

GROUP CLASSES

WINTER 2022: Updated January 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-8:45 am STONE & CHISEL Susan • Fitness Studio	5:15-5:45 am STEP, STRENGTH, ENDURANCE Amy • Fitness Studio	6:00-6:45 am CYCLE JOURNEY Amy • Cycle Studio	6:00-6:45 am CYCLE JOURNEY Amy • Cycle Studio	6:00-6:45 am CYCLE JOURNEY Eva • Cycle Studio	
9:00-9:45 am MOVE IT OR LOSE IT Carol • Fitness Studio	6:00-6:45 am CYCLE JOURNEY Amy • Cycle Studio	8:00-8:45 am FIT FUSION Susan • Fitness Studio	7:00-7:45 am BARRE Karen • Fitness Studio	8:00-8:45 am STONE & CHISEL Joe • Fitness Studio	8:00-8:45 am STONE & CHISEL Joe • Fitness Studio
10:00-10:45 am GENTLE YOGA Michelle • Mind/Body Studio	9:30-10:15 am PILATES MAT Karen • Mind/Body Studio	9:00-9:45 am CYCLE JOURNEY Karen • Cycle Studio	9:30-10:15 am PILATES MAT Karen • Mind/Body Studio	9:00-9:45 am MOVE IT OR LOSE IT Carol • Fitness Studio	8:00-8:45 am CYCLE JOURNEY Dennis • Cycle Studio
10:00-10:45 am FIT FUSION Joe • Fitness Studio	9:30-10:15 am IMPACT FREE AQUA Tina • Lap Pool	10:00-10:45 am BARRE Karen • Fitness Studio	9:30-10:15 am IMPACT FREE AQUA Pat • Lap Pool	9:00-9:45 am CARDIO SPLASH Pat • Lap Pool	9:00-9:45 am HATHA YOGA Michelle • Mind/Body
10:00-10:45 am CARDIO SPLASH Pat • Lap Pool	10:00-10:45 am SCULPT MIX Joe • Fitness Studio	10:00-10:45 am AQUA TONE & STRETCH Rotation • Warm Water Pool	10:00-10:45 am SCULPT MIX Joe • Fitness Studio	10:00-10:45 am FIT FUSION Joe • Fitness Studio	9:00-9:45 am CARDIO BOOT CAMP Joe • Fitness Studio
11:00-11:45 am AQUA HEALING STRETCH Pat • Warm Water Pool	10:30-11:15 am HATHA YOGA Carol • Mind/Body Studio	11:00-11:45 am AQUA HEALING STRETCH Rotation • Warm Water Pool	11:00-11:45 am EMBODI YOGA Candee • Mind/Body Studio	10:00-10:45 am GENTLE YOGA Carol • Mind/Body Studio	9:15-10:00 am CARDIO SPLASH Pam • Lap Pool
12:00-12:45 pm AQUA LOW IMPACT & TONING Tina • Warm Water Pool	1:00-1:45 pm RESTORATIVE MOVEMENT Zmara • Fitness Studio			10:00-10:45 am AQUA ARTHRITIS Pat • Warm Water Pool	10:15-11:00 am AQUA RESTORATIVE MOVEMENT Pam • Warm Water Pool
1:00-1:45 pm CORE CARDIO & BALANCE Tina • Warm Water Pool				11:00-11:45 am AQUA TONE & STRETCH Pat • Warm Water Pool	11:00-11:45 am HYDRORIDER Alisha • Lap Pool
		4:30-5:15 pm ZUMBA Lekeisha • Fitness Studio		1:00-1:45 pm RESTORATIVE MOVEMENT Zmara • Fitness Studio	
5:30-6:15 pm CARDIO KICKBOX Carol • Fitness Studio	5:00-5:45 pm TAI CHI Karen • Fitness Studio	5:30-6:15 pm INTERVAL BLAST Amy • Fitness Studio	5:30-6:15 pm PLEX PUMP Joe • Fitness Studio	1:00-1:45 pm CORE CARDIO & BALANCE Tina • Warm Water Pool	
5:30-6:15 pm CORE CARDIO & BALANCE Diana • Warm Water Pool	6:00-6:45 pm CARDIO BOOT CAMP Joe • Fitness Studio	6:00-6:45 pm CORE CARDIO & BALANCE Diana • Warm Water Pool	6:00-6:45 pm CYCLE JOURNEY Jay • Cycle Studio		
5:30-6:15 pm CYCLE JOURNEY Eva • Cycle Studio	6:30-7:15 pm AQUA ZUMBA Veronica • Lap Pool	6:15-7:00 pm HYDRORIDER Jay • Lap Pool	6:30-7:15 pm CARDIO BOX Joe • Fitness Studio		
6:15-7:00 pm VINYASA YOGA Michelle • Mind/Body Studio		6:30-7:15 pm HATHA YOGA Carol • Mind/Body Studio	6:15-7:00 pm CARDIO SPLASH Pam • Lap Pool		
6:15-7:00 pm CARDIO SPLASH Colleen • Lap Pool					
6:30-7:15 pm PILATES MAT Toni • Fitness Studio					
					SUNDAY
					10:00-10:45 am HYDRORIDER Alisha • Lap Pool

LAND CLASSES

Barre • Moderate

Low impact, isometric movements designed to produce results. The ballet barre and other light equipment are used to focus on different areas of your body.

