



WINTER GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CYCLE 5:45-6:45am Katie	CYCLE 5:45-6:45am Gina	CYCLE 5:45-6:45am Katie	CYCLE 5:35-6:35am Gina	BOOTCAMP 5:35-6:35am Gina		
AQUA ARTHRITIS 8:15 - 9am NORIKO	HI LO 8:15 - 9:15am Sally	PILATES 7 - 8am Monica	SILVER SNEAKERS 8:30 - 9:15am Patti	PILATES 7 - 8am Monica		
RESISTANCE FOR ALL 8:30 - 9:30am Monica	SILVER SNEAKERS 8:30 - 9:15am Patti (Gym)	AQUA ARTHRITIS 8:15 - 9am NORIKO	HI LO 8:15 - 9:15am Monica	AQUA ARTHRITIS 8:15 - 9am NORIKO	PILATES 9 - 10am Monica	
AQUA STRENGTH 9 - 10am	AQUA AEROBICS 8:15 - 9:15am Beth	RESISTANCE FOR ALL 8:30 - 9:30am Patty	AQUA AEROBICS 8:15 - 9:15am Beth	AQUA AEROBICS 9 - 10am Kevin		
HATHA YOGA 9:40 - 10:55am Alta	FLOW YOGA 9:30 - 10:45am Brian	AQUA STRETCH & TONE 9 - 10am Lisa	FLOW YOGA 9:30-10:45am Brian	CIRCUIT 9 - 10am Patti	SIVANANDA YOGA 10:15-11:45am Elijah	
AQUA KICKBOXING 10am-10:50am Hillary	ZUMBA! 10 - 11am Beth (Gym)	TAI CHI 10 - 11am Lisa	ZUMBA! 10 - 11 AM Beth (Gym)	BEGINNER TAI CHI 10 - 10:45am Lisa	BEGINNER CYCLE 12-12:45pm Sally	MINDFUL YOGA 1:15 - 2:30pm Joanne
DEEP WATER AEROBICS 11am - 12 pm Sarah	SILVER SNEAKERS YOGA 11 - 11:45am Brian	AQUA STRENGTH 10 - 10:50am Janeen	TRANQUILITY & TURBULENCE 10 - 11am Lisa	TOTAL BODY STRENGTH 11:15 - 12:15pm Sally		
TOTAL BODY STRENGTH 11:15 - 12:15pm Monica	YOGA SCULPT 12 - 12:45pm Monica	DEEP WATER AEROBICS 11am - 12pm Liz	SILVER SNEAKERS YOGA 11 - 11:45am Brian	DEEP WATER AEROBICS 11am - 12 pm		
		MUSCLE PUMP 6-7P Kevin	CYCLE 12-12:45pm Sally	YOGA 12:30 - 1:45pm Kelly		
KICKBOX 6 - 7pm Gina	CYCLE 6 - 6:45pm Alex	ZUMBA! 6:30 - 7:30pm Brandi	TOTAL BODY STRENGTH 1 - 2pm Sally			PILATES SCULPT 5 - 6pm Monica
Core & More 7 - 7:30 pm Alex	TANG SOO DO 7 - 9pm Jane	SIVANANDA YOGA 7:15 - 8:30PM Elijah	FLOW YOGA 5:50 - 6:50pm Brianna			
			TANG SOO DO 7 - 9pm Jane			

Tai Chi – Tai Chi is a system of exercises performed in a series of postures or movements in a slow, graceful manner. Each posture flows into the next without pausing. Tai Chi is used to: reduce stress, improve balance/posture, increase flexibility, improve muscular strength and increase feelings of well-being.

ZUMBA! - A fusion of Latin and International dance themes, the routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body. All levels welcome!

Kickbox - A high intensity, empowering workout that focuses on punches, kicks, and drills designed to increase your fitness level. A great cardio, core, and overall work out.

Boot Camp - This class focuses on drills, sprints and intense cardiovascular conditioning exercises guaranteed to get you in tip top shape! Burn calories and improve your fitness in this high intensity interval based training class.

Circuit - This total body interval, conditioning class focuses on high weight repetitions and short bursts of cardio activity to provide you with a heart pumping calorie burning workout! All levels.

Mindful Yoga - Experience a yoga sequence that focuses on deepening your sense of self awareness. This class focuses on moving mindfully through asanas in an effort to deepen your practice. Mindful yoga is a slower paced class that cultivates deep relaxation for the mind and body.

Flow Yoga – Move from one pose into another as this series of postures builds strength, increases flexibility, and reduces stress. Many modifications are offered for those who are stretching more gently and additional challenges are given for those looking for a more vigorous experience. All levels are welcome.

Tang Soo Do -Tang Soo Do is a Korean martial art that teaches empty hand and foot fighting, self defense and weapons. It stresses the balance of spirit, mind and body and guides students towards self achievement ***PRE REGISTRATION AND ADDITIONAL FEE REQUIRED**

Sivananda Yoga - This class emphasizes an organic, lighthearted approach to deep-stretch, otherwise known as traditional Hatha Yoga. Fun, yet powerful, and not rooted in spiritual rigidity or perfection, Sivananda yoga revitalizes the mind and body through a series of asanas.

