

GROUP FITNESS

SCHEDULE EFFECTIVE 6/01/22

REGISTRATION IS REQUIRED FOR ALL CLASSES | LIVESTREAM AND RECORDED CLASSES AVAILABLE ON DAXKO

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM			SPRINT + CORE CYCLE STUDIO RYAN 5:30 - 6:15	BODYPUMP STUDIO 1 TONY 5:30 - 6:15	TABATA OUTSIDE RYAN 5:30 - 6:15	CYCLE CYCLE STUDIO RYAN 5:30 - 6:15	
7:30 AM		CYCLE OUTSIDE KAREN 7:30 - 8:15		CYCLE OUTSIDE BRONWEN 7:30 - 8:15			
8:30 AM	BODYCOMBAT STUDIO 1 CRIS 8:30 - 9:15	FUSION STUDIO 3 SARAH 8:30 - 9:15	AQUAFIT POOL KATHLEEN 8:30 - 9:30	AQUAFIT BOOTCAMP POOL KATHLEEN 8:15 - 9:00	AQUAFIT POOL CAROLYN 8:30 - 9:30	AQUAFIT POOL KATHLEEN 8:30 - 9:30	AQUAFIT POOL BEN 8:30 - 9:30
	CYCLE OUTSIDE DORE 8:30 - 9:15	CARDIO STRENGTH MIXER STUDIO 1 KATHLEEN 8:30 - 9:15	CIRCUIT TRAINING OUTSIDE BRONWEN 8:30 - 9:15	BODYPUMP OUTSIDE BRONWEN 8:30 - 9:15	CIRCUIT TRAINING OUTSIDE SUE 8:30 - 9:15	BODYPUMP OUTSIDE SUE 8:30 - 9:15	BODYPUMP OUTSIDE TONY 8:30 - 9:15
			CYCLE EXPRESS OUTSIDE BRONWEN 9:20 - 10:00	FUSION STUDIO 3 CAROL 8:30 - 9:15	BARRE STUDIO 3 AMY 8:30 - 9:15		
9:30 AM	YOGA STUDIO 3 AMY 9:30 - 10:30	BARRE STUDIO 3 AMY 9:30 - 10:15		YOGA STUDIO 3 AMY 9:30 - 10:30	YOGA BASICS STUDIO 3 AMY 9:30 - 10:30	YOGA STUDIO 3 HEATHER 9:30 - 10:30	CYCLE OUTSIDE TONY 9:30 - 10:15
	AQUAFIT POOL DORE 9:30 - 10:20	BODYPUMP OUTSIDE Sue/Bronwen 9:30 - 10:15	BODYBALANCE STUDIO 3 SARAH 9:30 - 10:15		CARDIO STRENGTH MIXER STUDIO 1 KATHLEEN 9:30 - 10:15	RHYTHM RIDE OUTSIDE SUE 9:30 - 10:15	CARDIO GROOVE STUDIO 3 AUBREY 9:30 - 10:15
	ZUMBA OUTSIDE MARISA 9:30 - 10:15						BOXING CIRCUIT STUDIO 1 BEN 9:30 - 10:15
10:30 AM		STRETCH MOBILITY STUDIO 3 BEN 10:30 - 11:15	RECOVERY RX STUDIO 3 HEATHER 10:30 - 11:15			YIN YOGA STUDIO 3 HEATHER 10:30 - 11:15	YOGA STUDIO 3 AUBREY 10:30 - 11:30
4:30 PM				ZUMBA STUDIO 1 ELAYNE 4:30 - 5:15			
5:30 PM	YOGA STUDIO 3 SARAH 5:30 - 6:30	AQUA ZUMBA POOL MARISA 5:30 - 6:15	PILATES W/WEIGHTS STUDIO 3 DORE 5:30 - 6:15	AQUAFIT POOL CAROLYN 5:30 - 6:30	PILATES STUDIO 3 JAYNE 5:30 - 6:30		
6:00 PM		BODYPUMP STUDIO 1 CRIS 6:00 - 6:45	CYCLE/CORE INSIDE SUE 6:00 - 6:45				
6:30 PM		RESTORATIVE YOGA STUDIO 3 AUBREY 6:30 - 7:30	YOGA STUDIO 3 DORE 6:30 - 7:30	FUSION STUDIO 3 SARAH 6:30 - 7:15	BODYPUMP STUDIO 1 CRIS 6:30 - 7:30		
					YOGA STUDIO 3 CAROL 6:30 - 7:30		
7:00 PM		BODYBALANCE STUDIO 1 CRIS 7:00 - 7:45					

