

OUTDOORS

POOL

SPINNING

Group Fitness Schedule

Monday

8:15-9:15am

Tone It Up

Rotation

8:30-9:30am

Power House

Stephen

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

10:30-11:15am

Deep Water

Rotation

10:45-11:30pm

Yin Yoga

Rhonda

12:00-1:00pm

Zumba

Rotation

1:15-2:15pm

Strong QiGong

Matt

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

8:15-9:30am

Tabata

Karen

8:30-9:30am

Yoga Basics

Karen

9:45-10:30am

Great Beginnings

Rhonda

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

6:00-7:00pm

Body Pump

Jen

Wednesday

8:15-9:15am

Tone It Up

Rotation

8:30-9:30am

Power House

Rotation

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

6:45-7:45pm

Qigong

Tana

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

Friday

8:15-9:15am

Tone It Up

Karen

8:30-9:30am

Power House

Stephen

8:30-9:15am

Aqua Fit

Laura

9:30-10:15am

Rise and Ride

Rotation

9:30-10:15am

Water Blast

Laura

9:45-10:30am

Flow and Tone

Karen

10:00-11:00am

Flexible Fitness

Ann

10:30-11:15am

Deep Water

Rotation

12:00-1:00pm

Zumba

Rotation

1:15-2:15pm

Strong QiGong

Matt

4:30-5:30pm

Boot Camp

Rotation

Saturday

8:30-9:30am

Weekend WakeUp

Jen

9:45-10:45am

Pump

Jen

10:00-11:00am

Flexible Fitness

Rotation

11:15-12:15pm

Qigong

Tana

Gym Hours

Monday-Thursday

5:30am-9:00pm

Friday

5:30am-8:00pm

Saturday

7:30am-5:00pm

Sunday

1:00-6:00pm

Pool Hours

Monday -Thursday

6:00am-8:00pm

Friday

6:00am-7:00pm

Saturday

8:00am-4:00p

Sunday

1:00pm-500pm

May 7th

12:15pm

Perfect Posture

Class

Improve Posture

Help Maintain Balance

Decrease Pain

MEMORIAL DAY

CLOSURES & SCHEDULE

ADJUSTMENTS

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MENTAL

HEALTH

AWARENESS

MONTH

## 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