

# GROUP CLASSES

SPRING 2024: Starting April 15

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 - 6:30 am <b>CYCLE JOURNEY</b> Carmen • Cycle Studio	5:15 - 6:00 am <b>STRENGTH CIRCUIT</b> Michelle • Fitness Studio	5:45 - 6:30 am <b>CYCLE JOURNEY</b> Carmen • Cycle Studio	5:15 - 6:00 am <b>STRENGTH CIRCUIT</b> Michelle • Fitness Studio	8:00 - 8:45 am <b>AQUA ARTHRITIS</b> Kathy • Warm Water Pool	
9:00 - 9:45 am <b>AQUA PILATES</b> Diane • Warm Water Pool	8:15 - 9:00 am <b>TURF BURN</b> Connor • The Field	8:00 - 8:45 am <b>AQUA ARTHRITIS</b> Pat • Warm Water Pool	8:15 - 9:00 am <b>TURF BURN</b> Michelle • The Field	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	9:00 - 9:45 am <b>CORE CARDIO BALANCE</b> Diane • Warm Water Pool	9:00 - 9:45 am <b>CORE, CARDIO, BALANCE</b> Pat • Warm Water Pool	9:00 - 9:45 am <b>CORE CARDIO BALANCE</b> Diane • Warm Water Pool	9:30 - 10:15 am <b>PILATES BARRE</b> Toni • Fitness Studio	9:30 - 10:45 am <b>LINE DANCING</b> Sandy • Fitness Studio
10:00 - 10:45 am <b>CORE CARDIO BALANCE</b> Diane • Warm Water Pool	9:30 - 10:15 am <b>PILATES BARRE</b> Rebecca • Fitness Studio	10:00 - 10:45 am <b>AQUA CIRCUITS</b> Diane • Lap Pool	9:30 - 10:15 am <b>TREKKING</b> Jeanne • Fitness Floor	10:00 - 10:45 am <b>CARDIO SPLASH</b> Diane • Lap Pool	9:30 - 10:15 am <b>AQUA CIRCUITS</b> Kathy • Lap Pool
10:30 - 11:15 am <b>HEALING YOGA</b> Rebecca • Fitness Studio	10:00 - 10:45 am <b>IMPACT FREE AQUA</b> Diane • Lap Pool	10:30 - 11:15 am <b>HEALING YOGA</b> Rebecca • Fitness Floor	10:00 - 10:45 am <b>IMPACT FREE AQUA</b> Diane • Lap Pool	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
11:00 - 11:45 am <b>AQUA FOR WEIGHT LOSS</b> Diane • Lap Pool	10:30 - 11:15 am <b>HULA HOOP SOCIAL</b> Self-Guided • Fitness Studio	11:00 - 11:45 pm <b>AQUA MIND/BODY</b> Diane • Warm Water Pool	10:30 - 11:15 am <b>HEALING YOGA</b> Ann • Fitness Studio	10:30 - 11:15 am <b>POWER YOGA</b> Rebecca • Fitness Studio	
1:00 - 1:45 pm <b>RESTORATIVE MOVEMENT</b> Rebecca • Fitness Studio	11:00 - 11:45 am <b>AQUA ARTHRITIS</b> Diane • Warm Water Pool	1:00 - 1:45 pm <b>RESTORATIVE MOVEMENT</b> Rebecca • Fitness Studio	11:00 - 11:45 am <b>AQUA ARTHRITIS</b> Diane • Warm Water Pool	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	12:00 - 12:45 pm <b>AQUA STEP</b> Diane • Warm Water Pool	5:00 - 5:45 pm <b>HIIT</b> Tamara • Fitness Studio	12:00 - 12:45 pm <b>AQUA STEP</b> Diane • Warm Water Pool	1:00 - 1:45 pm <b>AQUA ARTHRITIS</b> Diane • Warm Water Pool	
5:00 - 5:45 pm <b>HIIT</b> Tamara • Fitness Studio	1:00 - 1:45 pm <b>RESTORATIVE MOVEMENT</b> Rebecca • Fitness Studio	5:30 - 6:15 pm <b>CORE CARDIO BALANCE</b> Kathy • Warm Water Pool	1:00 - 1:45 pm <b>RESTORATIVE MOVEMENT</b> Rebecca • Fitness Studio		
5:30 - 6:15 pm <b>CYCLE JOURNEY</b> Janet • Cycle Studio	5:15 - 5:45 pm <b>ABS EXPRESS</b> Tamara • Fitness Studio	6:00 - 6:45 pm <b>CYCLE JOURNEY</b> Julie • Cycle Studio	5:00 - 5:45 pm <b>STEP/TONE FUSION</b> Sarah • Fitness Studio		9:30 - 10:15 am <b>ZUMBA</b> Lucia • Fitness Studio
6:00 - 6:45 pm <b>ZUMBA</b> Sarah • Fitness Studio	6:00 - 6:45 pm <b>KICKBOXING</b> Tamara • 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		10:30 - 11:15 am <b>YOGA FLOW</b> Becca • Fitness Studio
6:00 - 6:45 pm <b>TRX BODY BLAST</b> Devon • The Field	7:00 - 7:45 pm <b>HEALING YOGA</b> Ann • Fitness Studio	6:00 - 6:45 pm <b>TRX BODY BLAST</b> Devon • The Field	6:00 - 6:45 pm <b>YIN YOGA</b> Bonnie • Fitness Studio		
6:30 - 7:15 pm <b>AQUA ARTHRITIS</b> Diane • Warm Water Pool	7:00 - 7:45 pm <b>PILATES MAT</b> Teri • Mind/Body 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		
7:00 - 7:45 pm <b>YOGA FLOW</b> Becca • Mind/Body Studio	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	7:30 - 8:15 pm <b>AQUA CIRCUITS</b> Kathy • Lap Pool		

## SUNDAY

\*Preregistration 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.

**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.

**HIIT (High Intensity Interval Training)** – Alternate between high intensity exercises that get your heart rate to 80% of your maximum followed by short periods of low intensity recovery.

**Kickboxing** – Exercise class incorporates punching and kicking to reach your target fitness levels.

**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.

**Pilates Mat** – A series of mat exercises emphasize core strength, flexibility and awareness to support efficient, graceful movement.

**Power Yoga** – An advanced form of yoga focused on strength and core conditioning not recommended for beginner yoga students.

**Restorative Movement** – Strengthen bones and muscles with gentle movements, Tai Chi, Pilates and light stretching to improve range of motion and stability. Optional use of a chair, wall or mat.

**Step/Tone Fusion** – Feel the burn with a combination of step aerobics, light weights and cardio dance elements. Focus on specific muscle groups while improving rhythm and coordination.

**Strength Circuit** – Target all major muscle groups with this total body strength and cardio workout. All fitness levels welcome - modifications offered as needed.

**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.

**Turf Burn** – Burn fat and build lean muscle with this heart-pumping, calorie-burning workout designed to deliver maximum results in a short time. Modifications challenge all levels – beginners to advanced.

**TRX Body Blast** – A full body workout that will strengthen your core, tone your muscle and burn 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** – High energy and motivating music with unique Latin-style moves and combinations. Prepare to burn 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 exercise to help you perform activities of daily living - walking, sitting, standing, mobility, flexibility and balance.

**Aqua HITT (Lap Pool)** – Sports drills, circuits and interval training that, when combined with the properties of water, improve your strength and stamina.

**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 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.

**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.