FITNESS KEY

- STUDIO 1
- CYCLE STUDIO
- STUDIO 3
- POOL
- IN THE ELEMENTS
- LIVE STREAM

INFO

- All classes 45min or 60min.
- Registration required.
- Limited spots available per class
- Register on the app.
- Livestream available for select classes in Studio 1 + Studio 3.

CLASS DESCRIPTIONS

REGISTRATION IS REQUIRED FOR ALL CLASSES LIVESTREAM AND RECORDED CLASSES AVAILABLE ON DAXKO

AQUAFIT (POOL)

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

AQUAFIT BOOTCAMP(POOL)

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

AQUA ZUMBA(POOL)

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.

BARRE (STUDIO 3)

A class combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training

BODYPUMP (STUDIO 1, LIVESTREAM, OR OUTDOORS)

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.

BODYCOMBAT (STUDIO 1 OR LIVESTREAM)

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

BODYBALANCE (STUDIO 3 OR LIVESTREAM)

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.

BOXING CIRCUITS (STUDIO 1 OR LIVESTREAM)

Boxing Circuits is a fun, fast-paced workout focused on practical boxing skills and techniques while incorporating strength cardio and core movements for a total body workout. Learn real boxing skills and get in shape at the same time!

CARDIO GROOVE (STUDIO 3)

This class is great for all levels; no experience necessary. Get your groove on with a fun-filled 45 minute movement party! We begin with a warm up, a little bit of core activation, strength, and technique, followed by a cardio movement combo, and then a cool down. You won't even know you're working out.

CARDIO STRENGTH MIXER (STUDIO 1 OR LIVESTREAM)

A 45 minute 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!

CIRCUIT TRAINING (OUTSIDE)

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

CYCLE (CYCLE STUDIO OR OUTSIDE)

Challenging and rewarding workout on indoor bikes with inspiring music.

CYCLE CORE (CYCLE STUDIO OR STUDIO 1)

30 minute high energy cycle ride followed by 15 minutes of core work.

FUSION (STUDIO 3 OR LIVESTREAM)

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.

PILATES (STUDIO 3)

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

PILATES WITH WEIGHTS (STUDIO 3)

Strength and flexibility training focusing on the core and mind body awareness with the incorporation of weights.

RECOVERY RX (STUDIO 3)

The class utilizes 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.

RESTORATIVE YOGA (STUDIO 3)

Restorative Yoga is great for everybody! It requires no technique, strength, or flexibility. Poses are held for longer periods of time with the help of props that "build the floor up to you." This style encourages deep release, and lack of sensation by letting the props completely support you. Classes can be done in comfy clothes, socks, even pajamas. You can even bring your favorite blanket. So whether you're dealing with an injury or just facing the daily stresses of life, Restorative is for you!

RHYTHM RIDE (OUTDOORS)

This 45 minute ride is high energy and high -intensity. Rhythm based choreography will challenge your cardiovascular system as well as test your core strength.

SPRINT + CORE (CYCLE STUDIO OR STUDIO 1)

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

STRETCH MOBILITY

Unlock new ranges of motion and increase your core strength and stability with a combination of mobility, stretching and balance exercises. Start incorporating a stretching routine and over time you will see an increase in your range of motion and flexibility making everyday tasks easier and improving your quality of life.

TABATA (OUTDOORS)

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.

YIN YOGA (STUDIO 3)

Yin Yoga is a slower-paced, more meditative version of the popular physical and spiritual discipline of yoga. In Yin yoga, the poses are held for a long period of time

YOGA (STUDIO 3)

High energy flow class moves at a brisk pace and incorporates all areas of practice: standing poses and balances, back bends, hip openers, arm balances, core toning and floor work.

YOGA BASICS (STUDIO 3)

No yoga experience required. Basic and slow movements for your entire body. Simple postures, gentle stretching and learn different breathing techniques. Emphasis on a sound body and mind.

ZUMBA (STUDIO 3 OR OUTDOORS)

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.