

# GROUP FITNESS CLASS SCHEDULE

EFFECTIVE: May 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am - 6:45am Cycling Unlimited w/Mike	6:00am - 6:45am Power Sculpt w/Justin	6:00am - 6:45am Cycling Unlimited w/Mike	5:45am - 6:40am BodyPump w/Maureen	6:00am - 6:45am Cycling Unlimited w/Maureen		
8:00am - 8:45am Arthritis Plus w/Amy	8:30am - 9:25am BodyPump w/Justin	6:00am - 6:45am Fit Camp w/Justin	8:30am - 9:25am Mat Pilates w/Vicki	8:00am - 8:45am Arthritis Plus w/Amy	7:15pm - 8:10pm Fit Camp w/Maureen	
8:30am - 9:15am Power Sculpt w/Charlotte	8:30am - 9:15am Fit Over 50 Circuit w/Nicole (CR)	8:00am - 8:45am Arthritis Plus w/Vicki	8:30am - 9:15am Fit Over 50 w/Nicole (CR)	8:15am - 9:00am Sculpt w/Nicole	8:15am - 9:10am Cycling Unlimited w/Justin	8:30am - 9:25am BodyPump w/Maureen
9:00am - 9:45am Pumping H2O w/Kim	9:00am - 9:45am Aqua Zumba w/Michele	8:30am - 9:15am Tubes and Bands w/Kim	9:00am - 9:45am Aqua Zumba w/Michele	9:00am - 9:55am Yoga w/Amy Boldt	8:30am - 9:25am Power Sculpt w/Charlotte	9:30pm - 10:25pm Cycling Unlimited w/Justin
<b>9:00am - 9:55am</b> Cycling Unlimited <b>w/Justin</b> (May 6th Only) 9:30am Starting 5/13	9:30am - 10:15am Cycling Unlimited Justin	9:00am - 9:45am Pumping H2O w/Kelly	9:30am - 10:25am Cycling Unlimited w/Nicole	9:00am - 9:55am Cycling Unlimited w/Kelly	9:30am - 10:15am Cycling Unlimited w/Mike	
<b>9:30am - 10:25am</b> Cycling Unlimited <b>w/Shelly 5/13</b>	9:30am - 10:15am LIIT Nicole/Charlotte	9:00am - 9:45am Cycling Unlimited w/Kristina	9:45am - 10:30am Fit Camp w/Amy(GYM)**	9:00am - 9:45am Deep H2O w/Amy	9:45am - 10:30am Pumping H2O w/Karen	10:15am - 11:00am Aqua Zumba w/Michelle
9:45am - 10:40am Dance Rhythms w/Amie	10:20am - 10:50am Gentle Yoga & Stretch <b>w/Jody</b>	9:30am - 10:25am Yoga w/Nicole	9:45am - 10:40am Zumba w/Heidy	10:05am - 10:50am Power Sculpt w/Kim	9:45am - 10:40am <b>Dance Fit</b> w/Laura	10:45am - 11:45am 20/20/20 w/Kathryn
11:00am - 11:55am Pilates and Tone w/Nicole	9:45am - 10:30am Fit Camp w/Amy (GYM)**	10:30am - 11:00am Tai Chi w/Kelly	10:45am - 11:45am Barre w/Heidy	11:00am - 11:55am Mat Pilates w/Vicki	10:45am - 11:30am HIIT w/Kim	
12:15pm - 1:00pm Strong and Balanced w/Katie	11:00am - 11:55am Yoga <b>w/Jody</b>		1:00pm - 1:45pm Deep H2O w/Susan	12:00pm - 12:45pm Strong & Balanced w/Vicki		
	12:00pm - 12:45pm Deep H2O w/Wendy				<b>KIDS' CLUB HOURS</b> <b>Morning Hours</b> Monday-Friday 8:15am - 12:30pm Saturday 8:30am - 12:30pm <b>Evening Hours</b> Monday-Thursday 4:00pm - 7:30pm <b>Reservations required</b> and can be made 1 week in advance.	
4:30pm - 5:15pm Fit Camp w/Kathryn	12:15pm - 1:00pm Zumba Gold w/Michelle					
5:30pm - 6:25pm Zumba w/Katie	4:30pm - 5:25pm BodyPump w/Teri	<b>5:00pm - 5:45pm</b> <b>Tubes and Bands</b> <b>w/Justin</b>	5:00pm - 5:55pm Line Dancing w/Laura	5:00pm - 5:55pm Zumba w/ Katie		
5:30pm - 6:15pm Cycling Unlimited w/Mauricio	5:30pm - 6:15pm Cycling Unlimited w/Kim	5:30pm - 6:00pm Kids' Circuit w/Matt (CR)	5:30pm - 6:15pm Cycling Unlimited w/Teri	6:15pm - 7:10pm BodyPump w/Karen		
5:30pm - 6:00pm Kids' Circuit w/Matt (CR)	5:30pm - 6:15pm Step Challenge Kathryn	5:30pm - 6:25pm Cycling Unlimited w/Kathryn	6:15pm - 7:10pm BodyPump w/Jae			
6:40pm - 7:25pm Pumping H2O w/Amy B.	6:15pm - 7:10pm Barre w/Dee Dee	6:15pm - 7:10pm Yoga w/Jae				
6:30pm - 7:25pm BodyPump w/Maureen		6:40pm - 7:25pm Deep H2O w/Wendy				
<b>New Classes/Changes are in BOLD!</b>						
Classes in Gray Require Sign Up (starting the day before)						
			<b>(CR) Circuit Room</b>		<b>(GYM) Gymnasium</b>	

