

Group Fitness Class Schedule

WINTER SCHEDULE: January - May [Effective 1/20]



Anderson HealthPlex

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycle 5:30-6:30 Lorry	Body Pump 5:30-6:30 Rachel	Cycle 5:30-6:30 Melissa	Tone & Chisel 5:30-6:30 Melissa	Cycle 5:30-6:30 Martha	Yoga Flow 7:15-8:15 Michelle	Tone & Chisel 9:00-9:45 Rotation
Tone & Chisel 8:00-9:00 June	Cardio/Tone Lite 8:00-9:00 Linda	Tone & Chisel 8:00-9:00 Denise	Zumba Gold & Tone 8:15-9:05 Abbi	Body Pump 8:00-9:00 Lorry	Trekking 7:15-8:00 Dennis	Qigong 9:30-10:30 Mike
Impact Free Aqua 8:00-8:50 Jack	Cycle 8:30-9:30 June	Aqua Arthritis 8:10-9:00 Jannine	Cycle 8:30-9:30 Jannine	Aqua Arthritis 8:10-9:00 Judy	Cycle 7:30-8:30 Martha	Cycle 9:30-10:30 Rotation
Aqua Arthritis 8:10-9:00 Jannine	Senior Circuits 9:00-9:30 Jack	Impact Free Aqua 9:00-9:50 Jannine	Senior Circuits 9:00-9:30 Jack	Cycle 8:30-9:30 Dick	Aqua Arthritis 8:00-8:50 Rotation	Yoga Flow 10:40-11:40 Bo
Yin Yoga 8:30-9:30 Michelle	Cardio Step/Core 9:10-10:05 Linda	Interval Blast 9:10-10:10 Maggie	HydroRider 9:05-10:05 Cindy	Impact Free Aqua 8:30-9:20 Jack	Cardio Step 8:30-9:20 Jessica/Linda	
HydroRider 8:50-9:50 Jannine	HydroRider X-Train 9:20-10:50 Jannine	Cycle 9:15-10:00 Lorry	Yoga Flow 9:15-10:15 Mari	Tai Chi 9:00-10:00 Sue	Trekking/Strength 8:45-9:30 Dennis	
Barre 9:10-10:10 Abbi	Trekking 9:30-10:15 Dennis	Sit,Stretch,Strength 10:00-10:50 Melissa	Cardio Step 9:15-10:00 Jessica	Cardio Box 9:15-10:10 Abbi	Cycle 9:00-10:00 Lisa A	
Cycle 9:00-10:00 Dick	Yoga Flow 10:15-11:30 Joan	Cardio Splash 10:00-10:50 Jannine	Trekking 9:30-10:15 Dennis	Cardio Splash 10:00-10:50 Zach	Tone & Chisel 9:30-10:30 Denise	
Meditation 9:35-9:55 Michelle	Strength & Balance 10:15-11:00 Melissa	Core Zone 10:15-11:00 Maggie	Cardio Splash 10:00-10:50 June	Healing Chair Yoga 10:05-11:05 Gina	Impact Free Aqua 10:00-10:50 Brendan	
Cardio Splash 10:00-10:50 Jannine	Aqua Circuit 11:00-11:50 June	Aqua Arthritis 11:10-12:00 Melissa	Core Zone 10:30-11:00 Dennis	Fitness Pilates 10:15-11:00 Shana	Fit Chicks 11:00-12:00 Amy	
Sit,Stretch,Strength 10:05-11:05 Melissa	Core Zone 5:00-5:30 Dennis	Power Yoga 11:00-12:00 Shana	Balance and Stability 10:30-11:30 Melissa	Aqua Circuit 11:00-11:50 Zach	Yin Yoga 10:15-11:30 Shana	
Cardio Box 10:15-11:15 Mari	FitKids (4-9yrs) 5:00 - 5:30 Jonathan	Aqua Circuit 3:00-3:50 Zach	FitKids (4-9yrs) 5:00 - 5:30 Emily	Yoga Flow 11:15-12:15 Shana	HydroRider 10:50-11:50 June	
Aqua Circuit 11:00-11:50 Jannine	Fit Chicks 5:30-6:30 Amy	Core Zone 5:00-5:30 Lorry	Intro to Yoga Flow 6:00-7:15 Mike	Aqua Arthritis 12:00-12:50 Melissa		
Mat Pilates 11:15-12:15 Carmen	Trekking 5:45-6:15 Dennis	FitKids (4-9yrs) 5:00 - 5:30 Emily	Aqua Circuit 6:30-7:20 June			Group Fitness Studio
Aqua Arthritis 12:00-12:50 Shana	Aqua Arthritis 6:30-7:20 Joanne	Dance Fit 5:30-6:15 Emily				Mind/Body Studio
Aqua Circuit 3:00-3:50 Zach	Power Yoga 6:30-7:30 Bo	Cycle 6:00-7:00 Lisa A				Cycle Studio
Kids Yoga 5:00-5:45 Gina		Body Pump 6:15-7:15 Lorry				Functional Training
Cardio Dance 5:30-6:25 Kim B		Yogalates 7:30-8:30 Kim E				Lap Pool
EXP Cycle 5:45-6:15 Lorry						Warm Water Pool
Yoga Flow 6:00-7:15 Gina				<i>Don't forget to pick up a copy of the FIELD schedule! Our high-intensity training classes are FREE for members!</i>		Gym/Fitness Floor
Body Pump 6:35-7:35 Lorry						THE FIELD

LAND CLASSES

CARDIOVASCULAR & DANCE-BASED

Cardio/Step/Core

Basic choreography using a step, core workout following.