Cardio Boot Camp • Moderate to High

This high-intensity, fast-paced interval workout takes you through calisthenic drills while burning calories and building muscle.

Cardio Kickboxing

Combines elements of boxing, martial arts and cardio to provide total body conditioning and toning.

Cycle Journey • Moderate to High - Multi-Level

Control your own resistance as you race through drills, hills, flats and jumps on a simulated ride through various terrains.

Dance Fitness • Moderate - Multi-Level

Easy-to-follow choreography keeps you moving and having fun while you burn calories and improve self-esteem. Dance experience is not required.

Embodi Yoga • Low - Multi-Level

Movement and breath are deeply integrated to improve function on and off the mat.

Fit Fusion • Moderate to High

Low impact strength and cardio focuses on toning and fat burning while improving balance and cardio endurance.

Gentle Yoga • Low to Moderate

Yoga poses done with a chair or on the mat that help build and maintain flexibility, balance and strength.

Hatha Yoga • Moderate - Multi-Level

Accessible yoga gently unwinds stress and tension to bring a sense of balance into the body and mind. Focus on mindful movement and breath throughout the practice.

Interval Blast • Moderate to High

Combined high intensity interval and resistance training exercises give you a complete workout in 45 minutes.

Move It or Lose It • Moderate - Multi-Level

Build strength, mobility, endurance and balance in this fun interval-style class designed for fitness with no floor work. Can be modified for all fitness abilities.

Pilates Mat • Moderate - Multi-Level

Mat exercises strengthen the core muscles and lengthen tight lower body muscles to improve core strength and overall flexibility.

Plex Pump • Moderate to High

Barbells and adjustable weights strengthen and tone the entire body in this 45-minute rhythmic resistance training class.

Restorative Movement • Low to Moderate

Awaken the mind, build self security and become aware of breath and body through restorative movement.

Sculpt Mix • Moderate to High

Interval-based class combines traditional strength exercises with power plyometrics for high intensity fat burn and body sculpting.

Step, Strength & Endurance

Just 30 minutes and a variety of equipment equals a full-body, heart pumping workout that builds strength and endurance.

Tai Chi • Low

Slow flowing movements build strength and balance to reduce falls and the fear of falling and help improve overall well-being.

Tone and Chisel • Moderate to High/Multi-Level

Firm and shape the total body with free weights, bands and balls. Perfect for improving muscle tone, flexibility and posture.

Vinyasa Yoga • Moderate to High

A flowing sequence of postures that are directly related to the breath. Enhance body awareness and decrease stress.

Yin Yoga • Low to Moderate - Multi-Level

Basic yoga postures are held for longer durations of time with an emphasis on breathing and relaxation techniques.

WATER CLASSES

Aqua Arthritis • Low to Moderate

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

Aqua Zumba • Moderate

A fun, shallow water cardio workout combining high energy music with unique Latin style-moves and combinations.

Aqua Healing Stretch • Low to Moderate

Gentle movements designed for those with limited mobility due to arthritis or other orthopedic conditions help improve range of motion and flexibility.

Aqua Low Impact – Low to Moderate

Low impact cardio combined with movements to build strength and balance.

Aqua Restorative Movement • Low to Moderate

Strengthen muscles to improve coordination, dexterity, balance and stability.

Aqua Tone & Stretch

Build strength and improve balance using a variety of aqua weights and noodles.

Cardio SPLASH • Moderate

A variety of movements stimulate all major muscle groups and keep your heart pumping in this light-impact, shallow water class.

Core, Cardio & Balance • Low to Moderate

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

HydroRider • Moderate - Multi-Level

Stationary bike immersed in water to provide cycling with the added resistance the water provides. Shoes required.

Impact Free Aqua • Moderate

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

WARM WATER POOL AVAILABILITY

CLOSED for Physical Therapy

Tuesday	8:30 am – 12:00 pm; 1:00 – 4:00 pm
Thursday	8:30 am – 12:00 pm; 1:00 – 4:00 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.