

# GROUP CLASSES

SUMMER 2021: Updated August 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9:00 - 9:45 am <b>CARDIO SPLASH</b> Diane • Lap Pool</p> <p>10:00 - 10:45 am <b>CORE CARDIO BALANCE</b> Diane • Warm Water Pool</p> <p>10:30 - 11:15 am <b>HEALING YOGA</b> Rebecca • Fitness Studio</p> <p>11:00 - 11:45 am <b>AQUA FOR WEIGHT LOSS</b> Diane • Lap Pool</p> <p>1:00 - 1:45 pm <b>AQUA ARTHRITIS</b> Diane • Warm Water Pool</p>	<p>9:00 - 9:45 am <b>CORE CARDIO BALANCE</b> Diane • Warm Water Pool</p> <p>9:30 - 10:15 am <b>PILATES BARRE</b> Rebecca • Fitness Studio</p> <p>10:00 - 10:45 am <b>IMPACT FREE AQUA</b> Diane • Lap Pool</p> <p>11:00 - 11:45 am <b>AQUA ARTHRITIS</b> Diane • Warm Water Pool</p> <p>1:00 - 1:45 pm <b>RESTORATIVE MOVEMENT</b> Rebecca • Fitness Studio</p> <p>5:15 - 5:45 pm <b>ABS EXPRESS</b> Rio • Fitness Studio</p> <p>6:00 - 6:45 pm <b>PLEX PUMP</b> Rio • Fitness Studio</p> <p>7:00 - 7:45 pm <b>CYCLE JOURNEY</b> Patrice • Cycle Studio</p> <p>7:00 - 7:45 pm <b>HEALING YOGA</b> Ann • Fitness Studio</p>	<p>5:45 - 6:30 am <b>CYCLE JOURNEY</b> Garrett • Cycle Studio</p> <p>8:00 - 8:45 am <b>AQUA ARTHRITIS</b> Pat • Warm Water Pool</p> <p>9:00 - 9:45 am <b>AQUA ARTHRITIS</b> Pat • Warm Water Pool</p> <p>10:00 - 10:45 am <b>AQUA CIRCUITS</b> Diane • Lap Pool</p> <p>10:30 - 11:15 am <b>HEALING YOGA</b> Rebecca • Fitness Studio</p> <p>11:00 - 11:45 pm <b>AQUA RESTORATIVE MOVEMENT</b> Diane • Warm Water Pool</p> <p>5:00 - 5:45 pm <b>BODY PUMP</b> Madison • Fitness Studio</p> <p>5:30 - 6:15 pm <b>CORE CARDIO BALANCE</b> Kathy • Warm Water Pool</p> <p>6:00 - 6:45 pm <b>CYCLE JOURNEY</b> Julie • Cycle Studio</p> <p>6:00 - 6:45 pm <b>ZUMBA</b> Sarah • Fitness Studio</p> <p>6:30 - 7:15 pm <b>AQUA MIND/BODY</b> Kathy • Warm Water Pool</p> <p>7:00 - 7:45 pm <b>HEALING YOGA</b> Mike • Fitness Studio</p> <p>7:30 - 8:15 pm <b>AQUA NOODLE</b> Kathy • Warm Water Pool</p>	<p>9:00 - 9:45 am <b>CORE CARDIO BALANCE</b> Rio • Warm Water Pool</p> <p>9:30 - 10:15 am <b>BARRE SCULPT</b> Madison • Fitness Studio</p> <p>10:00 - 10:45 am <b>IMPACT FREE AQUA</b> Rio • Lap Pool</p> <p>10:30 - 11:15 am <b>HEALING YOGA</b> Ann • Fitness Studio</p> <p>11:00 - 11:45 am <b>AQUA ARTHRITIS</b> Rio • Warm Water Pool</p> <p>1:00 - 1:45 pm <b>RESTORATIVE MOVEMENT</b> Rebecca • Fitness Studio</p> <p>5:00 - 5:45 pm <b>BARRE SCULPT</b> Madison • Fitness Studio</p> <p>6:00 - 6:45 pm <b>HEALING YOGA</b> Mike • Fitness Studio</p> <p>7:00 - 7:45 pm <b>LINE DANCING</b> Sandy • Fitness Studio</p>	<p>8:00 - 8:45 am <b>AQUA ARTHRITIS</b> Kathy • Warm Water Pool</p> <p>9:00 - 9:45 am <b>AQUA ARTHRITIS</b> Kathy • Warm Water Pool</p> <p>9:30 - 10:15 am <b>POWER YOGA</b> Rebecca • Fitness Studio</p> <p>10:00 - 10:45 am <b>CARDIO SPLASH</b> Diane • Lap Pool</p> <p>10:00 - 10:45 am <b>CORE CARDIO BALANCE</b> Kathy • Warm Water Pool</p> <p>10:30 - 11:15 am <b>PILATES BARRE</b> Rebecca • Fitness Studio</p> <p>11:00 - 11:45 am <b>AQUA CROSS TRAINING</b> Diane • Lap Pool</p> <p>1:00 - 1:45 pm <b>AQUA ARTHRITIS</b> Diane • Warm Water Pool</p>	<p>9:00 - 9:45 am <b>CYCLE JOURNEY</b> Julie • Cycle Studio</p> <p>10:00 - 10:45 am <b>LINE DANCING</b> Sandy • Fitness Studio</p> <p>11:00 - 11:45 am <b>QIGONG</b> Mike • Fitness Studio</p>
<p><b>REPS BOOT CAMP</b> Check out our brand new group training program that gives you the support you need to meet your fitness goals.</p> <p>4-Weeks Unlimited: \$99 M / \$149 NM Drop-In: \$15 M / \$25 NM</p> <p>Stop by the Fitness Desk for details.</p>					

