

# GROUP CLASSES

FALL 2024: Starting November 1

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

♦ 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.

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

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

**Cycling** – 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.

**Tabata** – High intensity interval training with little to no equipment followed by core work and a stretch.

**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 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 music with unique Latin-style moves and combinations. Prepare to burn calories while having the time of your life!

## WATER CLASSES

**Aqua Arthritis (Therapy 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 Core, Cardio & Balance (Therapy Pool)** – Low impact cardio and strength exercises improve balance, keep bones and muscles strong and improve cardiovascular health.

**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 (Therapy Pool)** – This class puts the FUN in exercise to help you perform activities of daily living - walking, sitting, standing, mobility, flexibility and balance.

**Aqua Healing Stretch (Therapy Pool)** – Gentle movements to stretch your body and start the day.

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

**Aqua Noodle (Therapy Pool)** – Noodles are a versatile water tool - push and pull for resistance, lean for support, sit for suspension. The possibilities are endless!

**Aqua Pilates (Therapy Pool)** – Similar to traditional Pilates, movements will lengthen the muscles and improve abdominal and back strength for better posture and balance.

**Aqua Step (Therapy 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.

**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 (Therapy Pool)** – Utilize your energy in the best way possible using resistance exercises that are easy on the body and deliver maximum results.

## THERAPY POOL AVAILABILITY

**The Therapy 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.

## CLUB HOURS