



Group Ex Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am/6:00am	Spin Mix 5:45-6:45 <i>Studio 1</i>	Dynamic HIIT 5:45-6:45 <i>Studio 1</i>		Dynamic HIIT 5:45-6:45 <i>Studio 1</i>	Spin Mix 5:45-6:45 <i>Studio 1</i>		
7:00am	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>		
8:00am	Yoga 8:00-9:00 <i>Studio 2</i> PUMP 8:30-9:30 <i>Studio 1</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> YogaStrong 8:30-9:30 <i>Studio 1</i> Aqua Str. & Flex 8:45-9:45 <i>Pool</i>	Integrative Pilates Fusion 8:45-9:45 <i>Studio 1</i>	bootybarre 8:30-9:30am <i>Studio 2</i> PUMP 8:30-9:30 <i>Studio 1</i> Aqua Str. & Flex 8:45-9:45 <i>Pool</i>	Spin 8:15-9:15 <i>Studio 2</i>	
9:00am	Tai Chi 'The Sequel' 9:15-10:15 <i>Studio 2</i> Functional Core 9:45-10:45 <i>Studio 1</i>	Spin Mix 9:00-10:00 <i>Studio 2</i>	Tai Chi 'The Very Beginning' 9:15-10:15 <i>Studio 2</i> Functional Core 9:45-10:45 <i>Studio 1</i>	Spin Mix 9:00-10:00 <i>Studio 2</i>	Functional Core 9:45-10:45 <i>Studio 1</i>	Integrative Pilates Fusion 9:00-10:00 <i>Studio 1</i>	
10:00am		LIFT & Balance 10:00-11:00 <i>Studio 1</i>		LIFT & Balance 10:00-11:00 <i>Studio 1</i>		Yoga 9:30-10:30 <i>Studio 2</i> MELT Method 10:15-11:15 <i>Studio 1</i>	Yoga 10:15-11:15 <i>Studio 2</i>
11:00am/12:00pm	bootybarre 11:00-12:00 <i>Studio 2</i>	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>	Yoga 12:00-1:00 <i>Studio 2</i>	Zumba Gold/Nia* 11:30-12:30 <i>Studio 1</i>	
5:00pm	Strength & Conditioning 5:30-6:30 <i>Studio 1</i> Gentle Yoga 5:30-6:30 <i>Studio 2</i>		Strength & Conditioning 5:30-6:30 <i>Studio 1</i> Yoga 5:30-6:30 <i>Studio 2</i>				
6:00pm		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> REFIT 6:30-7:30 <i>Studio 1</i>			

CLASS DESCRIPTIONS



Lower Intensity Classes

Chair Yoga

Yoga that eliminates the challenge of getting down onto the floor with standing, sitting, and mat poses performed on a chair.

LIFT & Balance

A challenging low-impact class focusing on improving functional strength, balance, and cardiovascular health.

MELT Method

MELT techniques are used to prepare the body to move into better alignment, and to gain more precision and control during exercise.

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.

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.

Tai Chi

The Very Beginning: A slow paced, low impact, gentle movement art based on the Yang family 24-movement Short Form. Practice meditative mind-body exercise with slow and rhythmical movements to increase balance, flexibility, muscle strength, and enhance well-being. Designed for beginning students, this class introduces Tai Chi forms 1-12.

The Sequel: Based on the Yang family 24-movement Short Form, this class will deepen practice of forms 1-12 as introduced in Tai Chi "The Very Beginning" and progresses to forms 13-24. All are welcome, but previous Tai Chi experience or mindful moving practice is helpful.

Yoga

Relax, get focused, and connect with your body. Proper form and breath-work are emphasized in a broad range of yoga postures.

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.

Aqua Classes

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: A no-impact class focused on building cardiovascular capacity. We provide a floatation belt to help support you during an active workout in the deep end of the lap pool.

Higher Intensity Classes

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

Spin Mix

A mix of cardio training on the bike with body-weight and free-weight training exercises off the bike.

Dynamic HIIT

High Intensity Interval Training at its finest! Quick and intense bursts of exercise with active recovery periods to improve muscular strength and endurance.

PUMP

This is a high intensity workout that utilizes weights and intense cardio blasts in order to build strength, power and burn a high amount of calories. Participants of all fitness levels are welcome, but come to class ready to sweat!

Functional Core

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

YogaStrong

This class mixes it up with Yoga, weight training, cardio, and core for long and strong muscles.

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. Get fit, get healthy, and get results!

REFIT

Dance fitness that add resistance-training elements to give you a total-body workout!

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 is offered on the 1st and 3rd Saturday of each month.**

Nia is offered on the 2nd, 4th, and 5th 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.****