

GROUP FITNESS SCHEDULE

EFFECTIVE Sept 9th

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------|--------------------------------------|--|--|---|---|---|--|
| 5:30 AM | | | STRENGTH / CONDITIONING 5:30 - 6:15 TONY | SPRINT + CORE 5:30 - 6:15 RYAN | TABATA 5:30 - 6:15 RYAN | CYCLE 5:30 - 6:15 RYAN | |
| 6:30 AM | | | | GRIT 6:30 - 7:15 REBECCA | | GRIT 6:30 - 7:15 REBECCA ★ | |
| 7:00 AM - 7:30 AM | | | YOGA 7:00-7:45 KELLY ★ | | | YOGA 7:00 - 7:45 KELLY | |
| | | CYCLE 7:30 - 8:15 LISA | | RECOVERY 7:00-8:00 CHRIS ★ | CYCLE 7:30 - 8:15 LISA | | |
| 8:00 AM - 8:30 AM | BODYCOMBAT 8:15 - 9:15 REBECCA | | CARDIO TENNIS 8:00 - 9:00 ROTATING | AQUA BOOTCAMP 8:15 - 9:15 KATHLEEN | | CARDIO TENNIS 8:00 - 9:00 ROTATING | |
| | | CARDIO STRENGTH MIXER 8:30 - 9:15 KATHLEEN | MUSCLE CIRCUIT 8:30 - 9:15 SUE | RHYTHM RIDE 8:30 - 9:15 SUE | MUSCLE CIRCUIT 8:30 - 9:15 SUE | CYCLE 8:30 - 9:15 KAREN | BODYPUMP 8:30 - 9:30 TONY |
| | | FUSION 8:30 - 9:15 SARAH | YOGA 8:30-9:30 ERICA | FUSION 8:30 - 9:15 SARAH | PILATES 8:30 - 9:15 AMY | BODYCOMBAT 8:30 - 9:15 REBECCA | |
| | AQUAZUMBA 8:30 - 9:15 MARISA | AQUAFIT 8:30 - 9:30 ELAYNE | AQUAFIT 8:30 - 9:30 KATHLEEN | | AQUAFIT 8:30 - 9:30 CAROLYN | AQUAFIT 8:30 - 9:30 KATHLEEN | AQUAFIT 8:30 - 9:15 ELAYNE |
| 9:30 AM - 10:30 AM | ZUMBA 9:30 - 10:15 MARISA | BODYPUMP 9:30 - 10:30 SUE | BODYCOMBAT 9:30 - 10:30 REBECCA | BODYPUMP 9:30 - 10:30 RUTHIE | CARDIO STRENGTH MIXER 9:30 - 10:15 KATHLEEN | BODYPUMP 9:30 - 10:30 ELISE | YOGA 9:15-10:15 HEATHER |
| | YOGA 9:30-10:30 AMY | BODYBALANCE 9:30 - 10:30 KATHLEEN | BODYBALANCE 9:30 - 10:30 SARAH | YOGA 9:30 - 10:30 DORE | YOGA 9:30-10:30 AMY | BODY 360 9:30 - 10:15 DORE | CYCLE 9:30 - 10:15 TONY |
| | CYCLE 9:30 - 10:15 DORE | | RHYTHM RIDE CORE 9:30 - 10:15 SUE | | | AQUA ZUMBA 9:30 - 10:15 ELAYNE | ZUMBA 9:45 - 10:30 ELAYNE |
| 10:30 AM - 12:00 PM | | | STRETCH & MOBILITY 10:30 - 11:30 HEATHER | STRENGTH & BALANCE 10:45 - 11:15 DORE | ZUMBA 10:30 - 11:15 MARYNA | YOGA 10:30 - 11:30 DORE | STRETCH & MOBILITY 10:30 - 11:15 HEATHER |
| | | | | ZUMBA TONING 11:00 - 11:45 Jing ★ | BODYBALANCE 10:30 - 11:30 SARAH | | |
| 4:30 PM - 5:30 PM | | BODYCOMBAT 4:30 - 5:30 REBECCA ★ | | | | SCHEDULE KEY ● STUDIO 1 ● STUDIO 3 ● CYCLE STUDIO ● POOL ● OUTDOOR STUDIO *NOTE- RAIN PROTOCOL* CLASSES SCHEDULED FOR THE OUTDOOR STUDIO WILL MOVE INDOORS IN THE EVENT OF RAIN - EXCEPT TABATA CLASSES. - ● COURT 7 ★ UPDATE OR NEW | |
| | | AQUAFIT 5:00 - 5:55 ELAYNE | | AQUAFIT 5:00 - 5:55 CAROLYN | | | |
| 6:30 PM | | CYCLE 5:30 - 6:15 PATTY | ZUMBA 5:30 - 6:15 MARISA | | | | |
| | | YOGA 5:30-6:30 SARAH | STRETCH & MOBILITY 5:30 - 6:30 KATHLEEN | PILATES 5:30 - 6:15 DORE | PILATES 5:30 - 6:30 JAYNE | BODYPUMP 5:30 - 6:15 ELISE | |
| | | BODYPUMP 6:30 - 7:30 CHRISTA | BODYPUMP 6:30 - 7:30 ELISE | BODYPUMP 6:30 - 7:30 CHRISTA | BODYBALANCE 6:30 - 7:30 ELISE | | |
| | | | YOGA 6:30 - 7:30 DORE | | | | |

