

CLASSROOMS
GYMNASIUM
MULTIPURPOSE ROOM
OUTDOORS
POOL
SPINNING

Group Fitness Schedule

NEW

NEW

Monday			Friday			SPINNING
8:00-9:00am	Body Pump	Roxanne	8:30-9:30am	Power House	Stephen	
8:30-9:30am	Power House	Stephen	8:30-9:15am	Aqua Fit	Laura	
8:30-9:15am	Aqua Fit	Rotation	9:30-10:15am	Rise and Ride	Rotation	
9:30-10:15am	Rise and Ride	Rotation	9:30-10:15am	Water Blast	Laura	
9:30-10:15am	Water Blast	Rotation	9:45-10:30am	Flow and Tone	Karen	
9:45-10:30am	Pilates	Rhonda	10:00-11:00am	Flexible Fitness	Ann	
10:30-11:15am	Deep Water	Rotation	10:30-11:15am	Deep Water	Rotation	
10:45-11:30pm	Yin Yoga	Rhonda	12:00-1:00pm	Zumba	Rotation	
12:00-1:00pm	Zumba	Laura	1:15-2:15pm	Strong QiGong	Matt	
1:15-2:15pm	Strong QiGong	Matt	4:30-5:30pm	Boot Camp	Rotation	
4:30-5:15pm	Step IT UP	Lisa				
5:30-6:30pm	Zumba	Brandy				
5:30-6:15pm	Spin	Jen				
5:30-6:30pm	Stretch and Breath	Michael				
6:30pm-7:00pm	Core	Jen				
Tuesday			Saturday			
6:00-7:00am	Body Pump	Roxanne	8:30-9:30am	Weekend WakeUp	Jen	
8:15-9:30am	Tabata	Karen	9:45-10:45am	Pump	Jen	
8:30-9:30am	Yoga Basics	Karen	10:00-11:00am	Flexible Fitness	Rotation	
9:45-10:30am	Great Beginnings	Rhonda	11:15-12:15pm	Qigong	Tana	
9:45-11:00am	Yoga	Karen				
10:45-11:30am	Bones and Balance	Rhonda				
11:00-11:45am	Fluid Motion	Lynn				
11:45-12:45pm	Qigong	Tana				
2:00-3:00pm	G3 Parkinson's Class	Kanita				
5:00-5:45pm	Booty Blast	Rotation				
5:45-6:30pm	Splash	Lisa				
6:00-6:45pm	Spin	Roxanne				
6:00-7:00pm	Body Pump	Jen				
Wednesday			<div><div><div><div><div></div><div></div></div><div><div></div></div></div><div>Like us on: <b>facebook</b></div></div><div><div><div><div><div></div><div></div></div><div><div></div></div></div><div>MASSAGE APPOITMENTS AVAILABLE!</div><div>CALL TODAY!</div></div></div></div>			
8:00-9:00am	Body Pump	Roxanne				
8:30-9:30am	Power House	Claudia				
8:30-9:15am	Aqua Fit	Rotation				
9:30-10:15am	Rise and Ride	Rotation				
9:30-10:15am	Water Blast	Rotation				
9:45-10:30am	Pilates	Rhonda				
10:00-11:00am	Flexible Fitness	Ann				
10:30-11:15am	Deep Water	Debbie				
10:45-11:30am	Use it Don't Lose it	Rotation				
11:15-12:15pm	Qigong	Tana				
12:00-1:00pm	Zumba	Rotation				
4:30-5:30pm	TRX and Spin	Lisa				
5:30-6:30pm	Power Core Yoga	Michael				
5:30-6:30pm	Power House	Jen				
Thursday						
5:45-6:30am	Tabata	Lisa				
8:15-9:30am	Tabata	Karen				
8:30-9:30am	Yoga Basics	Karen				
9:45-10:30am	Great Beginnings	Ann				
9:45-11:00am	Yoga	Karen				
10:45-11:30	Bones and Balance	Ann				
11:00-11:45am	Fluid Motion	Rotation				
11:45-12:45pm	Qigong	Tana				
5:00-5:45pm	Booty Blast	Rotation				
5:45-6:30pm	Splash	Elisabeth				
6:00-7:00pm	Body Pump	Jen				
			<div><div><div><div><div></div><div></div></div><div><div></div></div></div><div>International Friendship Day</div></div></div>			
			<div><div><div><div><div></div><div></div></div><div><div></div></div></div><div>Gym Hours</div><div>Monday-Thursday 5:30am-9:00pm</div><div>Friday 5:30am-8:00pm</div><div>Saturday 7:30am-5:00pm</div><div>Sunday 1:00-6:00pm</div><div>Pool Hours</div><div>Monday –Thursday 6:00am-8:00pm</div><div>Friday 6:00am-7:00pm</div><div>Saturday 8:00am-4:00p</div><div>Sunday 1:00pm-500pm</div></div></div>			



## Group Fitness – Class Descriptions:



The red clock means:

1. Be 10-15 minutes before class starts because you may need equipment.
2. Class has a limited number of participants! First come first serve.
3. During Yoga classes, the door will be closed once the class starts.

