

CLASSROOMS
GYMNASIUM
MULTIPURPOSE ROOM
OUTDOORS
POOL
SPINNING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			TABATA Lisa 5:45am-6:30am			
TONE IT UP Sam 8:15-9:15am	TABATA Karen H. 8:15-9:30am	 Gail 8:15-9:15am	TABATA Karen H. 8:15-9:30am	TONE IT UP Sam 8:15-9:15am		
POWER HOUSE Stephen 8:30-9:30am	RESTORATIVE YOGA Karen McG. 8:30-9:30am	POWER HOUSE Rotation 8:30-9:30am	RESTORATIVE YOGA Karen McG. 8:30-9:30am	POWER HOUSE Stephen 8:30-9:30am	WEEKEND WAKE UP Jennifer 8:30-9:30am	
AQUA FIT Rotation 8:30-9:15am		AQUA FIT Rotation 8:30-9:15am		AQUA FIT Laura 8:30-9:15am		
RISE & RIDE Laura 9:30-10:15am		RISE & RIDE Gail 9:30-10:15am		RISE & RIDE Sam 9:30-10:15am		
WATER BLAST Rotation 9:30-10:15am		WATER BLAST Rotation 9:30-10:15am		WATER BLAST Laura 9:30-10:15am		
PILATES Rhonda 9:45-10:30am	GREAT BEGINNINGS Rotation 9:45-10:30am	PILATES Rhonda 9:45-10:30am	GREAT BEGINNINGS Ann 9:45-10:30am	FLOW & TONE Karen McGovern 9:45-10:30am		 Jennifer 9:45-10:45am
	YOGA Karen McG. 9:45-11:00am	FLEXIBLE FITNESS Ann 10:00-11:00am	YOGA Karen McG. 9:45-11:00am	FLEXIBLE FITNESS Ann 10:00-11:00am	FLEXIBLE FITNESS Rotation 10:00-11:00am	
				HONEY BEES Staff 10:00-11:00am	<p><u>Gym Hours</u> Monday-Thursday 5:30am-9:00pm</p> <p>Friday 5:30am-8:00pm</p> <p>Saturday 7:30am-5:00pm</p> <p>Sunday 1:00pm-6:00pm</p> <p><u>Pool Hours</u> Monday –Thursday 6:00am-8:00pm</p> <p>Friday 6:00am-7:00pm</p> <p>Saturday 8:00am-4:00pm</p> <p>Sunday 1:00pm-5:00pm</p>	
DEEP WATER Rotation 10:30-11:15am	BONES & BALANCE Rhonda 10:45-11:30am	Use it Don't Lose it Rotation 10:45-11:30am	BONES & BALANCE Ann 10:45-11:30am	DEEP WATER Rotation 10:30-11:15am		
	FLUID MOTION Lynn 11:00-11:45		FLUID MOTION Rotation 11:00-11:45			
 ZUMBA Laura 12:00-1:00pm		 ZUMBA Rotation 12:00-1:00pm		 ZUMBA Rotation 12:00-1:00pm		
SPIN+TRX Lisa 4:30-5:30pm				BOOT CAMP Rotation 4:30-5:30pm		
 ZUMBA Sussy 5:00-6:00pm	BOOTY BLAST Rotation 5:00-5:45pm	STEP IT UP Lisa 5:00-5:45pm	BOOTY BLAST Rotation 5:00-5:45pm			
Interval Spin+ Core Jennifer 5:30--6:30pm	SPLASH Lisa 5:45-6:30pm		SPLASH Elisabeth 5:45-6:30pm			
Stretch & Breath Michael 5:30-6:30pm	Daily Flo w Rob 5:30-6:30pm	POWER CORE YOGA Michael 5:30-6:30pm				
	 Jennifer 6:00-7:00pm	POWER HOUSE Jennifer 6:00-7:00pm	 Jennifer 6:00-7:00pm			

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!!!!*



Awaken Mind Body: Weekend *YOGA* of various formats that will leave you relaxed and refreshed. Join this great class and experience amazing techniques and different instructors every Saturday.



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.



BODY SCULPTING BODY PUMP: An amazing total body workout class! This session is a very straightforward concept that will improve your muscle definition by toning your entire body! Improve your circulation, metabolism and caloric burn while having fun!



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 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 you legs, glutes and abdominals. *Get ready for that booty to burn!*



Cardio and Core: Test your core and challenge your cardiovascular fitness



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: Is 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 (3 months- 8 years old) 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 beginners to advance. The perfect COMBO!



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: One hour class. This class has plyometrics, endurance drills, cardio and is set up in stations around the Gymnasium. Every day is fun, challenging and different!



Restorative Yoga: A gentle yoga class, using lots of props and modifications, designed to restore the mind, body and spirit. Ideal for those with chronic or acute injuries or conditions, anyone new to yoga, and anyone with joint or muscle issues. ****Appropriate for pre/postnatal women.**



Rise & Ride: GET FIT with this 45 minutes class. Burn calories, build muscle, improve endurance and relives stress!



Spin plus TRX: 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 under in 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 insolation with punches, kicks and jogging drills. Develop cardiovascular endurance while having fun!



Step it up +: Why to miss the wonderful benefits of a step class? Get your heart pumping with easy-to follow moves, ending with core and body resistance stretching. Get your + by adding some easy to follow kickboxing steps... Get a full cardio combo in 45 minutes!



Stretch and Breathe - This one-hour class will be devoted to providing enough movement to warm up the muscles and connective tissue interspersed with medium to long hold stretching. Pranayama (breath work) will be an integral part of this practice.



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. "It will jump your heart rate up pretty quickly," notes Lawton. 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 with your instructor Sam!



Use it DON'T lose it: A very DYNAMIC 45 minutes class! Keep moving with the drumming workout, tone up with the light dumbbell exercises, improve your balance with unique techniques and stretch before your 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 the 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 conditioned and strength exercises.



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



Yoga Daily Flow: Everyday Yoga for Everyday People. Approachable. Simple. Effective.



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