

# GROUP CLASSES

WINTER 2023: Starting January 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 - 7:15 am <b>STONE &amp; CHISEL</b> Cynthia • Fitness Studio		5:45 - 6:30 am <b>CYCLE JOURNEY</b> Garrett • Cycle Studio			
9:00 - 9:45 am <b>AQUA PILATES</b> Diane • Lap Pool	9:00 - 9:45 am <b>CORE CARDIO BALANCE</b> Diane • Warm Water Pool	6:30 - 7:15 am <b>STONE &amp; CHISEL</b> Cynthia • Fitness Studio	9:00 - 9:45 am <b>CORE CARDIO BALANCE</b> Diane • Warm Water Pool	8:00 - 8:45 am <b>AQUA ARTHRITIS</b> Kathy • Warm Water Pool	
9:30 - 10:15 am <b>FITNESS FUSION</b> Toni • Fitness Studio	9:30 - 10:15 am <b>PILATES BARRE</b> Rebecca • Fitness Studio	8:00 - 8:45 am <b>AQUA ARTHRITIS</b> Pat • Warm Water Pool	9:30 - 10:15 am <b>HULA HOOP</b> Rebecca • Fitness Studio	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
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	9:00 - 9:45 am <b>AQUA ARTHRITIS</b> Pat • Warm Water Pool	9:30 - 10:15 am <b>TREKKING</b> Jeanne • Fitness Floor	9:30 - 10:15 am <b>PILATES BARRE</b> Toni • Fitness Studio	9:30 - 10:15 am <b>AQUA ZUMBA</b> STARTS JANUARY 21 Patrice • Warm Water Pool
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	10:00 - 10:45 am <b>AQUA CIRCUITS</b> Diane • Lap Pool	10:00 - 10:45 am <b>IMPACT FREE AQUA</b> Diane • Lap Pool	10:00 - 10:45 am <b>CARDIO SPLASH</b> Diane • Lap Pool	10:00 - 10:45 am <b>LINE DANCING</b> Sandy • Fitness Studio
11:00 - 11:45 am <b>AQUA FOR WEIGHT LOSS</b> Diane • Lap Pool	12:00 - 12:45 pm <b>AQUA STEP</b> Diane • Warm Water Pool	10:30 - 11:15 am <b>HEALING YOGA</b> Jeanne • Fitness Floor	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>YOGA FLOW</b> Becca • Fitness Studio
1:00 - 1:45 pm <b>RESTORATIVE MOVEMENT</b> Rebecca • Fitness Studio	1:00 - 1:45 pm <b>RESTORATIVE MOVEMENT</b> Rebecca • Fitness Studio	11:00 - 11:45 pm <b>AQUA MIND/BODY</b> Diane • Warm Water Pool	11:00 - 11:45 am <b>AQUA ARTHRITIS</b> Diane • Warm Water Pool	10:30 - 11:15 am <b>POWER YOGA</b> Rebecca • Fitness Studio	
1:00 - 1:45 pm <b>AQUA ARTHRITIS</b> Diane • Warm Water Pool		1:00 - 1:45 pm <b>RESTORATIVE MOVEMENT</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	
5:00 - 5:45 pm <b>BODY PUMP</b> Madison • Fitness Studio	5:15 - 5:45 pm <b>ABS EXPRESS</b> Rio • Fitness Studio	5:00 - 5:45 pm <b>BODY PUMP</b> Madison • Fitness Studio		1:00 - 1:45 pm <b>AQUA ARTHRITIS</b> Diane • Warm Water Pool	
5:30 - 6:15 pm <b>CYCLE JOURNEY</b> Janet • Cycle Studio	6:00 - 6:45 pm <b>PLEX PUMP</b> Rio • Fitness Studio	5:30 - 6:15 pm <b>CORE CARDIO BALANCE</b> Kathy • Warm Water Pool	5:00 - 5:45 pm <b>AFRO CARIBBEAN VIBES</b> Patrice • Fitness Studio		
6:00 - 6:45 pm <b>ZUMBA</b> Sarah • Fitness Studio	7:00 - 7:45 pm <b>HEALING YOGA</b> Anne • Mind/Body Studio	6:00 - 6:45 pm <b>CYCLE JOURNEY</b> Julie • Cycle Studio	6:00 - 6:45 pm <b>YIN YOGA</b> Bonnie • Mind/Body Studio		
6:30 - 7:15 pm <b>AQUA ARTHRITIS</b> Diane • Warm Water Pool		6:00 - 6:45 pm <b>ZUMBA</b> Sarah • Fitness Studio	7:30 - 8:15 pm <b>AQUA CIRCUITS</b> Kathy • Lap Pool		
7:00 - 7:45 pm <b>YOGA FLOW</b> Becca • Mind/Body Studio		6:30 - 7:15 pm <b>AQUA MIND/BODY</b> Kathy • Warm Water Pool			
7:30 - 8:15 pm <b>FUNCTIONAL FITNESS AQUA</b> Diane • Warm Water Pool		7:30 - 8:15 pm <b>AQUA NOODLE</b> Kathy • Warm Water Pool			
					<b>SUNDAY</b>
					11:00 - 11:45 am <b>YOGA FLOW</b> Becca • Fitness Studio

\*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.

### Trekking

Heart pumping experience on the treadmill. Includes running, walking up hills and speed intensity intervals.

### 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 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.

### Aqua Functional Fitness (Warm Water Pool)

This class puts the FUN in functional using the properties of water to help you perform activities of daily living - walking, carrying groceries, sitting, standing, mobility, flexibility and balance.

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

Gentle movements designed to help improve range of motion and flexibility for those with limited mobility.

### 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 Pilates (Warm Water Pool)

Similar to traditional Pilates, movements will lengthen the muscles and improve abdominal and back strength for better posture and balance.

### 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 Step (Warm Water Pool)

Step class is adapted to the water for a cardio and strength workout that helps burn fat and increase muscle without the impact of land classes.

### Aqua Zumba (Warm Water Pool)

A high energy workout that fuses South American Zumba with a pool party for a challenging, fun, body-toning workout – in the water.

### 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 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

## LAP POOL AVAILABILITY

Reservations may be made up to 24 hours in advance at the Front Desk or online via the Member Log-In button on the mobile app.