

# Group Fitness Schedule

Updated 12/24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Squat &amp; Sculpt</b> 5:45 - 6:15 AM	<b>Rock Hard Abs</b> 5:45 - 6:15 AM	<b>Booty Camp</b> 5:45 - 6:15 AM	<b>Body Sculpt</b> 5:45 - 6:15 AM	<b>Instructor's Choice</b> 5:45 - 6:15 AM
<b>Aqua HIIT</b> 8:30 - 9:30 AM	<b>Aqua Sculpt</b> 8:30 - 9:30 AM	<b>Aqua Fit</b> 8:30 - 9:30 AM	<b>Aqua Core Fit</b> 8:30 - 9:30 AM	<b>Stretch &amp; Tone</b> 10:00 - 10:45 AM
<b>Zumba Gold</b> ® 10:00 - 10:45 AM	<b>Stretch &amp; Tone</b> 10:00 - 10:45 AM	<b>Ageless Strength</b> 10:00 - 10:45 AM	<b>Fit For Life Cardio</b> 10:00 - 10:45 AM	
<b>Aqua Zumba</b> ® 11:00 AM - 12:00 PM	<b>Aqua Core Fit</b> 11:00 AM - 12:00 PM	<b>Aqua Fit &amp; Flow</b> 11:00 AM - 12:00 PM	<b>Aqua Fit</b> 11:00 AM - 12:00 PM	
<b>Chair Yoga</b> 12:00 - 12:45 PM	<b>Stretch &amp; Strengthen</b> 12:00 - 12:45 PM	<b>Chair Yoga</b> 12:00 - 12:45 PM	<b>Stretch &amp; Strengthen</b> 12:00 - 12:45 PM	
<b>Beginner Kickboxing</b> 1:00 - 1:45 PM	<b>Chair Yoga</b> 1:00 - 1:45 PM	<b>Beginner Kickboxing</b> 1:00 - 1:45 PM	<b>Chair Yoga</b> 1:00 - 1:45 PM	<div style="background-color: #00838f; color: white; border-radius: 15px; padding: 10px; text-align: center; margin-bottom: 10px;"> <b>Low to Moderate Impact</b> </div> <div style="background-color: #f4a460; border-radius: 15px; padding: 10px; text-align: center;"> <b>Moderate to High Impact</b> </div>
<b>Bodies By Jen</b> 3:30 - 4:15 PM	<b>HIIT</b> 3:30 - 4:00 PM	<b>EMOM</b> 3:30 - 4:15 PM	<b>Thigh &amp; Core</b> 3:30 - 4:00 PM	
<b>Body Burn</b> 5:00 - 5:45 PM	<b>Gentle Mat Yoga</b> 5:00 - 5:45 PM	<b>Kickboxing</b> 5:00 - 5:45 PM	<b>Gentle Mat Yoga</b> 5:00 - 5:45 PM	
<b>Wall Pilates</b> 6:00 - 6:30 PM	<b>Line Dancing</b> 6:00 - 6:45 PM	<b>Upper Body &amp; Core</b> 6:00 - 6:30 PM	<b>Zumba</b> ® 6:00 - 6:45 PM	

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# Fitness Class Descriptions

## **Ageless Strength:**

A low impact class designed to increase muscular strength and range of movement. Chairs are optional.

## **Aqua Core Fit:**

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

## **Aqua HIIT:**

High intensity interval training alternates short periods of intense exercise with a less intense recovery.

## **Aqua Sculpt:**

A water based class that is easy on the joints. You will focus on toning and tightening your muscles.

## **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!

## **Aqua Fit:**

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

## **Aqua Fit & Flow:**

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

## **Beginner Kickboxing:**

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

## **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:**

Fun and challenging intervals that are designed to raise your heart rate, increase endurance, and improve strength.

## **Instructor's Choice:**

A different surprise each week. It could be anything from cardio to strengthening and everything in between. You will have to attend to find out what kind of fun workout is waiting.

## **Kickboxing:**

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

## **Line Dancing:**

A workout that combines fun and fitness. It's an enjoyable way to stay active and learn new dance moves. No matter if you are a beginner or pro, you will have a blast.

## **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 every movement to help tone your body.

## **Squat & Strengthen:**

A step up from our Stretch & Tone class. This class will focus on building muscular strength through various equipment, followed by a deep stretch.

## **Stretch & Tone:**

A combination of toning exercises and stretches that will help strengthen and lengthen your body! Chairs are optional.

## **Thigh & Core:**

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

## **Upper Body & Core:**

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

## **Wall Pilates:**

Spice up your fitness routine with this fun and exciting class. You will utilize the wall to help you become stronger and more limber.

## **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 5 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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