

JANUARY - MAY 2018

Group Fitness

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

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!

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 Strength –



This is the second level from Functional Movement. This program will guide you through strength and balance movements to help improve your quality of movement and muscle recruitment. This class will teach the principles of how to move better, become more efficient and minimize injury by working slowly through full body strength moves. Starting from your ankles all the way up to shoulders. Sessions will always begin with mobility warm-ups to prepare the body.

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.

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.