

GROUP CLASSES

OCTOBER 2024



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fitness Studio	5:30 -6:30 a.m. Power Up Dianna	5:45 -6:30 a.m. Group Cycle Erinn	5:30 -6:30 a.m. Metabolic Strength Julie	5:45 -6:30 a.m. Cycle/Core Dianna	5:30 -6:30 a.m. Friday Fusion Dianna		
						8:00-8:45 a.m. Group Cycle Erinn	
	9:30 -10:30 a.m. Tabata Erinn	9:00-9:50 a.m. Zumba Lee	9:30 -10:30 a.m. Cardio Sculpt Alissa	9:00-10:00 a.m. Fitness Pilates Erinn	9:30 -10:30 a.m. Cycle 30/30 Erinn	8:50 -9:40 a.m. TRX Circuit Alissa	
				10:30-11:30 a.m. Stretch & Strength Veril		9:50-10:40 am Zumba Christine	
	5:45 -6:40 p.m. Cardio Kickboxing Lissie	5:30-6:30 p.m. Cycle 30/30 Becca	5:45 - 6:45 p.m. Cardio Excel Lissie	5:45-6:45 p.m. Tabata Molly			
6:45-7:30 p.m. Group Cycle Dianna							
Mind/Body Studio	9:30-10:30 a.m. Gentle Yoga Karin		9:30 -10:30 a.m. Gentle Yoga Karin		9:30 -10:30 a.m. Yin Yoga Karin	8:30-9:30 a.m. Mind Body Strength Dianna	9:00-10:00 a.m. Barre Sculpt Dianna
		10:30-11:30 a.m. Strength & Balance Karin	10:45-11:30 a.m. Intro to Chair Yoga Karin			10:00 -11:00 am Yoga Flow Shana	10:30-11:30 a.m. Yoga Flow Shana
	5:45 -6:45 p.m. Yoga Flow Shana	5:15-6:15 p.m. Fitness Pilates Erinn	5:45 -6:45 p.m. Yin Yoga Shana				
	7:00 -8:00 p.m. Yin Yoga Shana	6:30-7:30 p.m. Ultimate Barre Strength & Squat Dianna	7:00-8:00 p.m. Yoga Flow Shana	6:30-7:30 p.m. Vin/Yin Yoga Shana			
Lap Pool	8:00-8:45 am Impact Free Veril		8:00-8:45 am Impact Free Veril		8:00-8:45 am Impact Free Veril		
Warm Water Pool	9:00-9:45 a.m. Aqua Variety Veril	9:00-9:45 a.m. Aqua Strength & Conditioning Veril	9:00-9:45 a.m. Aqua Variety Veril	9:00-9:45 a.m. Aqua Strength & Conditioning Veril	9:00-9:45 a.m. Aqua Intervals Veril	8:00-8:45 a.m. Aqua Variety Becca	
	11:00 -11:45 a.m. Core Cardio Alissa	10:30-11:15 a.m. Aqua Strength & Conditioning Veril	11:00 -11:45 a.m. Core Cardio Alissa		11:00 -11:45 a.m. Core Cardio Alissa		
	12:45-1:30 p.m. Aqua Variety Veril	12:00 -12:45 p.m. Aqua Gentle Joints Veril	12:45-1:30 p.m. Aqua Variety Veril	12:00 -12:45 p.m. Aqua Gentle Joints Cathie	12:45-1:30 p.m. Aqua Variety Veril		
	6:00-6:45 p.m. A Core Cardio Becca		6:00-6:45 p.m. Aqua Variety Rachel				
							9/25/24

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

Fitness Studio Classes

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.

Friday Fusion (Beginner-Advanced) End your week or start your weekend a combination total body workout using weights, bands, kettlebells and bodyweight.

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.

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

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.

Chair Yoga (Beginner-Intermediate)
A gentle form of yoga practiced sitting in a chair or standing using a chair for support. Enhances flexibility and body awareness.

Intro to Chair Yoga (Beginner – Intermediate) – A seated yoga practice using a chair for balance, making it accessible to everyone. Increase blood flow, improve flexibility, and decrease blood pressure, inflammation and chronic pain.

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.

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.