

GROUP FITNESS SCHEDULE • JANUARY 2019 • WATER

MONDAY

8:00 - 8:45am • **Aqua Cardio**
Jenn • 2-3 Lanes/Half

9:30 - 10:15am • **Aqua Zumba®**
Jenn • 2-3 Lanes/Half

11:45am - 12:30pm • **Aqua Cardio**
Daljim • 2-3 Lanes/Full

4:45 - 5:30pm • **Aqua Tabata**
Abby • 1 Lane/Half

6:00 - 6:45pm • **Aqua Zumba®**
Leslie • 1 Lane/Half

TUESDAY

10:00 - 10:45am • **Aqua Cardio & Strength**
Jeremy • 2-3 Lanes/Full

WEDNESDAY

11:45am - 12:30pm • **Aqua Cardio**
Daljim • 2-3 Lanes/Full

6:00 - 6:45pm • **Aqua Zumba®**
Leslie • 1 Lane/Half

THURSDAY

10:00 - 10:45am • **Aqua Tabata**
Audra • 2-3 Lanes/Full

FRIDAY

8:00 - 8:45am • **Aqua Zumba®**
Jenn • 2-3 Lanes/Half

9:00 - 9:45am • **Aqua Cardio**
Jenn • 2-3 Lanes/Half

11:45am - 12:30pm • **Aqua Cardio**
Daljim • 2-3 Lanes/Full

SATURDAY

7:15 - 7:45am • **Beach Ball Party**
N/A • 0 Lanes/Half

8:00 - 8:45am • **Aqua Tabata**
Kathleen • 2-3 Lanes/Half

9:00 - 9:45am • **Aqua Zumba®**
Leslie • 1 Lane/Half

10am - 1:25pm • **Group Swim Lessons***
Various • 1-2 Lanes/Half

1:30 - 5:00pm • **Open Swim**
N/A • 1-2 Lanes/All

SUNDAY

9:00 - 9:45am • **Aqua Tabata**
Abby • 1-2 Lanes/Half

10am - 1:25pm • **Group Swim Lessons***
Various • 1-2 Lanes/Half

WATER CLASS DESCRIPTIONS

Aqua Cardio • An upbeat, full-body workout for all fitness levels. A full range of cardio, strength, and balance exercises.

Aqua Cardio & Strength • Aqua Cardio & Strength focuses on keeping you moving throughout the entire class while also working on key areas for strength building: hips, glutes, shoulders, and core. There is a varying mix of high intensity movements along with controlled low intensity movements. This allows the heart rate to elevate and also come back down while still working the body.

Aqua Tabata • Perfect for all fitness levels, this class is a combination of cardio, strength, and body weight workouts. Mixing it up between circuit training, tabata training, weight training, and core exercises, you'll experience 20 seconds of high intensity training followed by 10 seconds of rest.

Aqua Zumba® • This class blends the Zumba philosophy with water resistance, for one awesome pool party you shouldn't miss!

Member/Child Open Swim • Saturdays from 1:30 - 5:00pm • The swimming pool is open to children ages 6 months - 13 years who must be accompanied by a parent or guardian at all times.

LAND CLASS DESCRIPTIONS

Beginner Yoga • This class introduces yoga principles of body alignment and breath work in a flow of postures. Learn yoga postures/asanas through verbal descriptions and demonstrations. Poses will be linked together into a variety of sequences with an emphasis on safety and stability using props. A perfect class for those new to yoga or for those looking to further their fundamental yoga understanding.

Total Body Fitness • A cardio/ strength class incorporating high intensity work periods with short rest periods. It combines muscle building benefits of resistance training using a variety of equipment and/or your own body weight with fat burning benefits of cardio interval training. The combination will burn fat, build strength and ramp up your metabolism! Exercises change weekly to challenge your fitness level.

BodyAttack™ • A high-energy fitness class with moves that cater from total beginners to total addicts. We combine athletic movements like lunging and jumping with strength exercises such as push-ups and squats. An instructor will pump out energizing tunes and lead you through the workout - challenging your limits in a good way, burning up to 730 calories* and leaving you with a sense of achievement.