Pilates - Lengthen and strengthen the core muscles of the body through a series of floor based exercises designed to develop the deep muscles of the abdominals, back, hips and buttocks. Pilates can improve the strength, balance and flexibility of the muscles that control the trunk and spine.

Cycle - All levels are welcome as you ride up hills, break away on a flat road, sprint your way to a great cardiovascular workout. Set to motivating music with guidance from the instructor, this class will keep you motivated! Each class is limited to 9 participants: Pick up a cycle pass at the member services desk no earlier than 30 minutes prior to the start of the class. Participants must be in class 5 minutes before class start time.

Beginner Cycling - This class teaches the basics of indoor cycling Learn how to set-up your bike, proper form and posture while riding and basic cycling techniques. Each class is limited to 9 participants: Pick up a cycle pass at the member services desk no earlier than 30 minutes prior to the start of the class. Participants must be in class 5 minutes before class start time.

Resistance for All - Using weights and resistance bands, you'll tone and strengthen your upper and lower body. All levels welcome.

Total Body Strength - This muscle conditioning class focuses on strengthening all major muscle groups using dumbbells, bars, resistance bands and stability balls. Focus is on whole body functional movements with light to moderate load and moderate to high volume. The purpose of the class is to improve overall body strength.

Silver Sneakers - A chair based exercise class designed for everyone. Through the use of balls, small weights and resistance bands, participants improve their strength, flexibility, coordination and balance.

Hatha Yoga - This class offers a series of related flowing movements, or vinyasa, that will allow you to benefit physically by developing strength, flexibility. Breathing and relaxation techniques will help you get centered and connect with your body.

Hi-Lo - This class includes both low and high impact moves to get your heart pumping! Experience fun and innovative choreography in this comprehensive class complete with warm-up, cool-down, abdominal work and stretches.

Muscle Pump- The ultimate full body workout uses hand weights, bands, bars and Step to increase muscular strength an development, endurance, power and flexibility. Non-stop movement with 100% intensity, 150% sweat adn unlimited fun! It will feel like a cardio workout, but it's not!

Aqua Stretch and Tone - Practice graceful movements influenced by yoga, tai chi and dance in this low-impact aqua aerobics class. This class focuses on lengthening and strengthening the body while still providing a great cardiovascular workout. All levels.

Silver Sneaker Yoga Stretch - This low impact yoga class focuses on improving balance, restorative breathing techniques, flexibility and movement through a variety of seated and standing yoga poses.

Pilates Sculpt - Similar to Basic Mat, this class will take the principles of Pilates and carry them over into traditional muscle conditioning exercises. Some use of equipment.

Yoga Sculpt - This fusion style workout combines elements of Pilates, Yoga, Strength, balance and Budokon for a strengthening, core toning workout! It's the perfect balance of strength and flexibility in one!

Core & More - This 30 min class will focus on core strengthening exercises for your abdominals and back to improve posture and assist with improved functioning throughout your day. All levels are welcome

WATER CLASSES

Aqua Stretch and Tone - Practice graceful movements influenced by yoga, tai chi and dance in this low-impact aqua aerobics class. This class focuses on lengthening and strengthening the body while still providing a great cardiovascular workout. All levels.

Arthritis Water Aerobics - Gentle control and moderate movements to help maintain muscular flexibility, strength and endurance.

Aqua Aerobics - A fun water workout that is easy on your joints. This class uses a combination of aerobic routines to improve cardiovascular endurance, conditioning exercises to strengthen muscles and gentle stretching.

Deep Water - A great cardiovascular workout using a flotation belt, this no impact class allows you to work against the water to increase cardiovascular endurance and tone muscles.

Tranquility and Turbulence - Celebrate the joy of mindful movement in the water. Integrate high-intensity training with purposeful relaxation techniques. Strengthen your body and nourish your soul with a new sense of POWER (turbulence) and GRACE (tranquility).

Aqua Strength - Focuses on strengthening and toning all of your major muscle groups with the use of kickboards, water dumbbells, barbells and noodles. A low-impact weight training class in the water! All Levels.

Policies and Procedures

- Non-member fee for ALL classes is \$8/class
- Participants are asked not to enter classes after warm-up has begun.
- For Cycle classes: Cycle passes will be handed out no earlier than 30 minutes prior to the class start time. Pass holders must check in with the instructor no earlier than 5 minutes prior to the start of the class. If you're not present 5 minutes prior to the start of the class, you will be considered a "no show," and your spot will be given to someone on the wait-list.
- All water classes meet in the pool
- You must be 12 or older to participate in all Group Fitness classes unless otherwise noted Middle School Age with an Adult (MSAA). Here are the MSAA classes:
 - Kickbox
 - Sivananda Yoga
 - Power Flow Yoga
 - Cycle Pump
 - Boot camp
 - Total Body Strength
 - Box and Sculpt