

# GROUP CLASSES

AUGUST 2024



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Fitness Studio</b>	5:30 -6:30 a.m. <b>Power Up</b> Dianna	5:45 -6:30 a.m. <b>Group Cycle</b> Erinn	5:30 -6:30 a.m. <b>Metabolic Strength</b> Julie	5:45 -6:30 a.m. <b>Cycle/Core</b> Dianna	6:15-7:00 a.m.. <b>F.I.I.T. Express</b> Dianna <i>Outdoors</i>		
						8:00-8:45 a.m. <b>Group Cycle</b> Erinn	
	9:30 -10:30 a.m. <b>Tabata</b> Erinn	9:00-9:50 a.m. <b>Zumba</b> Lee	9:30 -10:30 a.m. <b>Cardio Sculpt</b> Alissa	9:00-10:00 a.m. <b>Fitness Pilates</b> Erinn	9:30 -10:30 a.m. <b>Cycle 30/30</b> Erinn	8:50 -9:40 a.m. <b>TRX Circuit</b> Alissa	
				10:30-11:30 a.m. <b>Stretch &amp; Strength</b> Veril			
		12:00 -12:45 p.m. <b>Bootcamp</b> Lissie		12:00-12:45 p.m. <b>Bootcamp</b> Abbie		9:50-10:40 am <b>Zumba</b> Christine	
	5:45 -6:40 p.m. <b>Cardio Kickboxing</b> Lissie	5:30-6:30 p.m. <b>Cycle 30/30</b> Becca	5:45 - 6:45 p.m. <b>Cardio Excel</b> Lissie	5:45-6:45 p.m. <b>Tabata</b> Molly			
6:45-7:30 p.m. <b>Group Cycle</b> Dianna							
<b>Mind/Body Studio</b>	9:30-10:30 a.m. <b>Gentle Yoga</b> Karin		9:30 -10:30 a.m. <b>Gentle Yoga</b> Karin		9:30 -10:30 a.m. <b>Yin Yoga</b> Karin	8:30-9:30 a.m. <b>Mind Body Strength</b> Dianna	9:00-10:00 a.m. <b>Barre Sculpt</b> Dianna
		10:30-11:30 a.m. <b>Strength &amp; Balance</b> Karin				10:00 -11:00 am <b>Yoga Flow</b> Shana	10:30-11:30 a.m. <b>Yoga Flow</b> Shana
	5:45 -6:45 p.m. <b>Yoga Flow</b> Shana	5:15-6:15 p.m. <b>Fitness Pilates</b> Erinn	5:45 -6:45 p.m. <b>Yin Yoga</b> Shana				
	7:00 -8:00 p.m. <b>Yin Yoga</b> Shana	6:30-7:30 p.m. <b>Ultimate Barre Strength &amp; Squat</b> Dianna	7:00-8:00 p.m. <b>Yoga Flow</b> Shana	6:30-7:30 p.m. <b>Vin/Yin Yoga</b> Shana			
<b>Lap Pool</b>	8:00-8:45 am <b>Impact Free</b> Veril		8:00-8:45 am <b>Impact Free</b> Veril		8:00-8:45 am <b>Impact Free</b> Veril		
<b>Warm Water Pool</b>	9:00-9:45 a.m. <b>Aqua Variety</b> Veril	9:00-9:45 a.m. <b>Aqua Strength &amp; Conditioning</b> Veril	9:00-9:45 a.m. <b>Aqua Variety</b> Veril	9:00-9:45 a.m. <b>Aqua Strength &amp; Conditioning</b> Veril	9:00-9:45 a.m. <b>Aqua Intervals</b> Veril	8:00-8:45 a.m. <b>Aqua Variety</b> Becca	
	11:00 -11:45 a.m. <b>Core Cardio</b> Alissa	10:30-11:15 a.m. <b>Aqua Strength &amp; Conditioning</b> Veril	11:00 -11:45 a.m. <b>Core Cardio</b> Alissa		11:00 -11:45 a.m. <b>Core Cardio</b> Alissa		
	12:45-1:30 p.m. <b>Aqua Variety</b> Veril	12:00 -12:45 p.m. <b>Aqua Gentle Joints</b> Veril	12:45-1:30 p.m. <b>Aqua Variety</b> Veril	12:00 -12:45 p.m. <b>Aqua Gentle Joints</b> Cathie	12:45-1:30 p.m. <b>Aqua Variety</b> Veril		
	6:00-6:45 p.m. A <b>Core Cardio</b> Becca		6:00-6:45 p.m. <b>Aqua Variety</b> Rotation				
							5/22/24

**Warm Water pool is not available for open swim during class time.**

## Fitness Studio Classes

**Bootcamp** (Beginner-Advanced) – A high-intensity circuit class that will challenge your strength and improve endurance through a wide array of functional movements.

