

Group Fitness Class Schedule

Effective September 1-30



Anderson HealthPlex

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

LAND CLASSES

Balance & Stability for Seniors

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

Barre/Cardio Barre

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

BODY PUMP

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

Cardio Tone/Step/Core

Basic choreography using a step, core workout following.

Chair Yoga

Simple techniques help you breathe with ease and gently stretch without pain or fear. Manage pain, destress and find peace and tranquility.

Cycle

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

Dance Fit

Instructors rotate between Zumba and 305 Fitness, both high energy, dance-based cardio workouts.

Detoxification Yoga

Yoga poses that support your body's natural detox process with a focus on breath to stimulate the release of stress, sadness, depression and fear.

FIELD

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

F.I.T.

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

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.

Interval Blast

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

Pilates

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

Qigong

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

Sit, Stretch & Strengthen

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

Strength & Balance

Great for anyone who needs balance and stability conditioning.

Tai-Chi

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

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

Yin Yoga

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

Yoga Flow

A flowing form of yoga designed to increase strength, endurance and flexibility. Focus on mindful movement and breath throughout the practice.

Zumba

Dance rhythms set to high-energy Latin and international beats that provide an amazing, fun workout!

WATER CLASSES

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.

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

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.

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

Warm Water Pool Closed for Swim Lessons

Sat 10:00 am - 1:00 pm

Warm Water Pool Closed for Summer Camps (6/1-8/18)

Mon-Wed-Fri 1:00 - 2:00 pm