

# Group Exercise Schedule

Winter 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Bootcamp 6:30am <i>Sports Court</i>	Aqua Fit 7:30am <i>Pool</i> 	Bootcamp 6:30am <i>Sports Court</i>	Aqua Fit  7:30am <i>Pool</i>	Spin 8:15am <i>Studio 2</i>	Yoga 10:15am <i>Studio 1</i>
Aqua Fit  7:30am <i>Pool</i>	Pilates Strength 8:45am <i>Studio 1</i>	Yoga 8:00am <i>Studio 2</i>	Pilates 8:45am <i>Studio 1</i>	Aqua Str. & Flex 8:45 am  <i>Pool</i>	Pilates Strength 9:00 am <i>Studio 1</i>	
Yoga 8:00am <i>Studio 2</i>	Cycle Bootcamp 9:00 am <i>Studio 2</i>	Aqua Str. & Flex  8:45 am <i>Pool</i>	Cycle Bootcamp 9:00 am <i>Studio 2</i>	F.I.R.E 9:00am <i>Studio 1</i>	Yoga 10:00am <i>Studio 2</i>	
F.I.R.E 9:00am <i>Studio 1</i>	LIFT & Balance 10:00am <i>Studio 1</i>	Step & Strength 9:00am <i>Studio 1</i>	LIFT & Balance 10:00am <i>Studio 1</i>	Functional Core 10:15am <i>Studio 1</i>	MELT for Pilates 10:15 am <i>Studio 1</i>	
Functional Core 10:15am <i>Studio 1</i>	Chair Yoga 11:15am <i>Studio 2</i>	Functional Core 10:15am <i>Studio 1</i>	Zumba Gold 11:15am <i>Studio 1</i>	Yoga 12:00pm <i>Studio 2</i>	Zumba Gold 11:30am <i>Studio 1</i>	
Gentle Yoga 5:30pm <i>Studio 2</i>	MELT for Pilates 6:00pm <i>Studio 2</i>	Nia 11:30am <i>Studio 1</i>	Deep Water Aerobics 6:00pm  <i>Pool</i>			
PiYo 5:30 pm <i>Studio 1</i>	Aqua Yoga 6:05-7:05pm  <i>Pool</i>	Yoga 5:30pm <i>Studio 2</i>	Zumba 6:30pm <i>Studio 1</i>			
	Zumba 6:30pm <i>Studio 1</i>	Strength & Cond. 5:30pm <i>Studio 1</i>				
		Bootybarre 6:45pm <i>Studio 2</i>				



# Class Descriptions

## Boot Camp

Our Boot camp is designed for MAXIMUM calorie burn in the shortest amount of time. We want to get you fit, get you healthy, challenge your mind, challenge your body, and get results.

## LIFT & Balance

This low impact functional toning class focuses on functional strength training and improving cardiovascular health. All fitness levels welcome but target toward those will limitations.

## Cycle Bootcamp

This 50 min. spinning class mixes aerobic training on the bike at intensities ranging from a warm-up spin to an all out sprint with a huge arsenal of body weight movements programmed to help balance out your posture, longevity, and performance.

## Yoga

Relax, get focused, and connect with your body in this rewarding class . Students learn proper form and breathing while practicing a broad range of yoga postures . Suitable for all levels.

## AquaFit

An active workout designed to improve aerobic fitness, strength and flexibility. This class is taught in the Lap Pool.

## Chair Yoga

For anyone who has ever hesitated to try yoga because of the challenge of getting down onto the floor or doing standing poses. Any pose that can be done standing, sitting, or lying on a mat can be on a chair.

## F.I.R.E

This class is a blend of everything and then some. You will have moments of kickboxing, then the next strength and then everything in between.

## Functional Core

This class focuses on toning and strengthening the body's core abdominal and back muscles. This powerful workout is for the "powerhouse" of your body.

## MELT for Pilates

MELT techniques are used to prepare the body to move into better alignment, and to gain more precision and control over the mat Pilates exercises. This class will help to bring the body back to its ideal state -- especially while exercising.

## Nia

Nia is a cardio dance group fitness class that incorporates dance arts, martial arts, and healing arts. Nia is for every one at every level. With an ongoing practice, Nia promotes mindfulness, holistic fitness and well-being.

## PiYo Live!

PiYo is a fun, challenging fusion of Pilates and Yoga inspired movements. Burn calories as you tone muscles, work on balance and flexibility with dynamic movements that will increase your cardiovascular capacity!

## Spin

An all-terrain ride that will burn calories, build strength, and improve fitness. The energetic music motivates each rider through a variety of speed and resistance challenges.

## Step and Strength

This isn't your mothers Step class. You will get the cardio benefit of step with the functional strength of todays latest techniques. This class is geared to all fitness and step levels.

## Pilates

Pilates is a dynamic core conditioning method that incorporates techniques both standing and on the mat. You will build flexibility, strength, endurance, and more.

## Zumba

One of the most unique, and fun exercise programs! A fusion of different Latin and hip hop based dances mixed together for the ultimate burn and maximum fun! Great for all fitness levels!

## Zumba Gold

The same great Zumba formula. Each class has a longer warm up and cool down to allow participants a program improves balance, flexibility and cardiovascular strength.

## bootybarre,

Fuses techniques from Dance, Pilates, and Yoga to tone, define and chisel the body. A perfect combination of strength and flexibility with a cardiovascular element utilizing the barre.

## Aqua Strength & Flex

Is geared to improve balance and mobility by working in the warmer water. This class taught in the Leisure Pool.

## Deep Water Aerobics

This class takes place in the deep end of the lap pool. You are given a floatation belt to help support you during an Active workout with no impact.

## Aqua Yoga

This is a low impact aqua class that preforms yoga poses in warm water. The poses will help improve balance, strength and range of motion.

