

# GROUP CLASSES

SUMMER 2022: Starting July 18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		5:45 - 6:30 am <b>CYCLE JOURNEY</b> Garrett • Cycle Studio			
6:30 - 7:15 am <b>TONE &amp; CHISEL</b> Cynthia • Fitness Studio		6:30 - 7:15 am <b>TONE &amp; CHISEL</b> Cynthia • Fitness Studio		8:00 - 8:45 am <b>AQUA ARTHRITIS</b> Kathy • Warm Water Pool	
9:00 - 9:45 am <b>CARDIO SPLASH</b> Diane • Lap Pool	9:00 - 9:45 am <b>CORE CARDIO BALANCE</b> Diane • Warm Water Pool	8:00 - 8:45 am <b>AQUA ARTHRITIS</b> Pat • Warm Water Pool	9:00 - 9:45 am <b>CORE CARDIO BALANCE</b> Tina • Warm Water Pool	9:00 - 9:45 am <b>AQUA ARTHRITIS</b> Kathy • Warm Water Pool	9:00 - 9:45 am <b>CYCLE JOURNEY</b> Julie • Cycle Studio
9:30 - 10:15 am <b>FITNESS FUSION</b> Toni • Fitness Studio	9:30 - 10:15 am <b>PILATES BARRE</b> Rebecca • Fitness Studio	9:00 - 9:45 am <b>AQUA ARTHRITIS</b> Pat • Warm Water Pool	9:30 - 10:15 am <b>TONE &amp; CHISEL</b> Cynthia • Fitness Studio	9:30 - 10:15 am <b>POWER YOGA</b> Rebecca • Fitness Studio	10:00 - 10:45 am <b>LINE DANCING</b> Sandy • Fitness Studio
10:00 - 10:45 am <b>CORE CARDIO BALANCE</b> Diane • Warm Water Pool	10:00 - 10:45 am <b>IMPACT FREE AQUA</b> Diane • Lap Pool	10:00 - 10:45 am <b>AQUA CIRCUITS</b> Diane • Lap Pool	10:00 - 10:45 am <b>IMPACT FREE AQUA</b> Tina • Lap Pool	10:00 - 10:45 am <b>CARDIO SPLASH</b> Diane • Lap Pool	11:00 - 11:45 am <b>YOGA FLOW</b> Becca • Fitness Studio
10:30 - 11:15 am <b>HEALING YOGA</b> Rebecca • Fitness Studio	11:00 - 11:45 am <b>AQUA ARTHRITIS</b> Diane • Warm Water Pool	10:30 - 11:15 am <b>HEALING YOGA</b> Rebecca • Fitness Studio	10:30 - 11:15 am <b>HEALING YOGA</b> Ann • Fitness Studio	10:00 - 10:45 am <b>CORE CARDIO BALANCE</b> Kathy • Warm Water Pool	
11:00 - 11:45 am <b>AQUA FOR WEIGHT LOSS</b> Diane • Lap Pool		11:00 - 11:45 pm <b>AQUA MIND/BODY</b> Diane • Warm Water Pool	11:00 - 11:45 am <b>AQUA ARTHRITIS</b> Tina • Warm Water Pool	10:30 - 11:15 am <b>PILATES BARRE</b> Rebecca • Fitness Studio	
	1:00 - 1:45 pm <b>RESTORATIVE MOVEMENT</b> Rebecca • Fitness Studio			11:00 - 11:45 am <b>AQUA FOR WEIGHT LOSS</b> Diane • Lap Pool	
1:00 - 1:45 pm <b>AQUA ARTHRITIS</b> Diane • Warm Water Pool		5:00 - 5:45 pm <b>BODY PUMP</b> Madison • Fitness Studio	1:00 - 1:45 pm <b>RESTORATIVE MOVEMENT</b> Rebecca • Fitness Studio		
	5:15 - 5:45 pm <b>ABS EXPRESS</b> Rio • Fitness Studio	5:30 - 6:15 pm <b>CORE CARDIO BALANCE</b> Kathy • Warm Water Pool		1:00 - 1:45 pm <b>AQUA ARTHRITIS</b> Diane • Warm Water Pool	
5:00 - 5:45 pm <b>BODY PUMP</b> Madison • Fitness Studio	6:00 - 6:45 pm <b>PLEX PUMP</b> Rio • Fitness Studio	6:00 - 6:45 pm <b>CYCLE JOURNEY</b> Julie • Cycle Studio	5:00 - 5:45 pm <b>AFRO CARIBBEAN VIBES</b> Patrice • Fitness Studio		
5:30 - 6:15 pm <b>CYCLE JOURNEY</b> Janet • Cycle Studio	7:00 - 7:45 pm <b>HEALING YOGA</b> Ann • Fitness Studio	6:00 - 6:45 pm <b>ZUMBA</b> Sarah • Fitness Studio	6:00 - 6:45 pm <b>YIN YOGA</b> Bonnie • Fitness Studio		
6:00 - 6:45 pm <b>ZUMBA</b> Sarah • Fitness Studio		6:30 - 7:15 pm <b>AQUA MIND/BODY</b> Kathy • Warm Water Pool	7:00 - 7:45 pm <b>LINE DANCING</b> Sandy • Fitness Studio		
6:30 - 7:15 pm <b>AQUA ZUMBA</b> Patrice • Warm Water Pool		7:00 - 7:45 pm <b>TRX BODY BLAST</b> Devon • Fitness Floor			
7:00 - 7:45 pm <b>YOGA FLOW</b> Becca • Fitness Studio					
7:00 - 7:45 pm <b>TRX BODY BLAST</b> Devon • Fitness Floor		7:30 - 8:15 pm <b>AQUA NOODLE</b> Kathy • Warm Water Pool			

