

Group Fitness

mon	tue	wed	thu	fri	sat
LAND					
The Ride - Kris 5:30-6:15 am		Step N' Strength Beth 5:20-6:05 am		BootCamp - Beth 5:20-6:05 am	
	Silver Sneakers Beth 8-8:50 am Silver Sneakers Yoga- Beth 9:00-9:45 am		Silver Sneakers - Sallie 8:00-8:50 am Silver Sneakers Yoga - Sallie 9:00-9:45 am		
Silver Circuit - Amanda 12:00-12:45 pm					◆ TAE KWON DO - Nick (White Belt) 1:30-2:30 pm
	NEW			NEW	◆ TAE KWON DO - Nick (Color Belt) 2:30-3:30 pm
Functional Movement - Beth 4:30-5:15 pm	P.E.R-S.P.I.R. E - Beth 4:30-5:15 pm	Body Challenge - Tania 4:30-5:15 pm	SPRINT - Amanda 4:30-5:00pm		
	The Ride - Kris 5:30 - 6:15pm		H.I.I.T - Beth 5:05-5:50 pm		
	Zumba - Tina 5:30-6:15 pm				
Yoga - Cary 6:15-7:00 pm		Yoga - Cary 6:15-7:00 pm			
WATER -- See Blue Sheets for FULL POOL SCHEDULE --					
Aqua Splash - Amy 8:00-8:45 am		Aqua Splash - Amanda 8:00-8:45 am		Aqua Splash - Beth 8:00-8:45 am	
Silver Sneakers Splash- Amy 9:00-9:45 am		Silver Sneakers Splash - Margaret 9:00-9:45 am		Aqua Splash - Beth 9:00-9:45 am	
	Aqua Splash - Amy 10:00-10:45 am		Aqua Splash - Amy 10:00-10:45 am		
	◆ Aqua Chronic Pain - Amy 11:00-11:45 am		◆ Aqua Hip, Knee and Back - Amy 11:00 - 11:45 am		
Aqua Splash - Amy 1:00-1:45 pm		Aqua Splash - Amy 1:00-1:45 pm			
	Aqua Splash- Judy 5:15 - 6:00 pm		Aqua Splash- Judy 5:15 - 6:00 pm		

Group Fitness classes are included with membership
◆ Indicates Specialty Class available to members and general public for an additional fee

Class Descriptions

♦ **Aqua Chronic Pain** - Using the 86 degree pool, this workout is designed to use water's buoyancy and relaxation exercises to reduce chronic pain.

Aqua Hip, Knee, and Back - Discover the benefits of water if you have hip, knee, or back pain or are a pre/post-surgery patient. This class is taught by a Group Fitness Instructor.

Aqua Splash

Test the water with us in this aquatic fitness class. We will perform cardiovascular exercises in the shallow end of the pool as well as strength training exercises for the upper and lower body using water, weights and resistance tubing for an added challenge. All ages and skill levels are welcome!

Body Challenge – Build strength and endurance in this cutting-edge conditioning class. Instructor changes routines weekly to test your skills!

Boot Camp! – The name says it all...lift, shape and firm your low and upper body in this high intensity workout! Using large lower body muscles to burn off calories quickly, these dynamic moves also engage your core (abs, lower back, obliques), as an added bonus!

♦ **Cardiac Rehab** - Lives Improved through Fitness and Education class is designed for anyone who has finished a hospital-based Phase Two Program and would like to continue in a supervised format. Class includes: pre/post blood pressure and heart rate monitoring, group warm up and cool down, personalized exercise prescription. Begins immediately when phase two is complete.

Functional Movement – Are you not moving like you used to? This class will teach the principles of how to move better, become more efficient and minimize injury by working exclusively on flexibility and core. All levels welcome.

H.I.I.T - High Intensity Interval Training is a total body, heart pumping, aerobic, and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body. Modifications for all fitness levels are provided.



P.E.R.- S.P.I.R. E –

P – Power : **E** – Endurance : **R**- Resistance
S – Strength : **P** – Plyometric : **I** - Intervals
R – Rest : **E** – Exhilarated

The title says it all!! This class will challenge you as much or as little as you want in this full body workout!
Let's SWEAT!

Sculpt and Tone - This class will use weights, bands, bars, stability balls, and medicine balls to shape up your core and redefine your muscles. This class will target every muscle of your body to improve strength and stability which will help you become strong and lean.

Silver Circuit- Get your heart rate up and improve functional strength. Have a better understanding of how and when to use our Cybex Weight Machines as well as the benefits of resistance training.

SilverSneakers® Classic – Increase muscular strength, range of movements and activity for daily living. Build functional strength using hand-held weights, elastic tubing, and a ball for resistance. A chair is used for seated and/or standing support.

Silver Sneakers Splash- This class uses the shallow end of the pool to improve agility, flexibility, and cardiovascular endurance. You will learn exercises that can help you increase your joint range of motion and strengthen muscles without excess stress. It provides a friendly and supportive group atmosphere to help improve limited mobility. No swimming ability is required.



SPRINT –

This 30 minute cycling class offers great cardiovascular endurance!!

Silver Sneakers Yoga – Increase circulation, flexibility, range of motion, balance and overall energy. Perfect for those with physical limitations that find it difficult to get on and off the floor. Come warmed up and ready to go!

Step & Strength – One of the most popular and effective ways to burn fat and build cardiovascular endurance. Using the step as a “training tool” to enhance the athletic training component. Includes heart-pumping cardio work, mixed with strength for a complete full body workout. Let's step it up!

The Ride – Outdoor cycling with indoor comfort. An amazing cardio workout filled with intervals, hill climbs, speed work, and endurance training. You control the intensity of the ride, we control the “bumps and curves” in the road. Be prepared to go outside if weather permits.

Yoga – A mind/body exercise focusing on improving your flexibility, strength and balance while enhancing your posture, coordination and mental focus.

Zumba® – Let the party begin! Zumba® is a Latin-dance inspired fitness class featuring interval training using fast and slow rhythms to maximize caloric output, fat burning and total-body toning. No experience required!

Zumba® Strong – High Intensity Tempo Training - Unlike all other workouts, we craft and engineer the songs to match every move, driving the intensity in a challenging progression that provides a total body workout. This class will push you past your limits to help you reach your fitness goals faster. Using your own body weight, you will gain muscular endurance, tone, and definition, and you will experience an increased after burn.