

# Group Fitness & Water Aerobics Schedule

July 28 - November 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Power Cycle Express</b> 5:30 - 6:00 AM Studio II	<b>Hard Core</b> 5:25 - 5:40 AM Studio I	<b>30 - In and DONE!</b> 5:30 - 6:00 AM Studio II	<b>Hard Core</b> 5:25 - 5:40 AM Studio I	<b>Power Cycle</b> 5:30 - 6:15 AM Studio II
<b>Sunrise Yoga</b> 5:30 - 6:15 AM Studio III	<b>Sculpt U.</b> 5:45 - 6:45 AM Studio I	<b>Barre</b> 5:30 - 6:15 AM Studio I	<b>Sculpt U.</b> 5:45 - 6:45 AM Studio I	<b>Sunrise Yoga</b> 5:30 - 6:15 AM Studio III
<b>Aqua Blast</b> 8:15 - 9:00 AM MPP	<b>Aqua Body Tone</b> 9:00 - 9:45 AM WWP	<b>Aqua Blast</b> 8:15 - 9:00 AM MPP	<b>Mindfulness</b> 6:00 - 6:50 AM Studio III	<b>Aqua Blast</b> 8:15 - 9:00 AM MPP
<b>Movin' and Groovin'</b> 8:30 - 9:20 AM Studio I	<b>Yoga</b> 9:00 - 9:50 AM Studio III	<b>Pilates Mat</b> 8:30 - 9:15 AM RaquetBall	<b>Kickboxing</b> 9:00 - 9:45 AM Studio II	<b>Movin' and Groovin'</b> 8:30 - 9:20 AM Studio I
<b>Yoga</b> 8:30 - 9:20 AM Studio III	<b>Barre</b> 9:00 - 9:50 AM Studio I	<b>Movin' and Groovin'</b> 8:30 - 9:20 AM Studio I	<b>Aqua Body Tone</b> 9:00 - 9:45 AM WWP	<b>Power Yoga</b> 8:30 - 9:20 AM Studio III
<b>X-treme Chaos</b> 8:30 - 9:20 AM Studio II	<b>Cardio Fuse</b> 9:00 - 10:00 AM Studio II	<b>Power Yoga</b> 8:30 - 9:20 AM Studio III	<b>Yogalates</b> 9:00 - 9:50 AM Studio III	<b>X-treme Chaos</b> 8:30 - 9:30 AM Studio II
<b>Aqua Blast</b> 9:00 - 9:45 AM MPP	<b>Aqua Body Tone</b> 10:00 - 10:45 AM WWP	<b>X-treme Chaos</b> 8:30 - 9:30 AM Studio II	<b>Barre</b> 9:00 - 9:50 AM Studio I	<b>Aqua Blast</b> 9:00 - 9:45 AM MPP
<b>SWEAT!</b> 9:30 - 10:20 AM Studio I	<b>Gentle Pilates</b> 10:00 - 10:50 AM Studio III	<b>Aqua Blast</b> 9:00 - 9:45 AM MPP	<b>Aqua Body Tone</b> 10:00 - 10:45 AM WWP	<b>SWEAT!</b> 9:30 - 10:20 AM Studio I
<b>Yoga for Flexibility</b> 9:30 - 10:20 AM Studio III	<b>Sculpt U.</b> 10:00 - 11:00 AM Studio I	<b>SWEAT!</b> 9:30 - 10:20 AM Studio I	<b>Gentle Pilates</b> 10:00 - 10:50 AM Studio III	<b>Gentle Yoga</b> 9:30 - 10:20 AM Studio III
<b>Arthritis Aquatics</b> 10:00 - 10:45 AM WWP	<b>Functional Fitness</b> 11:00 - 11:50 AM Studio III	<b>Gentle Yoga</b> 9:30 - 10:20 AM Studio III	<b>Sculpt U.</b> 10:00 - 11:00 AM Studio I	<b>Arthritis Aquatics</b> 10:00 - 10:45 AM WWP
<b>Zumba</b> 10:30 - 11:20 AM Studio I		<b>Arthritis Aquatics</b> 10:00 - 10:45 AM WWP	<b>Chair Yoga</b> 11:00 - 11:50 AM Studio III	<b>Dynamic Stretch</b> 10:30 - 11:00 AM Studio II
<b>Sit and Get Fit</b> 11:00 - 11:50 AM Studio III		<b>Sit and Get Fit</b> 11:00 - 11:45 AM Studio III		<b>Zumba</b> 10:30 - 11:20 AM Studio I
		<b>Power Cycle Express</b> 12:00 - 12:30 PM Studio II		<b>Chai'robics</b> 11:00 - 11:50 AM Studio III
<b>Dance Cardio</b> 4:30 - 5:20 PM Studio I	<b>Sculpt U.</b> 4:30 - 5:25 PM Studio I	<b>Power Cycle Express</b> 4:30 - 5:00 PM Studio II	<b>Sculpt U.</b> 4:30 - 5:25 PM Studio I	<b>Slow Flow Yoga</b> 5:00 - 5:45 PM Studio III
<b>SWEAT!</b> 5:30 - 6:15 PM Studio I	<b>Mindfulness</b> 5:00 - 5:50 PM Studio III	<b>Step</b> 4:30 - 5:15 PM Studio I	<b>Aqua Blast</b> 5:30 - 6:15 PM MPP	<b>Zumba</b> 5:30 - 6:30 PM Studio I
<b>Power Yoga</b> 6:00 - 7:00 PM Studio III	<b>Aqua Blast</b> 5:30 - 6:15 PM MPP	<b>Barre</b> 5:30 - 6:20 PM Studio I	<b>Hip-Hop Fitness</b> 5:30 - 6:20 PM Studio I	
	<b>Hip-Hop Fitness</b> 5:30 - 6:20 PM Studio I	<b>Xtreme Chaos</b> 5:30 - 6:20 PM Studio II	<b>Bike &amp; Bootcamp</b> 5:30 - 6:30 PM Studio II	
	<b>Power Cycle</b> 5:45 - 6:30 PM Studio II	<b>Gentle Yoga</b> 6:00 - 6:45 PM Studio III	<b>Yoga</b> 6:00 - 6:45 PM Studio III	
	<b>Yoga</b> 6:00 - 7:00 PM Studio III			

