

# Group Ex Schedule



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

# Class Descriptions



## **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

## **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.

## **Cycle Bootcamp**

This 50 minute class mixes cardio training on the bike with bodyweight and weighted movements off the bike to mix things up. Aimed to help balance out your posture, longevity, and performance.

## **F.I.R.E**

This class is a challenging blend of everything from kickboxing to strength.

## **Functional Core**

Focus on toning and strengthening the core with a combination of weighted moves, stability balls and bodyweight movements.

## **LIFT & Balance**

A low impact class focusing on functional strength and improving cardiovascular health. All levels welcome but geared toward those with limitations.

## **MELT Method**

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

## **Nia**

Nia is a cardio dance class incorporating dance, martial arts, and healing arts. Perfect for everyone at every level. With an ongoing practice, Nia promotes mindfulness, holistic fitness and well-being.

## **PiYo Live!**

A Yoga-inspired, high-intensity but low-impact class that burns calories as you tone muscles. Work on balance and flexibility with dynamic movements that will increase your cardiovascular capacity!

## **Integrative Pilates Fusion**

A dynamic class that engages your brain while incorporating techniques from Pilates. Exercises are performed both standing and on the mat. Improve balance, functional movement, strength, endurance, and more.

## **Spin**

An all-terrain ride that will burn calories, build strength, and improve fitness.

## **Strength & Conditioning**

This class 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.

## **Yoga**

Relax, get focused, and connect with your body in this rewarding class. Learn proper form and breathing while practicing a broad range of yoga postures.

## **Zumba**

A fusion of Latin and hip hop-based movements mixed together for the ultimate burn and maximum fun! Great for all fitness levels!

## **Zumba Gold**

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

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

**Aqua Strength & Flex:** Is geared to improve balance and mobility by working in warmer water. This class taught in the Leisure Pool.

**Deep Water Aerobics:** In this no impact class you will focus on building cardiovascular capacity 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.

**\*Zumba is offered on the 1<sup>st</sup> and 3<sup>rd</sup> Saturday of each month. Nia is offered on the 2<sup>nd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> Saturday of each month.**

*\*\*\*All classes must maintain a minimum of 5 participants on average to remain on the schedule. Please note that classes may change to a similar format should a substitute be needed. For the most up to date information regarding class and schedule changes, follow us on Facebook.\*\*\**