

GROUP EX SCHEDULE - UPDATED 11/9/23

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cycle 6:30am Clodagh	Body Sculpt 7:00am Emily	Cycle 6:30am Clodagh	Body Sculpt 7:00am Emily	Aqua Fit 7:15am Beth	Vinyasa/ Yin Yoga 8:30am Samina
Aqua Fit 7:15am Hannah	Cycle 9:00am Marleise	Aqua Fit 7:15am Hannah	Barre 9:00am Wendy	Tai Chi 8:00am Lia	Cycle 8:30am Marleise
Aqua Strength & Flex 8:30am Hannah	Gentle CardioYo 10:30am Diane	Tai Chi 8:00am Lia	Cycle 9:00am Marleise	Aqua Yoga 8:30am LuAnn	Zumba 10:00am Ann
Barre 9:00am Wendy	Vinyasa Flow Yoga 10:30am Kristi	Aqua Fusion 8:15am Hannah	Vinyasa Flow Yoga 10:30am Kristi	Zumba Gold 10:00am Sandra	Body Sculpt 10:00am Marleise
Gym Orientation 10:00am Kristi	Body Sculpt 12:00pm Marleise	Sit & Be Fit 9:00am Marleise	Gentle CardioYo 10:30am Diane	Sit & Be Fit 11:15am Marleise	
Lift & Balance 10:15am Diane	Pilates 4:30pm Emily	Lift & Balance 10:15am Diane	Body Sculpt 12:00pm Marleise	Vinyasa Flow Yoga 3:45pm Kristi	
Chair Yoga 11:15am Diane	Line Dancing 5:45pm Emily	Chair Yoga 11:15am Diane	Pilates 4:30pm Emily		
Pilates 12:15pm Kristi		Yogalates 12:15pm LuAnn	Line Dancing 5:45pm Emily		
Yoga Flow & Deep Stretch 5:30pm Carol		Vinyasa Flow Yoga 5:30pm Kristi	Deep Water Aerobics 5:45pm LuAnn		
Cycle 5:45pm Beth		Cycle 5:45pm Peter			

- Pool
- Studio 1
- Studio 2
- Tennis Court
- Weight Room



Questions? E-Mail fitness@mtparkhoa.com

CLASS DESCRIPTIONS

Pilates

A full body workout that helps create long, lean muscles. Pilates is performed on a mat on the floor, using gravity and your body's own resistance to work the muscles.

Cycle

Join us for a classic, high-intensity cycling workout. This class is a fun, challenging, and energizing way to get your cardio!

Barre

Barre 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.

Zumba

Filled with Latin and World rhythms, Zumba delivers a total workout – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. No experience necessary, every body is welcome! Let's party!

Yogalates

Yogalates is a focused class that combines Yoga asanas and Pilates core movement for a body, mind and soul workout.

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 that improves balance, flexibility, and cardiovascular strength.

Gentle CardioYo

A blend of nonimpact floor cardio movements, followed by basic standing yoga poses with or without very light weights. No yoga experience necessary.

Fitness Equipment Orientation

Learn more about how to use the fitness equipment in the weight room - both strength and cardio machines - join us for a 30-minute orientation.

Line Dancing

Join us for a fun-filled hour learning one to two line dances per class so fun you forget your getting fit at the same time!

Body Sculpt

This class is designed to help build strength and endurance. It includes resistance training, body weight exercises and finishes with core training and stretching for a complete workout.

HIIT

Get ready to sweat! HIIT It is a high intensity class influenced by boxing conditioning exercises that will help you develop power, muscular endurance, and cardiovascular endurance. *Feel free to bring your own boxing gloves if you have them.

Yogalates

Yogalates is a focused class that combines Yoga asanas and Pilates core movement for a body, mind and soul workout.

Vinyasa Flow Yoga

This class focuses on the flow of one position to the next, often matched to controlled breathing.

Vinyasa/Yin Yoga

This type of yoga class is a combination of vinyasa flow while also holding a pose for a longer amount of time to get a deeper stretch.

Chair Yoga

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

Tai Chi

A slow-paced, low impact, gentle movement class based on 24-movement Short Form. Increase balance and enhance well-being.

Yoga Flow & Deep Stretch

Easy Yoga flow and deep stretch to extend and improve flexibility and joint mobility.

Sit & Be Fit

You can utilize a chair, or choose to stand for this class! This class focuses on resistance training in a safe and effective way to give you a full body workout.

L.I.F.T. & Balance (Low Impact Functional Toning)

Workouts focused on proper body mechanics, balance, and alignment to help improve quality of life and decrease risk of injury.

AQUATICS

Aqua Strength & Flex

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

Deep Water Aerobics

This class focuses on aerobic endurance and resistance training to upbeat music. Flotation devices are used so there is no impact on knees and hips. A great workout, come join the fun!

AquaFit

An active workout designed to improve aerobic fitness, strength, and flexibility.

AquaYoga

An active workout designed to improve balance, strength, and flexibility.

Aqua Fusion

This is a fun, all over cardio, toning and strength class utilizing a variety of different equipment.