

# Group Fitness Class Schedule

Effective November 1-30



Anderson HealthPlex

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 <b>FIELD</b> <small>NEW INSTRUCTOR</small> Sydney	5:30-6:15 <b>Trekking</b> Dennis	5:30-6:15 <b>Cycle</b> Melissa	5:30-6:15 <b>Trekking</b> Dennis	5:30-6:15 <b>Cycle</b> Martha	7:15-8:00 <b>Trekking</b> Dennis	8:30-9:15 <b>Cycle</b> <small>TIME CHANGE</small> Lorry
8:00-8:45 <b>Tabata</b> Julie	6:00-6:45 <b>FIELD</b> Brandon	6:00-6:45 <b>FIELD</b> Sydney	6:00-6:45 <b>FIELD</b> Brandon	6:00-6:45 <b>FIELD</b> Brandon	8:30-9:15 <b>Cycle</b> <small>TIME CHANGE</small> Lisa / Martha	10:00-10:45 <b>Body Pump</b> Lorry
9:15-10:00 <b>Barre</b> Rotation	8:30-9:15 <b>Cycle</b> June	8:00-8:45 <b>Tone &amp; Chisel</b> Denise	8:30-9:00 <b>Senior Circuit</b> Brandon	8:00-8:45 <b>Body Pump</b> Lorry	8:30-9:15 <b>Cardio Step</b> Jessica/Linda	10:00-10:30 <b>Advanced Yoga Poses</b> Bo
9:30-10:15 <b>FIELD</b> Sydney	8:30-9:00 <b>Pilates 30</b> Christy	8:00-8:45 <b>Aqua Arthritis</b> Jannine	9:15-10:00 <b>Cardio Step</b> Jessica	8:00-8:45 <b>Aqua Arthritis</b> Judy	8:45-9:30 <b>Trekking + Strength</b> Dennis	10:40-11:55 <b>Yoga Flow</b> Bo
10:00-10:45 <b>Cardio Splash</b> Jannine	8:30-9:00 <b>Senior Circuit</b> Brandon	9:00-9:45 <b>Impact Free Aqua</b> Jannine	9:00-10:00 <b>Yang Yin Yoga</b> Kristen	8:30-9:15 <b>Cycle</b> Kim E.	9:00-9:45 <b>Aqua Arthritis</b> Rotation	
10:00-10:45 <b>Sit &amp; Strengthen</b> Melissa	9:15-10:00 <b>Cardio Tone</b> Linda	9:15-10:00 <b>Interval Blast</b> Maggie	9:30-10:15 <b>HydroRider</b> June	9:00-10:00 <b>Tai Chi</b> Sue	9:00-9:45 <b>FIELD</b> Brendan/Sydney	
11:00-11:45 <b>Aqua Circuit</b> Jannine	9:30-10:15 <b>HydroRider</b> Jannine	9:30-10:15 <b>FIELD</b> Brendan/Sydney	9:30-10:15 <b>Trekking</b> Dennis	9:15-10:00 <b>Cardio Barre</b> Julie	9:00-9:45 <b>Yoga Flow</b> Kristen	
11:00-12:00 <b>Detox Yoga</b> Gina	9:30-10:15 <b>Trekking</b> Dennis	10:00-10:45 <b>Cardio Splash</b> Rotation	10:15-11:00 <b>Pilates</b> Christy	9:30-10:15 <b>FIELD</b> Brendan	9:30-10:15 <b>F.I.T.</b> Amy	
12:00-12:45 <b>Aqua Arthritis</b> Martha	10:15-11:00 <b>Strength &amp; Balance</b> Melissa	10:00-10:45 <b>Sit &amp; Strengthen</b> Melissa	10:30-11:15 <b>Balance &amp; Stability</b> Melissa	10:00-10:45 <b>Cardio Splash</b> June	10:00-11:00 <b>Yin Yoga</b> Kristen	
12:00-12:45 <b>FIELD</b> Amy	10:15-11:15 <b>Yoga Flow</b> Kristen	10:15-11:00 <b>Barre</b> Kristen	11:00-11:45 <b>Aqua Circuit</b> June	10:30-11:30 <b>Yoga</b> Amanda	10:00-10:45 <b>Impact Free Aqua</b> Coleen	
3:00-3:45 <b>Aqua Arthritis</b> Susan	10:30-11:15 <b>Aqua Zumba</b> Sue	11:00-11:45 <b>Aqua Circuit</b> Susan	11:30-12:30 <b>Chair Yoga</b> Gina	11:00-11:45 <b>Aqua Circuit</b> Kim H.	11:00-11:45 <b>HydroRider</b> Rotation	
5:00-5:45 <b>Body Pump</b> Lindsay	11:30-12:30 <b>Chair Yoga</b> Kristen	11:00-12:00 <b>Yoga Flow</b> Amanda	12:00-12:45 <b>F. I. T.</b> Amy	12:00-12:45 <b>Aqua Arthritis</b> Kim H.		
6:00-6:45 <b>FIELD</b> Erik	12:00-12:45 <b>F. I. T.</b> Amy	12:00-12:45 <b>FIELD</b> Amy	5:30-6:15 <b>Body Pump</b> Marie	12:00-12:45 <b>FIELD</b> Sydney		
6:00-6:45 <b>Zumba</b> Sue	5:30-6:15 <b>Barre</b> Lorry	3:00-3:45 <b>Aqua Arthritis</b> Martha W.	6:00-6:45 <b>FIELD</b> Brendan			
7:00-7:45 <b>Pilates</b> Kim E.	6:00-6:45 <b>FIELD</b> Brendan	6:00-6:45 <b>Fit 2 the Core</b> Lindsay	6:30-7:15 <b>Aqua Circuit</b> Coleen			
	6:30-7:15 <b>Aqua Arthritis</b> Joanne	6:00-6:45 <b>Cycle</b> Lisa	6:30-7:30 <b>Yoga Flow</b> Bo		<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>	
	6:30-7:15 <b>Body Pump</b> Lorry	6:00-6:45 <b>FIELD</b> Brandon	6:30-7:15 <b>F.I.T.</b> <small>NEW FORMAT</small> Sydney			

## LAND CLASSES

### Advanced Yoga Poses

Develop a stronger level 2 practice by working on safe entry and exit on inversions, arm balances and advanced sequences and flows.

### 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.

### 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.

### Senior Circuits

Circuit-style training for Seniors on the Fitness Floor.

### Sit, Stretch & Strengthen

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

### Tabata

Total body workout incorporating strength and cardio timed intervals designed to target all muscle groups including core.

### 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.

### Yang Yin Yoga

Blending two styles of yoga into one practice- 40 min dynamic sequences and standing postures to warm the body followed by 20 min slower practice holding yoga poses to calm the mind.

### 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

Foundational yoga postures to align, strengthen and promote flexibility in the body with focus on breathing techniques and full-body balance and relaxation.

### 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!

### The FIELD Reserved for Physical Therapy

Monday & Wednesday	10:00 am - 6:00 pm
Friday	7:00 am - 12:00 pm

## 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/Aqua Zumba

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
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### Warm Water Pool Closed for Swim Lessons

Sat	10:00 am - 1:00 pm
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