

GROUP EXERCISE SCHEDULE



Effective January 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 Strength w/ Julie 5:15 - 6:00	Cycle w/ Julie 5:15 - 6:00	Fit Focus w/ Kathy 5:15 - 6:00		
7am						Hustle & Muscle w/ Wendy 7:45 - 8:30	
8am		Power Up w/ Wendy 9:00 - 9:45		Strength/Stretch w/ Christine 8:30 - 9:15			
9am	Hustle & Muscle w/ Wendy 9:00 - 9:45	Aqua Zumba w/ Christine 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 9:15 - 10:00		H2O Fit w/ Christine 9:15 - 10:00		H2O Fit w/ Cindy 9:15 - 10:00	Zumba Instructor Rotation 9:00 - 9:45	
10am	Stability/Mobility w/ Brigitte 9:30 - 10:30	MFBB/Tai Chi SESSION 9:30 - 10:30	Nordic Walking w/ Brigitte 9:30 - 10:30	MFBB/Tai Chi SESSION 9:30 - 10:30	Alumni MFBB w/ Brigitte 9:30 - 10:30		
	Pilates BOSU w/ Wendy 10:00 - 10:30	Gentle Yoga w/ Christine 10:00 - 10:45	Pilates w/ Wendy 10:00 - 10:30	Gentle Yoga w/ Christine 10:00 - 10:45	Barre w/ Carin 10:00 - 10:45	Battlerope Bootcamp w/ Debra 10:00 - 10:45	Cycle w/ Julie 10:30 - 11:15
				Cycle Yoga w/ Carin 10:00 - 10:45		Cycle w/ Dan 10:30 - 11:15	
11am	Kickbox w/ Wendy 11:00 - 11:30			Fall Safe Course w/ Brigitte 11:00 - 12:00		Yoga Variety w/ Debra 11:00 - 11:30	
	Enhance Fitness SESSION* 11:30 - 12:30	Fall Safe Course w/ Brigitte 11:00 - 12:00	Enhance Fitness SESSION* 11:30 - 12:30	Barre w/ Carin 11:00 - 11:30	Enhance 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
2pm							Stretch Express w/ Betsy 2:10 - 2:30
4pm	Body Sculpt w/ Katie Be 4:15 - 5:00	TRX Circuit 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	Zumba w/ Geoff 5:15 - 6:00			Core Conditioning w/ Debra 5:00 - 5:30		
	Power Up w/ Wendy 5:30 - 6:15	Hatha Yoga w/ Neal 5:15 - 6:00	Power Up w/ Wendy 5:30 - 6:15	Zumba w/ Geoff 5:15 - 6:00			
6pm	Cycle w/ Marie 5:45 - 6:30	Bike Bootcamp w/ Debra 5:30 - 6:15	After Burn w/ Debra 5:30 - 6:00	Cycle Interval & Arms w/ Debra 5:30 - 6:15			
	Kickbox w/ Wendy 6:30 - 7:00		HIITbox w/ Wendy 6:30 - 7:15				
			VinYin Yoga w/ Christine 7:00 - 7:45	H2O Fit w/ Christine 7:00 - 7:45			
7pm	Wave Yoga w/ Christine 7:00 - 7:45	Aqua Zumba w/ Christine 7:00 - 7:45					

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

*SESSION, MUST REGISTER WITH BRIGETTE **CYCLE IN STUDIO C, BOX IN UPPER GYM ***4-week class in Studio B

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.

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. It's 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.

BODY STRENGTH – A full body workout that utilizes weights to help strengthen the body as a whole. You can expect to work all of your muscles in this early morning class to charge up for the day.

CORE CONDITIONING – A class designed around keeping the body moving, but with the focus being around your core.

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!

CYCLE BOX – 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.

CYCLE INTERVAL & ARMS – Combines intense cycling with a good variety of arms exercise to keep your whole body working.

CYCLE YOGA – Combines a short burst of cycle with a move to the mat to focus on building strength and stability with yoga

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.

ENHANCE 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.

FALL SAFE COURSE – is an exercise class with balance, strength & flexibility drills focused on learning ways to prevent falls & ways to protect yourself as much as possible from an accidental fall.

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.

FIT FOCUS – Join us for an energizing class that combines cardio and strength moves to help you focus on your fit goals. A different format weekly that can be modified for the beginner and the advanced.

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 Box – 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.

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

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

STABILITY/MOBILITY – Improve stability & mobility; with stretching, strengthen, aligned movements and the support of a 5” stability stick.

PILATES BOSU® – Putting together a blend of mat work specific to the Pilates method and throwing in some stability work.

STRETCH – Wind down from the week with this short and relaxed stretch class that will reinvigorate and recharge you.

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 – A combination of slow and flow yoga. You will experience moments of steady movements followed by less intense stretching periods

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 VARIETY – Will be cycling through power flow yoga and vinyasa yoga weekly.

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, Reggaeton, African Beats, Cumbia and Funk.