

Group Fitness Schedule

Updated 9/24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Squat & Sculpt 5:45 - 6:15 AM	Rock Hard Abs 5:45 - 6:15 AM	Booty Camp 5:45 - 6:15 AM	Body Sculpt 5:45 - 6:15 AM	Aqua Sculpt 8:30 - 9:30 AM
Aqua Volleyball 8:30 - 9:30 AM	AquaFit 8:30 - 9:30 AM	Aqua Sculpt 8:30 - 9:30 AM	Aqua Core Fit 8:30 - 9:30 AM	Stretch-N-Tone 10:00 - 10:45 AM
Zumba Gold ® 10:00 - 10:45 AM	Stretch-N-Tone 10:00 - 10:45 AM	Ageless Strength 10:00 - 10:45 AM	Fit For Life Cardio 10:00 - 10:45 AM	
Aqua Zumba ® 11:00 AM - 12:00 PM	Aqua Volleyball 11:00 AM - 12:00 PM	AquaFit 11:00 AM - 12:00 PM	Aqua Fit & Flow 11:00 AM - 12:00 PM	
Chair Yoga 1:00 - 1:45 PM	Kickboxing 1:00 - 1:45 PM	Chair Yoga 1:00 - 1:45 PM	Kickboxing 1:00 - 1:45 PM	<div style="background-color: #e0f2f1; border-radius: 15px; padding: 10px; text-align: center; margin-bottom: 5px;">Low Impact</div> <div style="background-color: #00838f; border-radius: 15px; padding: 10px; text-align: center; margin-bottom: 5px; color: white;">Moderate Impact</div> <div style="background-color: #ff9800; border-radius: 15px; padding: 10px; text-align: center;">High Impact</div>
Bodies By Jen 3:30 - 4:15 PM	HIIT 3:30 - 4:00 PM	EMOM 3:30 - 4:15 PM	Thigh & Core 3:30 - 4:00 PM	
Body Burn 5:30 - 6:15 PM	Upper Body 101 5:00 - 5:45 PM	Knockout Fitness 5:30 - 6:15 PM	Gentle Mat Yoga 5:00 - 5:45 PM	
	Lower Body 101 6:00 - 6:45 PM		Zumba ® 6:00 - 6:45 PM	

Center for
Health & Fitness
McLeod Loris

Fitness Class Descriptions

Ageless Strength:

A low impact class designed to increase muscular strength and range of movement. The chair is optional.

Aqua Core Fit:

A Core & Cardio focused class that will be a low impact but high intensity water workout.

Aqua Sculpt:

A Toning focused class that is easy on the joints. In this water-based class you will focus on toning and tightening those muscles.

Aqua Volleyball:

(No instructor): Join the fun! You will have a blast playing and won't even realize how hard you are working!

Aqua Zumba® :

Combining Zumba with various aqua exercises this is one pool party you don't want to miss! The water's resistance cushions your feet, knees and back as you dance the class away!

AquaFit:

A Cardio & Strength focused class that will be a low impact but high intensity water workout.

AquaFit & Flow:

The first half of the class is a fun cardio workout mixed with some strength training followed by a low impact yoga class.

Bodies By Jen:

This high intensity, calorie burning class will melt the fat away!

Body Burn:

There is nothing more to say than it's a total body workout. High energy, lots of weights, you will feel great after this class.

Body Sculpt:

Stronger muscles burn more calories! This class provides an essential body workout to help improve muscular strength & endurance.

Booty Camp:

Let's get those bodies beach ready! Get that perfectly toned bum, so that you will stop traffic and turn heads.

Chair Yoga:

Pull up a chair and let's do Yoga! This class takes your traditional yoga and adapts the positions so that anyone can do it. You will improve your strength, flexibility, balance, and range of motion.

EMOM:

Every Minute On The Minute! This workout challenges you to complete a certain number of reps in 60 seconds. The remaining time within that minute serves as your recovery.

Fit For Life Cardio:

Increase your cardiovascular endurance in this workout where fitness and fun come together.

Gentle Mat Yoga:

This class incorporates simple flowing sequences to warm up the body, as well as slower paced movements focusing on alignment, strength, balance and flexibility.

HIIT:

Interval-based class designed to burn fat and strengthen muscles.

Kickboxing:

No experience, no problem! This easy-to-follow class gives you a great upper and lower body workout.

Knockout Fitness:

Got stress? Take it out on the bag as you kick and punch your way through this workout, utilizing moves to strengthen your core, upper and lower body.

Lower Body 101:

Get back to the basics! Build your lower body strength as you focus on form and technique.

Rock Hard Abs:

It's all about that core! In this 30-minute class we will focus on strengthening your core muscles.

Squat & Sculpt:

Squat your way to a more toned and defined body. In this class squats will be incorporated into each movement as we tone your upper body, lower body and core.

Stretch-N-Tone:

A combination of toning exercises and stretches that will help strengthen and lengthen your body! The chair is optional.

Thigh & Core:

Feel the burn as we focus on strengthening your thighs and core.

Upper Body 101:

Get back to the basics! Build your upper body strength as you focus on form and technique.

Zumba® :

Take the "work" out of workout, by mixing low & high intensity moves for an interval style calorie burning dance fitness party.

Zumba Gold® :

This easy-to-follow program lets you move to the beat at your own pace with modified, low impact moves geared toward active older adults and beginners of all ages.

Group Fitness Class Policies

1. Members will not be allowed to enter class 10 minutes late. This rule is for your safety.
2. If you occasionally need to leave class early, please stretch prior to leaving and do it quietly so you do not distract other members.
3. Inform the instructor of any injuries/limitations prior to the start of class.
4. Proper footwear is essential. Aerobic/cross training shoes are recommended, and water shoes are required for the pool.
5. Classes are not competitions! Remember this is your workout.

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