

GROUP CLASSES

FALL 2024: Starting September 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 - 6:30 am CYCLE JOURNEY Carmen • Cycle Studio	8:00 - 8:45 am AQUA NOODLE Diane • Warm Water Pool	5:45 - 6:30 am CYCLE JOURNEY Carmen • Cycle Studio	8:00 - 8:45 am AQUA MORNING STRETCH Diane • Warm Water Pool	8:00 - 8:45 am AQUA ARTHRITIS Kathy • Warm Water Pool	
9:00 - 9:45 am AQUA PILATES Diane • Warm Water Pool	9:00 - 9:45 am CORE CARDIO BALANCE Diane • Warm Water Pool	8:00 - 8:45 am AQUA ARTHRITIS Pat • Warm Water Pool	9:00 - 9:45 am CORE CARDIO BALANCE Diane • Warm Water Pool	9:00 - 9:45 am AQUA ARTHRITIS Kathy • Warm Water Pool	9:00 - 9:45 am CYCLE JOURNEY Julie • Cycle Studio
9:30 - 10:15 am FITNESS FUSION Toni • Fitness Studio	9:30 - 10:15 am PILATES BARRE Rebecca • Fitness Studio	9:00 - 9:45 am CORE, CARDIO, BALANCE Pat • Warm Water Pool	9:30 - 10:15 am TREKKING Jeanne • Fitness Floor	9:30 - 10:15 am FITNESS FUSION Toni • Fitness Studio	9:30 - 10:45 am LINE DANCING Sandy • Fitness Studio
10:00 - 10:45 am CORE CARDIO BALANCE Diane • Warm Water Pool	10:00 - 10:45 am IMPACT FREE AQUA Diane • Lap Pool	10:00 - 10:45 am AQUA CIRCUITS Diane • Lap Pool	10:00 - 10:45 am IMPACT FREE AQUA Diane • Lap Pool	10:00 - 10:45 am CARDIO SPLASH Diane • Lap Pool	9:30 - 10:15 am AQUA CIRCUITS Kathy • Lap Pool
10:30 - 11:15 am HEALING YOGA Rebecca • Fitness Studio	10:30 - 11:15 am HULA HOOP SOCIAL Self-Guided • Fitness Studio	10:30 - 11:15 am HEALING YOGA Rebecca • Fitness Floor	10:30 - 11:15 am HEALING YOGA Ann • Fitness Studio	10:00 - 10:45 am CORE CARDIO BALANCE Kathy • Warm Water Pool	11:00 - 11:45 am YOGA FLOW Becca • Fitness Studio
11:00 - 11:45 am AQUA FOR WEIGHT LOSS Diane • Lap Pool	11:00 - 11:45 am AQUA ARTHRITIS Diane • Warm Water Pool	11:00 - 11:45 pm AQUA MIND/BODY Diane • Warm Water Pool	11:00 - 11:45 am AQUA ARTHRITIS Diane • Warm Water Pool	10:30 - 11:15 am POWER YOGA Rebecca • Fitness Studio	
1:00 - 1:45 pm SPIRIT OF FITNESS Rebecca • Fitness Studio	12:00 - 12:45 pm AQUA STEP Diane • Warm Water Pool	1:00 - 1:45 pm SPIRIT OF FITNESS Rebecca • Fitness Studio	11:30-12:15 pm BELOW THE BELT Jeanne • Fitness Studio	11:00 - 11:45 am AQUA FOR WEIGHT LOSS Diane • Lap Pool	
1:00 - 1:45 pm AQUA ARTHRITIS Diane • Warm Water Pool	1:00 - 1:45 pm SPIRIT OF FITNESS Rebecca • Fitness Studio	5:00 - 5:45 pm HIIT Tamara • The Field	12:00 - 12:45 pm AQUA STEP Diane • Warm Water Pool	1:00 - 1:45 pm AQUA ARTHRITIS Diane • Warm Water Pool	SUNDAY
5:00 - 5:45 pm HIIT Tamara • The Field		5:00 - 5:40 pm 20/20 Lucia • Fitness Studio	1:00 - 1:45 pm SPIRIT OF FITNESS Rebecca • Fitness Studio		9:30 - 10:15 am ZUMBA Lucia • Fitness Studio
5:00 - 5:45 pm POWER YOGA Becca • Fitness Studio	5:15 - 5:45 pm ABS EXPRESS Tamara • Fitness Studio	5:30 - 6:15 pm CORE CARDIO BALANCE Kathy • Warm Water Pool	5:00 - 5:45 pm STEP/TONE FUSION Sarah • Fitness Studio		10:30 - 11:15 am YOGA FLOW Becca • Fitness Studio
5:30 - 6:15 pm CYCLE JOURNEY Janet • Cycle Studio	6:00 - 6:45 pm KICKBOXING Tamara • Fitness Studio	6:00 - 6:45 pm CYCLE JOURNEY Julie • Cycle Studio	6:00 - 6:45 pm YIN YOGA Bonnie • Fitness Studio		2:00 - 2:45 pm SPIRIT OF AQUA FITNESS Latoya • Warm Water Pool
6:00 - 6:45 pm ZUMBA Sarah • Fitness Studio	7:00 - 7:45 pm HEALING YOGA Ann • Fitness Studio	6:00 - 6:45 pm ZUMBA Sarah • Fitness Studio	7:00 - 7:45 pm LINE DANCING Sandy • Fitness Studio		
6:00 - 6:45 pm TRX BODY BLAST Devon • The Field	7:00 - 7:45 pm PILATES MAT Teri • Mind/Body Studio	6:00 - 6:45 pm TRX BODY BLAST Devon • The Field	7:30 - 8:15 pm AQUA CIRCUITS Kathy • Lap Pool		
6:30 - 7:15 pm AQUA ARTHRITIS Latoya • Warm Water Pool	7:30 - 8:15 pm IMPACT FREE AQUA Latoya • Lap Pool	6:30 - 7:15 pm AQUA NOODLE Kathy • Warm Water Pool			
7:30 - 8:15 pm FUNCTIONAL FITNESS AQUA Latoya • Warm Water Pool		7:30 - 8:15 pm AQUA MIND/BODY Kathy • Warm Water Pool			

♦ 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

20/20 – Enjoy 20 minutes of Zumba Toning with step aerobics, light weights, and cardio dance followed by 20 minutes of Zumba CIRCL Mobility, focusing on flexibility, breathwork, and mobility exercises.

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

Below the Belt – Strengthen core and improve muscular tone and endurance on abs, legs, gluts and hips.

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.

Spirit of Fitness – Strengthen bones, muscles and connective tissue with gentle movements, Somatics, 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.

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

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 though 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 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 Mind/Body (Warm Water Pool) – Gentle movements designed to help improve range of motion and flexibility for those with limited mobility.

Aqua Morning Stretch – Gentle movements to stretch your body and start the day.

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.

Spirit of Aqua Fitness (Warm Water Pool) – Utilize your energy in the best way possible using resistance exercises that are easy on the body and deliver maximum results.

WARM WATER POOL AVAILABILITY

The Warm Water Pool is CLOSED for Physical Therapy:

Monday.....11:00 am – 1:00 pm
Wednesday.....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.