**Aquatics**

**Cardio/Strength**

**Mind/Body**

## Fitness Class Descriptions

**30 — In and DONE!** Don't let us hear you say, "but it's only 30 minutes!" until you try this class. It will have you DONE in 30 minutes; we promise!!

**Aqua Blast:** Our Aqua Blast classes are taught in the Multi-Purpose Pool; here you will use the resistance properties of the water to blast yourself to the next fitness level. This low-impact class burns calories and tones your body with intervals of heart-pumping cardio and resistance exercises.

**Aqua Body Tone:** This innovative class combines cardio, stretching and flexibility techniques to simultaneously stretch, strengthen and lengthen, and stabilize the entire body.

**Arthritis Aquatics:** Water is a safe, ideal environment for relieving arthritis pain and stiffness. The gentle activities in this warm water pool class will help you gain strength and flexibility while decreasing pain and stiffness.

**Barre:** This class incorporates an upper body workout and a combination of high-intensity sequences of thigh, seat, and core exercises at the barre. Come meet us at the barre!

**Bike & Bootcamp:** Bring studio cycling to a new level. Be prepared to enhance the traditional cycling workout with intervals utilizing a variety of fitness styles and equipment.

**Cardio Fuse:** A blend of your favorite group fitness formats; you will not know what to expect as you burn calories, increase strength, and tone your muscles.

**Chai'robics:** Don't get up!! Sit and dance your way into fitness with this dance style class that will have you singing!! Great workout to great tunes!

**Dance Cardio:** Forget working out – just Dance. Enjoy the music, feel the rhythm, and let your body move!! You'll burn calories, have fun, and feel fantastic.

**Dynamic Stretch:** A 30 minute deep stretch class that incorporates standing and seated positions to open and lengthen the muscles from all angles. An important complement to your regular exercise routine to help you stay injury and pain free.

**Gentle Pilates and Pilates Mat:** Based on the classical Pilates sequence, this class provides the basis for a lifetime of health that WILL change your body.

**Functional Fitness:** Specialty class that teaches proper movement patterns for daily activities with an emphasis on safety. Exercises are structured to apply to real-world scenarios while building muscular strength and endurance.

**Hard Core:** It's crunch time! Come join us for a 15-minute full core conditioning class.

**HIGH Fitness:** The fun of dance cardio combines with aerobics and strength. Whatever your fitness level, HIGH has a place for you.

**Hip-Hop Fitness:** You won't believe how time flies in this class that features Hip-hop style moves.

**Kickboxing:** This class will punch and kick the calories away. Learn traditional kickboxing basics, incorporate power moves, and endure speed drills in this sweat-breaking, full-powered workout.

**Mindfulness:** Reduce stress by practicing non-judgmental awareness through mindful movement, a body scan, and awareness of breathing and the activity of the mind.

**Movin' and Groovin':** Get ready to dance. This energetic class is perfect for those who prefer a lower impact aerobics class and those who are new to exercise.

**Power Cycle:** Cycle is one of the most invigorating workouts that anyone from beginner to advanced can do. You have control of the intensity by adjusting the resistance on your bike.

**Power Cycle Express:** Pack all this workout into a 30-minute time frame. Get ready to sweat!

**Sculpt U.:** This class sculpts your body while educating participants of proper body alignment and form. This total body workout matches traditional strength training movements to music, which creates a great exercise experience for each participant.

**Sit and Get Fit:** Come enjoy this class which has been designed to increase muscle strength and range of motion to help improve activities for daily living. A chair is used for seated exercises and for support when standing.

**Step:** It's BACK. Get ready for a full class of non-stop step for the intermediate to advanced stepper.

**SWEAT!:** This low impact, barre- inspired class will have you sweating and working hard to tone muscles and burn calories. A blend of body weight exercises with full range and isometric movements, this class provides a total workout. Come join the fun and SWEAT!!

**X-treme Chaos:** Ready to push yourself to the max? You'll never know what to expect -- but each class is guaranteed to have you asking "Can I do it?" You'll amaze yourself when you find the answer is "Yes, I did!!!".

Yoga classes are challenging classes for all levels. Flexibility training and functional strength exercises are combined to balance muscles, improve core strength, and promote overall well-being.

**Chair Yoga:** Develop flexibility and lengthen muscles in this yoga class – all while using a chair.

**Gentle Yoga:** The softer side of yoga. A more relaxed/restorative workout.

**Power Yoga:** A combination of strong, flowing movements to create a high energy workout. Prior yoga experience is highly recommended.

**Slow Flow Yoga:** End your work week with an easy to follow flow; you'll feel relaxed and refreshed.

**Sunrise Yoga:** A great way to start your day!

**Yoga for Flexibility:** Poses are held longer for a deeper stretch.

**Zumba:** Is a Latin-inspired dance workout that is all about having fun and feels more like a dance Party than a workout.