**Cardio Excel** (Intermediate-Advanced) Improve cardio endurance in a fun, calorie-burning extended duration class for all fitness levels.

**Cardio Kickboxing** (Beginner-Advanced) Non-stop class includes calisthenics, kickboxing drills, and cardio combination. Learn to integrate kicks, punches, blocks and footwork.

**Cardio Sculpt** (Beginner-Advanced) Improve cardio endurance in a fun, calorie-burning extended duration class for all fitness levels.

**Cycle 30/30** (Beginner – Advanced)  
Get it all done in one workout – 30 minutes on the bike, 30 minutes of weights/ bands and core work off the bike.

**Cycle Core** (Beginner-Advanced) Start your workout with high intensity interval training on a stationary bike for 30 minutes and complete your workout with 15 minutes of core training.

**Fitness Pilates** (Beginner-Advanced)  
Pilates and ballet exercises focus on core stability and balance to sculpt thighs, tone and firm glutes and flatten abdominals.

**Group Cycling** (Beginner-Advanced) Low impact, high intensity cardio workout performed on a stationary bike and set to pumping music.

**Metabolic Strength Training** (Beginner-Advanced)  
Low impact class with a focus on strength training using free weights, body weight, body bars and resistance bands.

**Power Up** (Beginning-Advanced)  
A group circuit class that focuses on strength and power using weights and resistance training equipment. A full body workout to start your week strong.

**Tabata** (Intermediate-Advanced)  
High intensity interval training that produces remarkable results through a variety of training techniques. The intervals tax both your aerobic and anaerobic energy systems.

**TRX Circuits** (Beginner to Advanced)  
Full body workout that uses the TRX Suspension System, resistance bands, dumbbells, and mats. This class incorporates core work, plyometrics, resistance training, stability and balance.

**Zumba** (Beginner-Advanced) Fun-filled class that utilizes easy to follow Latin dance moves with energy pumping music.

## Mind/Body Studio Classes

**Barre Sculpt** (Beginner-Advanced)  
Stations and a quicker pace add variety to your barre workout. Get the heart pumping and tone muscle groups both large and small muscles.

**Gentle Yoga** (Beginner-Intermediate)  
A blend of easy, flowing moves, light stretching, and focused breathing designed to increase flexibility and calm the mind.

**Mind Body Strength** (Beginner – Advanced) – Low impact, moderate intensity workout using bars, bands and weights for maximum calorie burn.

**Strength & Balance** (Beginner-Intermediate) This class incorporates all elements of fitness while building strength, improving balance, and increasing flexibility.

**Stretch & Strength** (Beginner- Intermediate) Floor and weight movements to strengthen your back and core, combined with head to toe stretching.

**Ultimate Barre Strength and Squat** (Beginner-Advanced) A low impact muscle endurance workout that focuses on strength, balance, and toning. Special emphasis will be given to lower body exercises to improve leg strength and definition.

**Yoga Flow** (Beginner-Advanced)  
A flowing form of yoga with slightly quicker transitions between poses designed to increase strength, endurance, and flexibility.

**Yin Yoga** (Beginner-Advanced)  
A slow-paced style of yoga practiced mainly on the floor. Poses are held longer to target deep connective tissue and fascia.

**Vin/Yin Yoga (Beginner-Advanced)**  
A yoga sequence that combines Vinyasa Yoga and Yin Yoga.

## Lap Pool Aqua Classes

**Impact Free Aqua** (All Levels)  
Buoyancy belts provide a no-impact cardio workout. Great for beginners but challenging enough for experienced aqua exercisers.

## Warm Water Pool Aqua Classes

**Aqua Gentle Joints (All Levels)** The emphasis of this water-based class is slow, gentle range of motion exercises for all joints. These exercises also strengthen the muscles which support the joints using the resistance of the water. This class is held in our warm water pool.

**Aqua Intervals** (All levels) Strength exercises mixed with High Intensity Interval Training. Easy to follow - challenge your workout and improve overall fitness.

**Aqua Mix** (All levels) Set your pace as you enjoy the benefits of water. Using water resistance and equipment, you will enhance your flexibility, muscle strength, and cardio-respiratory fitness to develop a healthier you.

**Aqua Strength and Conditioning** (All Levels)  
Combined moves help build strength, balance, and mobility. Suitable for all levels.

**Aqua Variety** (All Levels)  
Use weights, noodles and other equipment to take your workout to the next level. Suitable for all levels.

**Core, Cardio & Balance** (All Levels)  
Low impact cardio and strength exercises improve balance, keep bones and muscles strong and improve cardiovascular health.

## Outdoors

**F.I.I.T Express** (All Levels)  
Pressed for time, but still want a great high-intensity workout? Field, Intensity, Interval Training is a 45-minute outdoor class that utilizes weights, bands, body weight and more. Class will meet on the WC Football Field weather permitting.