

GROUP EXERCISE SCHEDULE



Effective October 9

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	TRX w/ Kathy 5:15 - 6:00		
7am						Hustle & Muscle w/ Wendy 7:45 - 8:30	
8am		H2O Fit w/ Kristi 8:30 - 9:15		Strength/Stretch w/ Christine 8:30 - 9:15			
9am	Hustle & Muscle w/ Wendy 9:00 - 9:45	Power Up w/ Wendy 9:00 - 9:45	Fit Step w/ Wendy 9:00 - 9:45	Power Up w/ Wendy 9:00 - 9:45	HIITbox 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	Gentle Yoga w/ Christine 9:45 - 10:30	H2O Fit w/ Cindy 9:00 - 9:45	Zumba Instructor Rotation 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		
10am	Magic Ring Pilates w/ Wendy 10:00 - 10:30		Cycle Yoga w/ Carin 10:00 - 10:45	Express Cycle w/ Wendy 10:00 - 10:30	Barre w/ Carin 10:00 - 10:45	Battlerope Bootcamp w/ Debra 10:00 - 10:45	
11am	Kickbox w/ Wendy 11:00 - 11:30	Supported Yoga*** w/ Brigette 11:00 - 12:00					
	Enhanced Fitness SESSION* 11:30 - 12:30		Enhanced Fitness SESSION* 11:30 - 12:30		Enhanced Fitness SESSION* 11:30 - 12:30		
12pm		Fast Track Fitness w/ Katy Bi 12:00 - 12:30		Fast Track Fitness w/ Katy Bi 12:00 - 12:30			
1pm							Decades of Dance w/ Betsy 1:00 - 2:00
4pm	Body Sculpt w/ Katie Be 4:15 - 5:00	TRX w/ Marie 4:30 - 5:15	Active Abs w/ Katie Be 4:30 - 5:00	CycleBox** w/ Marie 4:30 - 5:15			
5pm	Barre w/ Katie Be 5:15 - 6:00	Hatha Yoga w/ Neal 5:15 - 6:00					
	Power Up w/ Wendy 5:30 - 6:15	Zumba w/ Geoff 5:15 - 6:00	After Burn w/ Debra 5:30 - 6:00	Zumba w/ Geoff 5:15 - 6:00			
	Cycle w/ Marie 5:45 - 6:30	Bike Bootcamp w/ Debra 5:30 - 6:15	Power Up w/ Wendy 5:30 - 6:15	Cycle Burn w/ Debra 5:30 - 6:00			
6pm	Kickbox w/ Wendy 6:30 - 7:00	Pilates w/ Kate 6:30 - 7:00	HIITbox w/ Wendy 6:30 - 7:15	HIIT Lab w/ Kate 6:00 - 6:45			
		Aqua Zumba w/ Christine 6:45 - 7:30	VinYin Yoga w/ Christine 7:00 - 7:45	H2O Fit w/ Cindy 6:30 - 7:15			
7pm		Wave Yoga w/ Christine 7:45 - 8:15					

location key

STUDIO A STUDIO B STUDIO C UPPER GYM WARM WATER THERAPY POOL LAP POOL

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

***4-week class in Studio B

Tennis Reservations Tu/Thur
Upper Gym 7:00pm - 8:30pm

CLASS DESCRIPTIONS

ACTIVE ABS – 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.

AFTERBURN – A Constantly changing class that incorporates a certain workout of the day with a lot of different styles involved. One day you may use kettlebells in fast paced manor and the next you may do a lot of push-ups and core work.

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.

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.

BATTLE ROPE BOOTCAMP – A fast paced class that utilizes battle ropes combined with other exercises to push your cardio and physical limits.

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

CYCLE BURN – Intense cycle class that pushes your cardio to the limit! Get ready to burn those quads and lungs!

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.

DECADES OF DANCE – A fun dance inspired workout with easy to follow steps that let you naturally move to the beat. It will also incorporate memorable and fun songs and dance moves from the past decades.

ENHANCED FITNESS – Is a low impact/modified intensity fitness class. 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 suffering from arthritis.

FAST TRACK FITNESS – The goal of this class is to pack in as much as possible in 30 minutes. You will do functional fitness (strength and stability) training combined with cardio. We try to hit as many muscle groups as possible and keep our hearts rates up.

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 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.

HIIT LAB – A Constantly changing class that incorporates a certain workout of the day with a lot of different styles involved. One day you may use kettlebells in fast paced manor and the next you may do a lot of push-ups and core work.

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

HUSTLE & MUSCLE – 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: kettlebells, steps, weights, etc.

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.

MAGIC RING PILATES – Putting together a blend of mat work specific to the Pilates method and throwing in the Magic Ring. The Magic Ring will help create better posture, a heightened sense of precision and control on the mat.

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

NORDIC WALKING GROUP – Improve stability & mobility; with stretching, strengthen, aligned movements and the support of a 5” stability stick.

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.

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

STABILITY/MOBILITY – Support and improve healthy posture, lesson impact on joints and engage the upper body to burn 20-40% more calories.

SUPPORTED YOGA – Access Yoga poses easier & or deeper with support. Focus is on accepting support, stabilizing & opening. Great for Yoga beginners & recovery.

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.

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, Raggaeton, African Beats, Cumbia and Funk.