\*Space is limited in all classes. Please reserve your spot up to 24 hours in advance at the Front Desk or online.

## LAND CLASSES

### Abs Express

This non-aerobic conditioning class focuses on abdominals, lower back, shoulders and hip girdles to enhance abdominal definition, core stability and strength.

### Barre Sculpt

Barre inspired workout blends ballet, Pilates, isometric holds, and functional strength training to give you a heart-pumping workout and help you get stronger from head to toe.

### BODY PUMP

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

### Cycle Journey

Burn calories and improve athletic performance through varied terrain rides on a stationary bike. Follow the pace of the instructor or set your own pace to meet your personal goals.

### Healing Yoga

A safe introduction to basic yoga postures plus breathing and relaxation techniques. Easy-to-follow instruction makes this class suitable for beginners. Ongoing students welcome.

### Hoop Fit

Improve core strength, tone stomach, arms, thighs and butt in a low impact, high energy workout that can burn 400-600 calories an hour.

### Line Dancing

Learn popular line dances while burning calories. Each dance is choreographed to 3 songs - slow, medium and fast - to challenge your dancing skills and get the heart rate up.

### Pilates Barre

A fusion of ballet, Pilates and barre exercises improve core balance, strength and overall flexibility. Feel stronger, taller and more toned.

### Plex Pump

Low impact exercises incorporating cardio and weights. All levels welcome.

### Power Yoga

An advanced form of yoga focused on strength and core conditioning not recommended for beginner yoga students.

### Qigong

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

### Restorative Movement

Cross train your mind and body with gentle conditioning movements, Tai Chi, Pilates and light stretching. Optional use of a chair, wall or mat. This class helps keep bones and muscles strong to improve range of motion and stability.

### Zumba® Dance

Zumba combines high energy and motivating music with unique Latin style moves and combinations. Prepare to burn maximum calories while having the time of your life!

## WATER CLASSES

### Aqua Arthritis (Warm Water Pool)

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

### Aqua Circuits (Lap Pool)

Get a high-intensity workout as you move from station to station. You'll be glad the water cool you off as you kick your fitness level in to overdrive.

### Aqua Cross Training (Lap Pool)

Cross training in the water helps improve athletic performance with variable resistance training, superior cardiovascular challenge, improved flexibility and overall core stabilization.

### Aquatic HIIT (Lap Pool)

Get ready for a high-intensity workout as you move from station-to-station. You'll be glad the water helps to cool you off as you kick your fitness level into over-drive!

### Aqua Mind/Body (Warm Water Pool)

Gentle movements designed for those with limited mobility due to arthritis or other orthopedic conditions to help improve range of motion and flexibility.

### Aqua Noodle (Warm Water Pool)

Noodles are a versatile water tool - push and pull for resistance, lean for support, sit for suspension. The possibilities are endless!

### Aqua Restorative (Warm Water Pool)

Movements focus on muscle strengthening to improve coordination, dexterity, balance and stability for those with Central Nervous System conditions including stroke, Parkinson's and Fibromyalgia.

### Aqua for Weight Loss (Lap Pool)

Use the properties of water to help increase strength and metabolism while focusing on healthy behaviors that create positive lifestyle changes.

### Cardio SPLASH (Lap Pool)

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

### Core, Cardio & Balance (Warm Water Pool)

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

### Impact Free Aqua (Lap Pool)

Buoyancy belts provide no-impact cardio that's appropriate for all levels but challenging enough for experienced aquatic exercisers.

## WARM WATER POOL AVAILABILITY

**The Warm Water Pool is CLOSED at the following times for Physical Therapy:**

Monday.....	11:00 am – 1:00 pm
Tuesday.....	1:00 pm – 3:00 pm
Wednesday.....	3:00 pm – 5:00 pm
Thursday.....	3:00 pm – 5:00 pm
Friday.....	11:00 am – 1:00 pm

Pool availability varies during all other club hours and is on a first come, first served basis. Pool capacity will be limited to enforce physical distancing standards.

## LAP POOL AVAILABILITY

Pool availability is limited to one person per lane. Reservations may be made up to 24 hours in advance at the Front Desk or online. See Front Desk for details.