

GROUP EXERCISE SCHEDULE



Effective June 1

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am	TRX Circuit w/ Kathy 5:15 - 6:00	Cycle w/ Julie 5:15 - 6:00	Body Sculpt w/ Julie 5:15 - 6:00	Cycle w/ Julie 5:15 - 6:00	F.I.T. w/ Kathy 5:15 - 6:00		
6am		Cycle w/ Julie 6:15 - 7:00					
8am		Aqua Zumba w/ Christine 8:30 - 9:15		Strength & Stretch w/ Christine 8:30 - 9:15		F.I.T. w/ Wendy 7:45 - 8:30	
9am	F.I.T. w/ Wendy 9:00 - 9:45	Pump it Up w/ Wendy 9:00 - 9:45	Fit Step w/ Wendy 9:00 - 9:45	Pump it Up w/ Wendy 9:00 - 9:45	Fit Step w/ Wendy 9:00 - 9:45	Cycle Instructor Rotation 9:00 - 9:45	
	H2O Fit w/ Kristi 9:00 - 9:45		H2O Fit w/ Christine 9:00 - 9:45		H2O Fit w/ Kristi 9:00 - 9:45		
			Vinyasa Yoga w/ Carin 9:00 - 9:45		Barre Fusion w/ Carin 9:00 - 9:45		
	Stability & Mobility w/ Brigette 9:30 - 10:30	MFBB/Tai Chi SESSION* 9:30 - 10:30	Nordic Walking w/ Brigette 9:30 - 10:30	MFBB/Tai Chi SESSION* 9:30 - 10:30	Alumni MFBB w/ Brigette 9:30 - 10:30		CLOSED FOR THE SUMMER
	Barre w/ Wendy 10:00 - 10:45	Gentle Yoga w/ Christine 9:45 - 10:30	Pilates w/ Wendy 10:00 - 10:30	Gentle Yoga w/ Christine 9:45 - 10:30	Pilates w/ Wendy 10:00 - 10:30	Yoga Sculpt w/ Debra 10:15 - 11:00	
10am	Kickbox w/ Wendy 11:00 - 11:30		Kickbox w/ Wendy 11:00 - 11:30		HIITBox w/ Wendy 10:45 - 11:30		
11am	Enhance Fitness SESSION* 11:30 - 12:30		Enhance Fitness SESSION* 11:30 - 12:30		Enhance Fitness SESSION* 11:30 - 12:30		
	F.I.T. w/ Katy Bi. 11:45 - 12:15	F.I.T. w/ Katy Bi. 11:45 - 12:15		F.I.T. w/ Katy Bi. 11:45 - 12:15			
12pm		Back to Yoga w/ Brigette 12:00 - 1:00 Begins June 7					
4pm	Body Sculpt w/ Katie Be. 4:15 - 5:00			Back to Yoga w/ Brigette 4:30 - 5:30 Begins June 9			
		TRX w/ Marie 4:30 - 5:15	Abs/Core w/ Katie Be. 4:30 - 5:00	CycleBox** w/ Marie 4:30 - 5:15			
5pm	Barre w/ Katie Be. 5:15 - 6:00	Zumba w/ Geoff 5:15 - 6:00	Hatha Yoga w/ Neal 5:15 - 6:00	Zumba w/ Geoff 5:15 - 6:00			
		Bike Bootcamp w/ Debra 5:30 - 6:15	Cycle w/ Debra 5:30 - 6:00	Bike Bootcamp w/ Debra 5:30 - 6:15			
6pm	Kickbox w/ Wendy 6:15 - 6:45	Pilates w/ Kate 6:30 - 7:00	HIITBox w/ Wendy 6:00 - 6:45	Pilates w/ Debra 6:30 - 7:00			
		Aqua Zumba w/ Christine 6:30 - 7:15		H2O w/ Christine 6:30 - 7:15			
7pm	Pump It Up w/ Wendy 7:00 - 7:45	WaveYoga w/ Christine 7:30 - 8:00	Pump It Up w/ Wendy 7:00 - 7:45				
			VinYin Yoga w/ Christine 7:00 - 7:45				

Tennis Reservations
Tu/Thur
Upper Gym
6:30pm - 8:00pm

June 1 - July 31
Monday - Wednesday
3:00 - 4:30pm
In the event of inclement weather,
4H Soccer will be in the Upper Gym

location key

STUDIO A STUDIO B STUDIO C UPPER GYM

WARM WATER THERAPY POOL LAP POOL LEGENDS

*SESSION, MUST REGISTER WITH BRIGETTE
**CYCLE IN STUDIO C, BOX IN UPPER GYM

ABS/CORE – Express class focusing on the core muscles of the body. It strengthens the abs and their opposing muscles as well as stabilizing them. Come to class warmed up.

ALUMNI MFBB – Our practice continues for Alumni of the 12-week MFBB program with our 8 Tai Chi forms.

AQUA ZUMBA® – Known as the Zumba® “pool party,” Aqua Zumba gives new meaning to the idea of an invigorating workout. This class takes place in our heated indoor pools. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba shallow water class.

BACK TO YOGA – An alignment-based yoga class for back health. This slower practice is focused on activating, lengthening, and stabilizing; using floor, props, and wall. Rated “E” for everyone.

