

# GROUP FITNESS SCHEDULE

EFFECTIVE JANUARY 26<sup>TH</sup>

	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			
7:00 AM - 7:30 AM						YOGA 7:00 - 7:45 KELLY	
		CYCLE 7:30 - 8:15 LISA	RHYTHM RIDE CORE 7:30 - 8:15 SUE		CYCLE 7:30 - 8:15 LISA		
8:00 AM - 8:30 AM	BODYCOMBAT 8:15 - 9:15 REBECCA	CARDIO STRENGTH MIXER   8:30 - 9:15 KATHLEEN	CARDIO TENNIS 8:00 - 9:00 ROTATING			CARDIO TENNIS 8:00 - 9:00 ROTATING	
		FUSION 8:30 - 9:15 SARAH	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	
			YOGA 8:30 - 9:30 ERICA	FUSION 8:30 - 9:15 SARAH	PILATES 8:30 - 9:15 AMY	BODYCOMBAT 8:30 - 9:15 REBECCA	BODYPUMP 8:30 - 9:30 TONY
	AQUAZUMBA 8:30 - 9:15 MARISA	AQUAFIT 8:30 - 9:30 ELAYNE	AQUAFIT 8:30 - 9:30 KATHLEEN	AQUA BOOTCAMP 8:15 - 9:15 KATHLEEN	AQUAFIT 8:30 - 9:30 CAROLYN	AQUAFIT 8:30 - 9:30 KATHLEEN	AQUAFIT 8:30 - 9:30 ELAYNE
9:30 AM - 9:45 AM	ZUMBA 9:30 - 10:15 MARISA	BODYPUMP 9:30 - 10:30 SUE	BODYCOMBAT 9:30 - 10:30 REBECCA	BODYPUMP 9:30 - 10:30 BRONWEN	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	EMPOWERED FLOW 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						ZUMBA 9:45 - 10:30 ELAYNE
10:30 AM					ZUMBA 10:30 - 11:15 MARYNA	AQUA ZUMBA 10:30 - 11:15 ELAYNE	
			STRETCH & MOBILITY 10:30 - 11:30 HEATHER	STRENGTH & BALANCE 10:30 - 11:15 DORE	BODYBALANCE 10:30 - 11:30 SARAH	YOGA 10:30 - 11:30 DORE	STRETCH & MOBILITY 10:30 - 11:15 HEATHER
5:00 PM - 5:30 PM		CYCLE 5:30 - 6:15 KAREN	ZUMBA 5:30 - 6:15 MARISA	AQUAFIT 5:00 - 5:45 CAROLYN	FUSION 5:30 - 6:15 CAROL	<b>FITNESS KEY</b> ● STUDIO 1 ● STUDIO 3 ● CYCLE STUDIO ● POOL ● OUTDOOR STUDIO ● COURT 7 ● LIVE STREAM ★ NEW CLASS *Schedule is subject to change	
	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 - 6:30 ELISE		
6:30 PM		BODYPUMP 6:30 - 7:30 CHRISTA	BODYPUMP 6:30 - 7:30 ELISE	BODYPUMP 6:30 - 7:30 CHRISTA			
			YOGA 6:30 - 7:30 DORE	YOGA 6:30 - 7:30 AMY	YOGA 6:30 - 7:30 CAROL		

- All classes 45min or 60min.
- Registration required
- Register on the app.
- Limited spots available per class

# CLASS DESCRIPTIONS

REGISTRATION IS REQUIRED FOR ALL CLASSES INCLUDING LIVE STREAM

## 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.

## 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.

## BODYCOMBAT

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

## 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.

## CARDIO TENNIS

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

## CARDIO STRENGTH MIXER

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!

## MUSCLE CIRCUIT

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

## 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.

## PILATES

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

## EMPOWERED FLOW

This class is designed for practitioners wishing to expand and individualize their yoga practice within a classroom setting. Options to focus on strength, creativity, energy, and/or mindfulness will be offered. The class will include playful balance sequences, creative transitions between familiar poses, freedom to experiment, and options for arm balances or inversions for those who are interested.

## RHYTHM RIDE

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

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.