**20/20/20** - 20 minutes leg strengthening followed by 20-minute arm workout and finishing with 20 minutes of core exercise. All fitness levels.

**Aqua Zumba** - Hi-Lo impact water dance class with Latin Style! High energy and great cardio workout.

**Arthritis Plus** – A great shallow water cardiovascular muscle-conditioning workout for all ages with any degree of arthritis.

**Barre** - mix of Pilates, yoga, and functional training. Mini balls and hand weights to sculpt, slim and stretch your entire body.

**BODYPUMP** - is a breakthrough in resistance workout training. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning.

**Butts & Guts** – Challenge your abs & butt in a whole new way. This class focuses on training the Abs and for trunk & postural stabilization followed by glute work.

**Cycling Unlimited** - High energy instructors will combine music and coaching to create an intense cardio workout all while burning calories.

**Dance Rhythms** - A Cardio Dance Fitness class with worldwide rhythms. Get ready to take a trip around the world and sweat your way through this athletic, empowering and joyful workout with an Afro feel.

**Deep H2O:** All Levels – Easy to follow, fun, safe and effective deep-water exercises for total fitness with emphasis on core strengthening and toning of the much troubled abdominal and back region. Classes held in the deep side of the lap pool.

**Fit Camp** - Fun and exciting class using body weight and cardio training. Great for all levels.

**Fit Over 50** - A senior group fitness class led by an instructor. This class is designed with intervals of cardiovascular and muscle strengthening exercises to help improve endurance and overall strength. (CR or Yard)

**Fit Over 50 Circuit** - A circuit style senior group fitness class coached by an instructor. This class is designed to improve total body strength, endurance and balance. (Circuit Room)

**Gentle Yoga & Stretch** - This 30-minute class is a great way to improve and maintain your flexibility, a vital component of lifelong health.

**HIIT** - Combines endurance, speed, and interval training through quick intense bursts of exercise followed by short and sometimes active recovery periods.

**Kickbox and Core** - Kick boxing that will focus on intense isolation exercises. This class is a high-volume reps, low resistance weights workout.

**Kids' Circuit** - Just for kids ages 10-15 years old. This class is a fast, fun 30 min workout led by our personal training staff.

**LIIT Low Impact Interval Training** - This class will include low impact cardio and intervals of core/abs followed by a nice stretch at the end.

**Line Dancing** - Step out and try something new! Line dancing for all ages and stages. Choreography is broken down and taught for each song. It's not just country! **Thursdays** Intermediate/Advanced Choreo, **Saturdays** Beginner/Intermediate Choreo

**Mat Pilates HU** - This class is a total Mind body workout, which focuses on precise concentrated movement using the mind to feel and focus on the body.

**Power Sculpt** – Whole body strength & conditioning class, combining weights bars, dumb bells & floor work to challenge the entire body.

**Pumping H2O** - A shallow water cardio workout that challenges you with fun, time-efficient exercises for muscle toning & strengthening balance, coordination, much more.

**Sculpt** - Whole body strengthening class, combining weighted bars, dumbbells & floor work to challenge the entire body. Low/No Impact

**Step Challenge** - Challenge your mind and body to a new level in this creatively choreographed advanced step class.

The choreography is exciting and the intensity is high to help you improve coordination, body awareness and cardiovascular conditioning.

**Strong and Balanced** - Ideal for those 50+, this class increases strength and flexibility and improves balance for an improved ability for everyday tasks-and-more!

**Tabata** - 8 Rounds of high intensity exercises lasting 20 seconds with 10 seconds of rest and recovery

**Tai Chi** - A series of slow gentle movements and physical postures that includes controlled breathing. This adaptation of an ancient martial art is great for personal health promotion and rehabilitation

**Tubes and Bands** - A strength and sculpting class using resistance bands and tubes. Great for people with limited mobility putting minimal stress on your joints. You can change the intensity of your work out gradually by increasing your resistance of your bands. Great for all levels.

**Yoga** - a traditional yoga class based on an ancient form of movement that promotes balance, flexibility, strength, and relaxation through various postures.

**Zumba** – A hi-lo impact dance class with Latin style. Salsa, Meringue and more while getting a great work out.