

Group Fitness & Water Aerobics Schedule

November 1 - January 31

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

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Health & Fitness Center

All classes are subject to change and may be taught by any of our qualified instructors.