**Aqua Fit:** Muscle-conditioning water class alternated with low to moderate aerobic training. GREAT MUSIC, SO MUCH FUN!!!!

**BODY PUMP:** This amazing class is a total body strength workout that will shape and tone all major muscle groups, increase core strength, improve bone health and leave you feeling strong and fit.

**Bones & Balance:** A combination of light weight-bearing endurance, balance, and gentle full-body strengthening exercise appropriate for participants with osteoporosis.

**Boot Camp:** A high-energy, high-impact circuit class that alternates cardio and weight training exercises in a circuit format. Participants will perform a wide variety of exercises from running and sprinting, to plyometric jumps and core exercises.

**Booty Blast:** This weight training based class uses a combination of barbell, dumbbells, bodyweight exercises and cardio burst designed to tighten and tone your legs, glutes, and abdominals. Get ready for that booty to burn!

**Deep water:** Deep water aerobics utilizing buoyancy belts for a non-weight bearing workout. Water comfort necessary, however, swimming ability is not required.

**Fluid Motion:** Water class for special populations such as those with Arthritis, fibromyalgia, and other conditions. Lots of stretching...

**Flexible Fitness:** A variety of standing, sitting, & floor stretching will be presented. All levels are welcome!

**Flow and TONE:** It's a whole body workout. It engages muscles you wouldn't normally target—ones deep inside your body that squats, lunges, and sit-ups don't reach. With high-reps and low-impact movements, this class challenges anyone looking to fine-tune their muscles.

**Great Beginnings:** Low-level class using bands, weights, chairs, and slow movements to increase strength, cardiovascular fitness, and improve balance. Appropriate for seniors, beginning exercisers and those with chronic conditions.

**Honeybees:** One hour kids class (ages 3 months- 8 years) in the gymnasium. Play around the gym with bikes, balls, hula-hoops, etc.

**Interval Spin + CORE:** A 30-minute spin class using interval sprints & climbs to burn maximum calories & increase overall metabolism + 30 minutes of CORE workout, using a mat! The perfect class for beginner to seasoned athletes.

**Pilates:** Promotes mobility and strength of all the major muscle groups in the body, while having a focus on deep core muscles

**Power Core Yoga:** This will be a one-hour flow class with focus on upper body and core strength. This one-hour class will provide a full body workout with challenge enough for the advanced practitioner but with modifications offered that will make it accessible to anyone.

**Power House:** This one hour class features plyometrics, endurance drills, and cardio and is set up in stations around the Gymnasium. Every day is fun, challenging and different!

**QiGong:** Qigong works on the internal and external body. It improves posture, muscles, bones, balance and organ function through gentle flowing repetitive movements.

**Rise & Ride:** GET FIT with this 45-minute class. Burn calories, build muscle, improve endurance and relive stress!

**TRX & Spin:** Get the benefits of a 30-minute cycle class and the toning results of a TRX core workout in this fast-paced, ultra-cardio combo! Two different formats in a one-hour class!! This session will start in the Spinning Studio and then move to the Gymnasium.

**Splash:** Utilize water resistance to condition and tone the upper and lower body both simultaneously and isolation with punches, kicks, and jogging drills. Develop cardiovascular endurance while having fun!

**Step it up +:** Get your heart pumping with easy-to follow moves, ending with core and body resistance stretching. Get a full cardio combo in 45 minutes!

**Strong QiGong:** A dynamic and unique blend of ancient arts with modern science, mixing Tai Chi, Qigong and Shaolin strengthening.

**Tabata:** This training breaks a workout down into clearly defined intervals - typically, 20 seconds of a push-it-to-the-limit exercise followed by 10 seconds of rest. Eight consecutive work-and-relax cycles go into a 4-minute round. Burn lots of calories with this amazing format!

**Tone it Up:** A great class filled with easy to follow techniques and energizing music to keep you moving for 60 minutes. Tone your body while you have fun!

**Use it DON'T lose it:** A very DYNAMIC 45-minute class! Keep moving with the drumming workout, tone up with the light dumbbell exercises, improve your balance with unique techniques and stretch before you go home. A class that will make you feel HAPPY and ready for your day!

**Water Blast:** Use water's natural resistance to improve cardiovascular fitness & muscle tone. Intervals! We use TABATA techniques to challenge your body!

**Weekend Wake-Up:** A high-energy cardio blast that varies with each instructor designed to get your weekend started with conditioning and strength exercises.

**Yin Yoga:** Slow paced practice focusing on holding poses for an extended period of time. Beneficial for increased flexibility, improved joint mobility, reducing stress, promoting relaxation by targeting deep connective tissues.

**Yoga:** Yoga is an excellent way to stretch & strengthen the body, focus the mind, and relax the spirit.

**Yoga Basics:** A transformative Yoga practice that allows you to execute poses while seated, using a chair or props for balance. Yoga Basics offers the same benefits as traditional yoga, like boosting strength, flexibility, mobility and mental well-being.

**Yoga/Pilates:** Combine Yoga, Pilates and Athletic Training. This class is designed to improve flexibility, range of motion, muscle tone, core control, coordination, and symmetry.

**Zumba®:** Latin inspired dance-fitness class that incorporates Latin and international music and dance movement