

# Group Fitness Class Schedule

Effective November 1-30



Anderson HealthPlex

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 <b>HIIT / FIELD</b> Jack	6:00-6:45 <b>HIIT / FIELD</b> Dennis	5:30-6:15 <b>Cycle</b> Melissa	5:45-6:30 <b>Trekking</b> Dennis	6:00-6:45 <b>HIIT / FIELD</b> Jack	7:00-7:45 <b>Trekking</b> Dennis	9:30-10:30 <b>Qigong</b> Mike
9:15-10:00 <b>Barre</b> Abbi/June	9:15-10:00 <b>Cardio Tone</b> Linda	6:00-6:45 <b>HIIT / FIELD</b> Dennis	6:00-6:45 <b>HIIT / FIELD</b> Jack	8:00-8:45 <b>Body Pump</b> Lorry	7:15-8:15 <b>Yoga Flow</b> Michelle	9:30-10:15 <b>Body Pump</b> Lindsay
10:00-10:45 <b>Cardio Splash</b> Jannine	9:30-10:15 <b>HydroRider</b> Jannine	8:00-8:45 <b>Tone &amp; Chisel</b> Denise	9:15-10:15 <b>Yoga Flow</b> Shana	8:00-8:45 <b>Aqua Arthritis</b> Judy	8:30-9:15 <b>Cycle</b> [New Class!] Rotation	10:40-11:40 <b>Yoga Flow</b> Bo
10:00-10:45 <b>Sit, Stretch &amp; Strengthen</b> Melissa	9:30-10:15 <b>Trekking</b> Dennis	8:00-8:45 <b>Aqua Arthritis</b> Jannine	9:15-10:00 <b>Cardio Step</b> Jessica	9:00-10:00 <b>Tai Chi</b> Sue	8:30-9:15 <b>Cardio Step</b> Jessica/Linda	
11:00-11:45 <b>Aqua Circuit</b> Jannine	10:15-11:15 <b>Yoga Flow</b> Shana	9:00-9:45 <b>Impact Free Aqua</b> Jannine	9:30-10:15 <b>HydroRider</b> June	9:15-10:00 <b>Cardio Barre</b> Julie	8:45-9:30 <b>Trekking / Strength</b> Dennis	
12:00-12:45 <b>HIIT / FIELD</b> Amy	10:15-11:00 <b>Strength &amp; Balance</b> Melissa	9:15-10:00 <b>Interval Blast</b> Maggie	9:30-10:15 <b>Trekking</b> Dennis	10:00-10:45 <b>Cardio Splash</b> June	9:00-9:45 <b>Aqua Arthritis</b> [New Time!] Rotation	
3:00-3:45 <b>Aqua Arthritis</b> Nicoletta	5:30-6:15 <b>F. I. T.</b> Amy	10:00-10:45 <b>Aqua Intervals</b> Rotation	10:30-11:15 <b>Fitness Pilates</b> Shana	10:30-11:30 <b>Yoga Flow</b> Shana	9:00-9:45 <b>HIIT / FIELD</b> Brendan	
6:00-6:45 <b>HIIT / FIELD</b> Nicoletta	6:00-6:45 <b>HIIT / FIELD</b> Nicoletta	10:00-10:45 <b>Sit, Stretch &amp; Strengthen</b> Melissa	10:30-11:15 <b>Balance &amp; Stability</b> Melissa	11:00-11:45 <b>Aqua Circuit</b> Kim H	9:30-10:15 <b>F.I.T.</b> Amy	
6:00-6:45 <b>Zumba Fusion</b> Sue	6:30-7:15 <b>Aqua Arthritis</b> Joanne	11:00-11:45 <b>Aqua Circuit</b> June	6:00-6:45 <b>HIIT / FIELD</b> Emily Riggs	6:00-6:45 <b>HIIT / FIELD</b> Brendan	10:00-10:45 <b>Impact Free Aqua</b> Coleen	
	6:30-7:30 <b>Power Yoga</b> Bo	11:00-12:00 <b>Yoga Flow</b> Emily Robinson	5:30-6:15 <b>F. I. T.</b> [New Class!] Amy		10:15-11:15 <b>Yin Yoga</b> Shana	
	6:30-7:15 <b>Body Pump</b> Lorry	12:00-12:45 <b>HIIT / FIELD</b> Amy	6:30-7:15 <b>Aqua Circuit</b> Coleen		11:00-11:45 <b>HydroRider</b> June	
		3:00-3:45 <b>Aqua Arthritis</b> Martha W.				
		6:00-6:45 <b>Fit 2 the Core</b> [New Class!] Lindsay			<b>Group Fitness Studio</b> <b>Mind/Body Studio</b> <b>Cycle Studio</b> <b>Functional Training Studio</b> <b>Lap Pool</b> <b>Warm Water Pool</b> <b>Gym/Fitness Floor</b> <b>THE FIELD</b>	
		6:00-6:45 <b>HIIT / FIELD</b> Nicoletta				

## 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.

### **Fit 2 the 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.

### **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