

Group Fitness Class Schedule

Effective February 1-28



Anderson HealthPlex

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 FIELD Jack	5:45-6:30 Trekking Dennis	5:30-6:15 Cycle Melissa	5:45-6:30 Trekking Dennis	6:00-6:45 FIELD Jack	7:15-8:00 Trekking Dennis	8:30-9:15 Cycle NEW CLASS! Lorry
8:45-9:45 Yoga I Emily Robinson	5:45-6:30 Body Pump NEW CLASS! Rachel	6:00-6:45 FIELD Dennis	6:00-6:45 FIELD Jack	8:00-8:45 Body Pump Lorry	7:15-8:15 Yoga Flow Michelle	9:30-10:30 Qigong Mike
9:15-10:00 Barre Abbi/June	6:00-6:45 FIELD Jack	8:00-8:45 Tone & Chisel Denise	9:15-10:15 Yoga Flow Shana	8:00-8:45 Aqua Arthritis Judy	8:30-9:15 Cycle Lisa / Martha	9:30-10:15 Body Pump Lindsay
9:30-10:15 FIELD Jack	8:30-9:15 Cycle June	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	10:40-11:40 Yoga Flow Bo
10:00-10:45 Cardio Splash Jannine	9:15-10:00 Cardio Tone Linda	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	
10:00-10:45 Sit & Strengthen Melissa	9:30-10:15 HydroRider Jannine	9:15-10:00 Interval Blast Maggie	9:30-10:15 Trekking Dennis	9:30-10:15 FIELD Nicoletta	9:00-9:45 Aqua Arthritis Rotation	
11:00-11:45 Aqua Circuit Jannine	9:30-10:15 Trekking Dennis	9:30-10:15 FIELD Brendan	10:15-11:00 Fitness Pilates NEW TIME! Christy	10:00-10:45 Cardio Splash June	9:00-9:45 FIELD Brendan	
12:00-12:45 FIELD Amy	10:15-11:15 Yoga Flow Shana	10:00-10:45 Aqua Intervals Rotation	10:30-11:15 Balance & Stability Melissa	10:30-11:30 Yoga Flow Shana	9:30-10:15 F.I.T. Amy	
3:00-3:45 Aqua Arthritis Nicoletta	10:15-11:00 Strength & Balance Melissa	10:00-10:45 Sit & Strengthen Melissa	5:30-6:15 F. I. T. Amy	11:00-11:45 Aqua Circuit Kim H	10:00-10:45 Impact Free Aqua Coleen	
6:00-6:45 FIELD Nicoletta	5:30-6:15 F. I. T. Amy	11:00-11:45 Aqua Circuit Susan	6:00-6:45 FIELD Emily Riggs		10:15-11:15 Yin Yoga Shana	
6:00-6:45 Cardio Barre June	6:00-6:45 FIELD Nicolleta	11:00-12:00 Yoga Flow Emily Robinson	6:30-7:15 Aqua Circuit Coleen		11:00-11:45 HydroRider June	
	6:30-7:15 Aqua Arthritis Joanne	12:00-12:45 FIELD Amy	6:30-7:15 Cardio Mix Up Rotation			
	6:30-7:30 Power Yoga Bo	3:00-3:45 Aqua Arthritis Martha W.				
	6:30-7:15 Body Pump Lorry	6:00-6:45 Fit 2 the Core Lindsay				
		6:00-6:45 Cycle Lisa			Group Fitness Studio Mind/Body Studio Cycle Studio Functional Training Studio Lap Pool Warm Water Pool Gym/Fitness Floor THE FIELD	
		6:00-6:45 FIELD 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 Mix Up

Your favorite instructors take turns offering their favorite cardio workouts. The format will be a surprise but sweat is guaranteed.

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.

FIELD (All Levels)

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

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.

Interval Blast (Level 2/3)

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

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. Trekking+ adds strength training to the workout.

Tone & Chisel (All Levels)

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

Vin to Yin (All Levels)

Flowing vinyasa leads to a relaxing yin giving you the best of both yoga practices. Alleviate stress and tension while freeing the mind through breathing techniques.

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 I (Level 1)

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

Yoga Flow (Level 2)

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

Yoga for Athletes

Join the likes of Aaron Rodgers, LeBron James and Tom Brady who all use yoga to level up their games. Build core strength, balance, recovery and flexibility to help prevent injuries.

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

Mon-Wed-Fri 7:00 - 8:00 am | 2:00 - 3:00 pm
Tue-Thu 7:00 - 8:00 am

Warm Water Pool Closed for Physical Therapy

Tue-Thu 2:00 - 3:30 pm