\*Pre-registration is required for highlighted classes due to limited equipment. Register online or at the Front Desk up to 36 hours in advance.

## LAND CLASSES

### Abs Express

Focus on abdominals, lower back, shoulders and hip girdles to enhance abdominal definition, core stability and strength.

### Afro Caribbean Vibes

This workout party will transport you to warmer weather and carefree vacation vibes. No dance experience necessary.

### 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.

### Fitness Fusion

A fun and creative workout that uses a variety of disciplines to give you a full-body cardio/strength/core workout. Always fun and never the same.

### Healing Yoga

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

### 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 your heart pumping.

### 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.

### Restorative Movement

Cross train your mind and body with gentle movements, Tai Chi, Pilates and light stretching. Optional use of a chair, wall or mat. Helps strengthen bones and muscles to improve range of motion and stability.

### Tone & Chisel

An all-encompassing strength/cardio class that will give you a full body workout. All levels are welcome with modifications to make exercises easier or harder.

### TRX Body Blast

Take your strength, endurance and flexibility to the next level with this full body TRX Suspension Training class. Strengthen your core, tone muscle and burn lots and lots of calories.

### Yin Yoga

Slow-paced style of yoga with postures held for longer periods of time - five minutes or more per pose is typical

### Yoga Flow

Incorporates energetic movement through a series of fluid postures.. Movement is matched with the breath, creating an even greater sense of flow strength ease and tension release.

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

### Aqua Cross Training (Lap Pool)

Cross training in the water helps improve athletic performance with variable resistance training, superior cardiovascular challenge, improved flexibility and overall core stabilization.

### Aqua Mind/Body (Warm Water Pool)

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

### Aqua Noodle (Warm Water Pool)

Noodles are a versatile water tool - push and pull for resistance, lean for support, sit for suspension. The possibilities are endless!

### Aqua Restorative (Warm Water Pool)

Movements focus on muscle strengthening to improve coordination, dexterity, balance and stability for those with Central Nervous System conditions including stroke, Parkinson's and Fibromyalgia.

### Aqua for Weight Loss (Lap Pool)

Use the properties of water to help increase strength and metabolism while focusing on healthy behaviors that create positive lifestyle changes.

### 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 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.