- All classes 45min, 55min, or 60min.
- Registration required

- Register on the app.
- Limited spots available per class

CLASS DESCRIPTIONS

REGISTRATION IS REQUIRED FOR ALL CLASSES

AQUAFIT

A total body workout that will get you running & kicking in the water.

AQUAFIT BOOTCAMP

Advanced- high-intensity, high-energy aquafit cardio workout.

AQUA ZUMBA

Aqua Zumba brings new meaning to the idea of an invigorating workout. It combines the South American Zumba rhythm and dance steps with a pool party.

BODY 360

In this class we will use an array of tools (such as dumbbells, stability balls, kettle bells & body weight) in a variety of dynamic exercises that use multiple muscle groups to build strength & full body conditioning. Modifications to decrease the intensity will be offered.

BODYBALANCE

You can expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started.

BODYCOMBAT

An energy-packed mix of martial arts moves that will get you fit, fast and strong—and leave you feeling fierce and empowered.

BODYPUMP

A strength training class using barbells that focuses on endurance as well as strength. Light to moderate weight with high repetitions all choreographed to highly motivating music.

CARDIO STRENGTH MIXER

A mixture of cardio and strength done your way. You choose! Cardio with or without the step. Strength with or without weights. Effective, functional and fun!

CARDIO TENNIS

Join us for an energizing and high-intensity workout that combines traditional tennis drills with cardio exercises and heart-pumping music.

CYCLE

Challenging and rewarding workout on indoor bikes with inspiring music.

FUSION

Coming back to the club? Need a class to refresh and ease back into your new routine? This class will involve stretching, core, balance and light strength training.

GRIT

GRIT is an intense group fitness class that combines cardio, strength, and plyometric exercises in a short time for maximum results. It's high-intensity, fast-paced, and challenges participants to push their limits.

MUSCLE CIRCUIT

An efficient workout that integrates strength, balance & cardio that will challenge your entire body.

PILATES

Strength and flexibility training focusing on the core and mind body awareness.

RECOVERY

A recovery group fitness class is designed to help participants restore and rejuvenate their bodies after intense physical activity. These classes focus on techniques that promote muscle relaxation, improve flexibility, and enhance overall mobility. The class incorporates therapy balls, blocks, and functional movement to release adhesions, trigger points and scar tissue, hydrate tissues, improve lymph drainage, increase blood circulation to tissues and alleviate discomfort.

RHYTHM RIDE

This ride is high energy and high-intensity. Rhythm based choreography will challenge your cardiovascular system as well as test your core strength.

SPRINT™ + CORE

SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout on the bike followed by 15 minutes of core work.

STRENGTH & BALANCE

In this non-mat class we will use a variety of modalities & tools (such as yoga, Pilates, non-impact cardio, light weights, stability balls, blocks, body-weight) to increase our balance, strength and flexibility. Class is accessible to those experiencing limited mobility and who may be new to balance exercises.

STRENGTH CONDITIONING

This strength and toning class will feature a series of familiar exercises and training methods that will vary each week! All levels welcome—you can pick what weights work for you.

STRETCH MOBILITY

Unlock new ranges of motion and increase your core strength and stability with a combination of mobility, stretching and balance exercises.

TABATA

A high-intensity interval training that consists of eight sets of fast-paced exercises each performed for 20 seconds interspersed with a brief rest of 10 seconds.

YOGA

Recenter your mind and body - we will use physical poses, concentration, and deep breathing to help improve flexibility, mindfulness, strength, and overall health.

ZUMBA

A Latin-inspired dance fitness class with body-moving music make this a dynamic, exciting and effective fitness system. By combining varying rhythms that tone & sculpt, you achieve a balance of cardio and muscle toning benefits.

ZUMBA TONING

Combines the lively dance routines of traditional Zumba with strength training elements. Creating a comprehensive full-body workout. Participants engage in rhythmic, dance-inspired movements designed to tone and sculpt specific muscle groups, particularly the arms, core, and lower body using lightweight, maraca-like Toning Sticks or small hand weights. The addition of resistance helps to enhance muscle endurance and definition while still maintaining the fun and high-energy atmosphere that Zumba is known for. Zumba Toning is suitable for all fitness levels.