

CLASSROOMS
GYMNASIUM
MULTIPURPOSE ROOM
OUTDOORS
POOL
SPINNING

Group Fitness Schedule

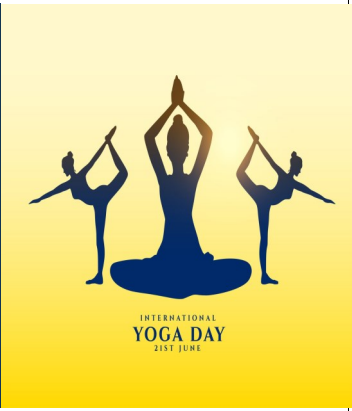
Monday			Friday		
8:00-9:00am	Body Pump	Roxanne	8:30-9:30am	Power House	Stephen
8:30-9:30am	Power House	Stephen	8:30-9:15am	Aqua Fit	Laura
8:30-9:15am	Aqua Fit	Rotation	9:30-10:15am	Rise and Ride	Rotation
9:30-10:15am	Rise and Ride	Rotation	9:30-10:15am	Water Blast	Laura
9:30-10:15am	Water Blast	Rotation	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			
3:30-4:30pm	Youth Program	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> Like us on: facebook</div> <div><div>STAY HEALTHY STAY HYDRATED</div></div> <div>NEW SCHEDULE</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			<div>MEN'S HEALTH AWARENESS MONTH</div>		
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			
3:30-4:30pm	Youth Program	Kanita			
5:00-5:45pm	Booty Blast	Rotation			
5:45-6:30pm	Splash	Elisabeth			
6:00-7:00pm	Body Pump	Jen			

NEW

NEW

NEW

NEW



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