FitKids (Children Ages 5-9)

A fun class designed to teach basic foundation movement skills and help children develop a lifelong love of movement. Meet on Basketball Courts.

Cardio Box

Non-stop class includes calisthenics, kickboxing drills and cardio combinations. Learn to integrate kicks, punches, blocks and footwork.

Cardio/Tone/Lite (Level 1)

This low impact cardio class incorporates basic movements for 30 minutes, add another 30 for resistance training for major muscle groups.

Cardio Dance & Dance Fit

(Great for ages 10 to Adults!)

Dance fitness class based on current trends and dance moves that keep you moving to the beat of music from all over the world.

Interval Blast (Level 2/3)

Incorporates modified plyometrics and sports moves with intervals of resistance training.

Zumba Gold & Tone

Lower intensity Zumba moves that focus on balance, range of motion, and coordination. Followed by resistance training for a total body workout.

CORE CLASSES

Core Zone

Core conditioning class focuses on lower back, glutes and core strength and stability.

Fitness Pilates/Pilates Core

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

Fitness Pilates (Level 1-2)

Enhance your core strength with precise, flowing exercises that simultaneously stretch and strengthen your body.

GROUP CYCLE & TREKKING

Cycle (All Levels)

Performed on a stationary bike and set to pumping music. Based on real terrain rides with a focus on heart rate and cadence.

Cycle EXP (Level 2-3)

A fast-paced 30-min ride, for the experienced rider.

Trekking

Heart pumping experience on the treadmill. Includes running, walking up hills and speed intensity intervals.

MIND/BODY CLASSES

Healing Chair Yoga (Level 1)

Simple techniques help you breathe with ease and gently stretch without pain or fear. Manage pain, de-stress and find peace and tranquility.

Intro Yoga Flow (Level 1)

Basic slow paced yoga for those beginning your journey in flexibility and mindfulness.

Meditation

Slow down and catch your breath with an instructor led reflection.

Tai-Chi (All Levels)

A combination of graceful and gentle meditative movements focused on cultivating breathing and its relation to energy and mindfulness.

Yin Yoga (All Levels)

A slow-paced style of yoga with poses that are held for longer periods of time - five minutes or more per pose is typical.

Power Yoga (Level 2/3)

An advanced form of yoga focused on strength and core conditioning. Not recommended for beginning yoga students.

Yoga Flow (Level 2)

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

Qigong (All Levels)

Meditation along with self-healing movements, postures and self-massage techniques help promote mental equanimity, emotional clarity and physical vitality.

Yogalates (All Levels)

Yoga and Pilates combine to target core, improve flexibility and promote strength and mindfulness.

MUSCLE CONDITIONING

Balance & Stability for Seniors (Level 1)

Exercises are performed primarily from a chair. Participants should be able to stand and walk without assistance.

BODY PUMP (All Levels)

Challenge every muscle group in this barbell class designed to build strength, tone your body and push you to your limit.

Fit Chicks (All Levels)

Strength circuits focused on building muscle and bone density for women. Modifications made for any joint/muscle limitations.

Sit, Stretch & Strengthen (Level 1)

Simple strengthening exercises performed seated or with the support of a chair. Keeps bones and muscles strong and joints moving.

Tone & Chisel (All Levels)

Strength training using free weights, tubing, body bars, medicine balls and stability balls.

Strength & Balance

Great for anyone who needs balance and stability conditioning.

Senior Circuits

Circuit-style training for Seniors on the Fitness Floor.

Barre

Low impact, high intensity movements to strengthen and tone plus increase flexibility. Improve balance and range of motion and boost endurance.

WATER CLASSES

LAP POOL

Cardio Splash

This low impact class incorporates unique movements that stimulate all major muscle groups while keeping your heart pumping.

HydroRider (Great for Weight Loss or Post-Rehab!)

A stationary bike is immersed in water to provide the excitement of cycling with the added resistance the water provides. Shoes required.

HydroRider/Cross Training

A 30-minute HydroRider class combined with 30 minutes of cross training. Shoes required.

Impact Free Aqua

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

WARM WATER POOL

Aqua Arthritis

Designed to help manage joint pain and stiffness. Gentle movements improve range of motion, increase flexibility and reduce pain.

Aqua Circuit

A low impact Aqua cardio class with cardio, and equipment to challenge your balance, strength and core.

POOL AVAILABILITY

The Lap Pool is CLOSED **Monday-Friday, 4-6 pm** for Sea Wolves swim team practice.

The Warm Water Pool is CLOSED **Tuesday and Thursday, 2-3:30 pm** for Physical Therapy and **Saturday and Sunday, 10:30 am-12 pm** for swim lessons and group fitness classes only.

Adult Swim is as follows:

Monday	7-8 am, 2-3 pm, 7:30-8:30 pm
Tuesday	7-8 am
Wednesday	7-8 am, 2-3 pm, 7:30-8:30 pm
Thursday	7-8 am
Friday	7-8 am, 2-3 pm

Pool availability varies during all other club hours and is on a first come, first served basis.