to overdrive.

Aquatic HIIT (Lap Pool)

Get ready for a high-intensity workout as you move from station-to-station. You'll be glad the water helps to cool you off as you kick your fitness level into over-drive!

Cardio SPLASH (Lap Pool)

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

Core, Cardio & Balance (Warm Water Pool)

Low impact cardio and strength exercises improve balance, keep bones and muscles strong and improve cardiovascular health.

Impact Free Aqua (Lap Pool)

Buoyancy belts provide no-impact cardio that's appropriate for all levels but challenging enough for experienced aquatic exercisers.

WARM WATER POOL AVAILABILITY

The Warm Water Pool is CLOSED at the following times for Physical Therapy:

Monday	11:00 am – 1:00 pm
Tuesday.....	1:00 pm – 3:00 pm
Wednesday.....	3:00 pm – 5:00 pm
Thursday.....	3:00 pm – 5:00 pm
Friday.....	11:00 am – 1:00 pm

Pool availability varies during all other club hours and is on a first come, first served basis. Pool capacity will be limited to enforce physical distancing standards.

LAP POOL AVAILABILITY

Pool availability is limited to one person per lane. Reservations may be made up to 24 hours in advance at the Front Desk or online. See Front Desk for details.