BARRE – Combines elements of barre, dance and yoga. Exercises are high intensity and low impact, choreographed to fun and motivating music. With emphasis on toning the lower half of the body and strengthening the core.

BARRE FUSION – Barre inspired movements, fused with yoga, pilates and strength exercises to create a strong core and sculpted lean muscles.

BIKE BOOTCAMP – Combines cycling and strength training in one class. This workout is balanced and energizing for the whole body. Its the basis for a challenging, invigorating and well-rounded exercise regimen. Everything you love about strength and cardio by blending cycling and strength training into one exceptional workout. With each workout planned to make multiple transitions between bike and floor while using body weight and dumbbells.

BODY SCULPT – Muscle conditioning class that provides a balanced total body workout.

CYCLE – Indoor cycling workout incorporating visual imagery, verbal cues and energy zones. All fitness levels welcome as cyclists work at their own level.

CYCLEBOX – Our indoor cycling training combined with our classic kickboxing workout. Using bikes, bags, and gloves you will get a great balance of strength and cardio endurance all in one class.

ENHANCE FITNESS – Enhance Fitness is a low impact/modified intensity – fitness class that meets three times a week for 60 minutes. The class focuses on strength, flexibility, and cardio endurance, set at a comfortable pace. Building social relationships and group support are key aspects of the program. This is a 16 week, evidence-based program; developed for individuals with arthritis.

F.I.T. – A fun total body workout that incorporates strength conditioning, cardio, interval training, and much more to achieve overall physical fitness. A wide variety of equipment may be used: battle ropes, rowers, weights, etc.

FITSTEP – Energizing cardio workout stepping up and down on an adjustable bench to upbeat music.

GENTLE YOGA – Joining body, mind, and spirit to achieve a full-body experience. While taking a moderate approach to the traditional yoga class.

H2O - NO INSTRUCTOR – This time slot is for members and guests who wish to use the Warm Water Therapy Pool and Current Channel to socialize and do their own exercises. There will not be an instructor for this time slot.

H2O FIT – This water fitness program provides a no-to-low-impact but challenging cardiovascular workout. Participants may choose shallow or deep water. Noodles and styrofoam barbells are used to perform a variety of motions including water walking and running, abdominal work and toning exercises.

HATHA YOGA – Movement that develops balance, strength, flexibility, bodily relaxation, and mental concentration. Hatha classes are designed for mixed-level participants and provide a balanced combination of sustained poses with attention to basic alignment, range of motion and therapeutic principles. . Breathing techniques and meditation are also integrated.

HIITBox – Kickboxing meets High Intensity Interval Training! Join us for this kickboxing class that will utilize intervals, high and low impact, core and weights.

KICKBOX – Utilizes boxing gloves and boxing bags. Gives a great cardiovascular and muscle conditioning workout. We cannot provide wraps or gloves, please bring your own.

LEGENDS NORDIC WALKING – Support and improve healthy posture, lesson impact on joints & engage the upper body to burn 20 – 40% more calories.

LEGENDS STABILITY/MOBILITY – Improve stability & mobility; with stretching, strengthening, aligned movement and the support of the 5’ stability stick. “Chair class”

MFBB/TAI-CHI – Moving for Better Balance is 12 week, evidence-based program designed to keep you mobile and independent. Improve your balance, strengthen your muscles and reduce the risk of falling. Each session consists of warm-up exercises, a mix of core form and brief cool-down exercises.

PILATES – Putting together a blend of mat work specific to the Pilates method and throwing in a smidgen of various exercise equipment. This will help create better posture, a heightened sense of precision and control on the mat

PUMP IT UP – Muscle conditioning class that provides a balanced total body workout.

STRENGTH & STRETCH – This class is designed for active adults. You will use weights to tone and strengthen your entire body as well as perform sections of cardio and exercise and stretching. Class offers options seated in chair options.

TRX – Fire up your core, hit every major muscle group and get ready to sweat with this total-body TRX Suspension Training workout.

VIN YIN YOGA – Vin yin yoga is a mixture of vinyasa flow and a yin practice. This combined practice build strengths and flexibility while deepening into yoga postures of the connective tissue of the hips, shoulders and spine.

VINYASA YOGA is a type of yoga that links movement and breath to attain balance in the mind and body. From the Sanskrit “to place in a special way,” vinyasa aligns a deliberate sequence of poses with the breath to achieve a continuous flow.

WAVE FIT – Burn calories, build strength and challenge your balance with total body exercises that utilize your body weight. This workout is performed on our stand up paddle boards in the lap pool.

WAVE YOGA – In this class we will be using our stand up paddle boards to perform yoga with focus on slower transitions and basic poses. More time spent in stationary poses that are put together to form one fluid sequence of movement. With a focus on connecting the movements with the rhythm of the breath.

YOGA SCULPT – Incorporates hand weights, cardio bursts, and yoga postures. Sculpt is the perfect blend of mind and body, providing a calorie and fat-burning workout and the many benefits of yoga.

ZUMBA® – A fun, Latin dance inspired workout with easy to follow steps that let you naturally move to the beat. Zumba brings together Salsa, Merengue, Samba, Raggaton, African Beats, Cumbia and Funk.