

GROUP CLASSES

AUGUST - 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fitness Studio	5:30 -6:30 a.m. Cardio Intervals Dianna		5:30 -6:30 a.m. Metabolic Strength Julie		6:15-7:15 a.m. Friday Field Day Dianna OUTDOORS		
						8:00-8:45 a.m. Group Cycle Erinn	
	9:00-10:00 a.m. Tabata Erinn	9:00-10:00 a.m. Zumba Lee	9:00-10:00 a.m. Cardio Sculpt Alissa	9:00-10:00 a.m. Fitness Pilates Erinn	9:00-10:00 a.m. Cycle 30/30 Erinn	8:50 -9:35 a.m. TRX Circuit Alissa	
		12:00 -12:45 p.m. Bootcamp Erinn		12:00-12:45 p.m. Bootcamp Rotation		9:45-10:35 am Zumba Christine	
	6:00-6:45 p.m. Group Cycle Bill	5:30 – 6:30 p.m. Cycle 30/30 Erinn	5:45 – 6:40 p.m. Cardio Excel Rotation	5:30-6:30 p.m. Tabata Erinn			
			6:45-7:30 p.m. Group Cycle Bill				
Mind/Body Studio						8:30-9:30 a.m. Body Sculpt Dianna	9:00-10:00 a.m. Barre Sculpt Dianna
	9:30-10:30 a.m. Gentle Yoga Karin	10:30-11:30 a.m. Strength & Balance Karin	9:30 -10:30 a.m. Yin Yoga Karin	10:30-11:30 a.m. Stretch & Strength Veril		10:00 -11:00 am Yoga Flow Shana	10:30-11:30 a.m. Yoga Flow Shana
	6:30-7:30 p.m. Yin Yoga Shana	6:30-7:30 p.m. Barre Cardio Dianna	6:30-7:30 p.m. Yoga Flow Shana	6:30-7:30 p.m. Vin/Yin Yoga Shana			
Lap Pool	8:00-8:45 am Impact Free Veril		8:00-8:45 am Impact Free Veril		8:00-8:45 am Impact Free Veril		
Warm Water Pool							
	9:00-9:45 a.m. Aqua Variety Veril	9:00-9:45 a.m. Aqua Strength & Conditioning Veril	9:00-9:45 a.m. Aqua Variety Veril	9:00-9:45 a.m. Aqua Strength & Conditioning Veril	9:00-9:45 a.m. Aqua Variety Veril		
	10:30-11:15 a.m. Core Cardio Alissa	10:30-11:15 a.m. Aqua Strength & Conditioning Veril	10:30-11:15 a.m. Core Cardio Alissa	10:30-11:15 a.m. Aqua Variety Cathie	10:30-11:15 a.m. Core Cardio Alissa		
	12:00-12:45 p.m. Aqua Variety Veril		12:00-12:45 p.m. Aqua Variety Veril		12:00-12:45 p.m. Aqua Variety Veril/Erinn		
	6:00-6:45 p.m. Core Cardio Becca		6:00-6:45 p.m. Aqua Variety Rachel				7/28/22

Warm Water pool is not available for open swim during class time.

Fitness Studio Classes

Bootcamp (Beginner-Advanced) – A high-intensity circuit class that will challenge your strength and improve endurance through a wide array of functional movements.

Cardio Excel (Beginner-Advanced) Improve cardio endurance in a fun, calorie-burning extended duration class for all fitness levels.

Cardio Intervals (Beginner-Advanced) A high-intensity interval training format designed to burn fat, improve endurance and increase strength.

Cardio Kickboxing (Beginner-Advanced) Non-stop class includes calisthenics, kickboxing drills and cardio combination. Learn to integrate kicks, punches, blocks and footwork.

Cardio Sculpt (Beginner-Advanced) Improve cardio endurance in a fun, calorie-burning extended duration class for all fitness levels.

Cycle 30/30 (Beginner – Advanced)

Get it all done in one workout – 30 minutes on the bike, 30 minutes of weights/ bands and core work off the bike.

Fitness Pilates (Beginner-Advanced)

Pilates and ballet exercises focus on core stability and balance to sculpt thighs, tone and firm glutes and flatten abdominals.

Group Cycling (Beginner-Advanced) Low impact, high intensity cardio workout performed on a stationary bike and set to pumping music.

Metabolic Strength Training (Beginner-Advanced)

Low impact class with a focus on strength training using free weights, body weight, body bars and resistance bands

Tabata (Intermediate-Advanced)

High intensity interval training that produces remarkable results through a variety of training techniques. The intervals tax both your aerobic and anaerobic energy systems.

TRX Circuits (Beginner to Advanced)

Full body workout that uses the TRX Suspension System, resistance bands, dumbbells, and mats. This class incorporates core work, plyometrics, resistance training, stability and balance.

Zumba (Beginner-Advanced) Fun-filled class that utilizes easy to follow Latin dance moves with energy pumping music.

Mind/Body Studio Classes

Barre Cardio (Beginner-Advanced) A barre class with a twist. Pick up the intensity with this heart rate-increasing barre workout. Intervals and a variety of equipment will be used to mix it up from week to week

Barre Sculpt (Beginner-Advanced)

Stations and a quicker pace add variety to your barre workout. Get the heart pumping and tone muscle groups both large and small.

Body Sculpt (Beginner-Advanced)

A highly-effective strength class that utilizes weights and resistance bands for total body toning.

Gentle Yoga (Beginner)

A blend of easy, flowing moves, light stretching, and focused breathing designed to increase flexibility and calm the mind.

Strength & Balance (Beginner-Intermediate) This class incorporates all elements of fitness while building strength, improving balance, and increasing flexibility.

Stretch & Strength (Beginner- Intermediate) Floor and weight movements to strengthen your back and core, combined with head to toe stretching.

Yoga Flow (Beginner-Advanced)

A flowing form of yoga with slightly quicker transitions between poses designed to increase strength, endurance and flexibility.

Yin Yoga (Beginner-Advanced)

A slow-paced style of yoga practiced mainly on the floor. Poses are held longer to target deep connective tissue and fascia.

Vin/Yin Yoga (Beginner-Advanced)

A yoga sequence that combines Vinyasa Yoga and Yin Yoga.

Lap Pool Aqua Classes

Impact Free Aqua (All Levels)

Buoyancy belts provide a no-impact cardio workout. Great for beginners but challenging enough for experienced aqua exercisers.

Warm Water Pool Aqua Classes

Aqua Bootcamp (All levels)

Increase flexibility, cardio, and strength with this energizing cross-training aquatics class.

Aqua Strength and Conditioning (All Levels)

Combined moves help build strength, balance and mobility . Suitable for all levels.

Aqua Variety (All Levels)

Use weights, noodles and other equipment to take your workout to the next level. Suitable for all levels.

Core, Cardio & Balance (All Levels)

Low impact cardio and strength exercises improve balance, keep bones and muscles strong and improve cardiovascular health.

Outdoors

Friday Field Day (All levels)

An outdoor cardio and strength class that mixes calisthenics and body weight exercises on the football field, track and stadium.