BodyCombat™ • A high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories* in a class. No experience is needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Bring your best fighter attitude and leave inhibitions at the door.

BodyFlow® • Ideal for any and everyone, this class will improve your mind, body, and life. An inspired soundtrack plays as you bend and stretch through a series of simple yoga moves while embracing elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered.

BodyPump • A barbell workout for anyone looking to get lean, toned and fit - fast. Using light to moderate weights with lots of repetition, this class gives you a total body workout. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music! With the possibility to burn up to 540 calories*, you'll leave the class feeling challenged and motivated, ready to come back for more.

CORE CHAIR YOGA • Chair yoga is a revolutionary concept designed to make the numerous benefits of classical yoga available to a wider range of physical abilities. These modifications make yoga accessible to people who lack the mobility to move easily from standing to seated to supine positions. Many of the basic body mechanics of the yoga poses are retained, no matter the fitness level.

CXWorx • A stronger core makes you better at all things you do. During this 30-minute workout made for all fitness levels, instructors guide you through correct techniques for resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers.

Gentle Hatha Yoga • A slower-paced class focusing on breath work, gentle stretching, relaxation and mindfulness all which allow the body and mind to restore and replenish. Build strength and increase your range of motion. Each class includes classic yoga postures with modifications as needed. Floor and standing postures are part of the class. Perfect for any fitness level.

Grit™ Strength • 30 minutes of a high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate, and body weight exercises to blast all major muscle groups. Combining cutting edge HIIT with powerful music and inspirational coaches, this class will make you work harder.

Hatha Yoga • This yoga concentrates on physical health and mental well-being. It uses bodily postures (asanas), breathing techniques (pranayama) and meditation (dyana) with the goal of bringing about a sound, healthy body and a clear, peaceful mind.

Insanity™ • This class replaces moderate-intensity exercise with maximum-intensity exercise, and trades short intervals of intensity for short periods of rest. Your body is forced to work for longer periods of time at a higher capacity. As a result, people experience faster increases in cardiovascular fitness and burn carbohydrates and fat more efficiently as much as 1,000 calories* per hour!

Jillian Michaels Bodyshred™ • Bodyshred is a fun and effective high-intensity and endurance based workout utilizing Jillian Michael's 3-2-1 interval approach. The class features three minutes strength, two minutes of cardio and one minute of ab work.

RPM • This class is a group indoor cycling workout where you control the intensity, with the possibility to burn up to 675 calories*. Your instructor will take you on a journey of hill climbs, sprints, and flat riding. With each class, you'll reach your cardio peak then ease back down, keeping pace with the pack. You control your own resistance levels and speed so you can build up your fitness level over time. It's a journey, not a race!

Rock Bottom Hard Core • Get rocked in this stability-emphasized workout that focuses on your core muscles while you get toned. The combination of aerobic training coupled with weights and stability balls will ensure results.

Senior Cardio & Strength • Increase your cardiovascular and muscular endurance with a standing circuit. Upper-body work with free weights, resistance tubes, and SilverSneakers balls are alternated with non-impact aerobics. A chair is offered for support, stretching, and relaxation exercises.

SilverSneakers Classic • Increase your muscle strength and range of motion, helping to improve activities for daily living. You'll have a chair for standing support and seated exercises, which can be modified for your fitness level.

SilverSneakers Yoga • Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with breathing exercises and final relaxation to promote reduced stress and mental clarity.

Spinning • Johnny G's original cycling program gets you riding through several drills for a great conditioning program for your outdoor ride, burning plenty of calories in the process.

Sprint™ • This 30-minute high-intensity interval training (HIIT) workout utilizes an indoor bike to achieve quick results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. You combine bursts of intensity with periods of rest. Get riding!

Yoga • This form of yoga emphasizes detail, alignment, strength, and flexibility. The use of equipment allows participants to do poses correctly, minimizing instability and strain.

Zumba® • We take the "work" out of workout, by mixing both low- and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® classes are often called exercise in disguise.

Zumba® Gold • The design of the class introduces easy-to-follow choreography that focuses on balance, range of motion, and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

Zumba® Toning • This workout combines body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training fitness dance party. Learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all target zones, including arms, abs, and thighs.