



# GROUP FITNESS SCHEDULE • MARCH 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

5:45 - 6:30pm • **Aqua Tabata**  
Abby • 1 Lane/Half

## 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

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** • You'll learn the basic fundamentals of Yogic philosophy, breath work, poses, and flows with an emphasis on proper alignment and safety. Props are used in this class optionally to help the body achieve poses comfortably. Out of respect for our practice, please arrive prior to class start time. No late entry will be allowed.

**BodyAttack™** • A very high energy cardio class utilizing faster athletic movements, and jumping along with body weight strength movements mixed in to keep the heart rate up high and burn up to 730 calories an hour!

**BodyCombat™** • A martial arts-inspired cardio workout that is totally non-contact. Punch and kick your way to fitness and burn up mega calories! No kickboxing experience is needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu, and more in this high energy class!

**BodyFlow®** • In this mind/body based hybrid class, you will experience stretches, poses, and exercises from Yoga, Pilates, and Tai Chi all executed to an inspired soundtrack! This class will leave you feeling strong, calm, and centered. Out of respect for our practice, please arrive prior to class start time. No late entry will be allowed.

**BodyPump™** • This popular total body barbell class will get you stronger, faster. Focused on one muscle group at a time, you will add and reduce weights to your bar while playing with speed and tempo on the repetitions. A great addition to your weight lifting routine! Please arrive to class early to allow time for set up.

**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, and members rehabbing from injury. Out of respect for our practice, please arrive prior to class start time. No late entry will be allowed.

**CXWorx™** • During this 30-minute core workout made for all fitness levels, instructors guide you through correct techniques for exercises using resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers.

**GRIT™ Cardio** • This 30-minute high-intensity interval training (HIIT) workout will improve cardiovascular fitness, increase speed, and maximize calorie burn. Each workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast.

**GRIT™ Strength** • 30 minutes of a high-intensity interval training (HIIT), designed to improve strength and build lean muscle. This workout uses barbells, weight plates, 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.

**Jillian Michaels BODYSHRED™** • BODYSHRED™ is a fun and effective total body workout utilizing Jillian Michael's 3-2-1 interval approach. The class features three minutes of strength, two minutes of cardio and one minute of ab work to give a great all-in-one workout! Please arrive to class early to allow time for set up.

**Rock Bottom Hard Core** • Get ready to get your core rocked in this toning and stability class that focuses only on glutes, thighs, and core! Exercises and equipment change each class to challenge the muscles and keep your workouts fresh, all while improving your core strength and balance! Please arrive to class early to allow time for set up.

**RPM™** • In this indoor cycling class, your instructor will take you on a journey of hill climbs, sprints, and flat roads. With each class, you'll reach your cardio peak and 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! First timers, please arrive early for bike set up.

**Senior Cardio & Strength** • This 2-in-1 workout combines low impact cardiovascular movements along with moderate strength training (and optional use of a chair for balance). It provides a great workout for seniors, people recovering from an injury, and those with physical limitations.

**SilverSneakers Classic** • Increase muscle strength and range of motion to help improve daily living activities. A chair is used for balance in standing exercises, and a variety of seated exercises throughout the workout. Great for seniors and those rehabbing from injury.

**SilverSneakers Yoga** • Increase muscle strength and range of motion to help improve daily living activities. A chair is used for balance in standing exercises, and a variety of seated exercises throughout the workout. Great for seniors, and those rehabbing from injury. Out of respect for our practice, please arrive prior to class start time. No late entry will be allowed.

**Spin®** • Johnny G's original road cycling program gets you riding through a variety of types of heart rate based endurance, strength, and interval rides. With a focus on heart rate zones, and cadence, your instructor will lead you through hill climbs, sprints, flat roads, and more to give you a motivating workout! First timers, please arrive early for bike set up.

**Step** • A classic is back! Step aerobics - the low impact aerobics workout that has lasted for decades because it's fun and effective! You'll burn calories and shape the lower body while using varied, but not complex, choreography.

**Sprint™** • Though preformed in the cycle studio, Sprint isn't a road cycling class. This 30 minute high intensity interval training (HIIT) class uses the bike as a medium to see results quickly, pushing you past mental and physical limits to deliver a great workout in a short time. First timers please arrive early for bike set up.

**Strength Training** • A total body strength class that uses a variety of equipment and exercises changing every class to keep your workouts fun and challenging! Never the same class twice, Strength Training will help you push past plateaus, increase strength and muscle, and get fitter faster! Please arrive to class early to allow time for set up.

**Total Body Fitness** • This freestyle format uses a mix of cardio and strength training work to give you a complete workout in one class! Equipment, exercises, and routine change every class to keep your workouts fresh and fun, all while helping you achieve new levels of fitness! Please arrive to class early to allow time for set up.

**Yoga** • With a focus on physical health and mental well-being, Yoga uses poses (asanas), breathing techniques (pranayama) and meditation (dhyana) for a balanced mind and body practice. All levels welcomed. Mats, straps, and blocks are provided. Out of respect for our practice, please arrive prior to class start time. No late entry will be allowed.

**Zumba®** • The popular dance based cardio class, set to great Latin and world rhythms, that will make you forget you are working out! A mix of lower and higher intensity movements choreographed to Salsa, Cumbia, Merengue, Reggaeton, and more will give you a fun and exciting cardio workout! No dance experience required!

**Zumba® Gold** • A lower intensity version of Zumba, Gold is a great option for members new to group fitness, our senior population, and those rehabbing from injury.

**Zumba® Toning** • This class takes the moves and music you love from Zumba with the addition of maraca-like toning sticks to tone the body and get a get low impact cardio workout in!