
























GROUP FITNESS SCHEDULE • SEPTEMBER 2020 • LAND

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30 - 8:15am • Bender Ball Pilates Cilla • Studio A/B 	5:15 - 5:45am • Sprint™ Heather • Studio C	8:00 - 9:00am • Strength Training Jeremy • Studio A/B	5:15 - 5:45am • GRIT Strength & Cardio™ Amy • Studio A/B	5:15 - 6:00am • Strength Training Rose • Studio A/B 	8:00 - 9:00am • Strength Training Matt • Studio A/B
8:30 - 9:15am • Step Cilla • Studio A/B 	5:15 - 6:00am • BodyAttack™ Rose • Studio A/B	9:15 - 10:15am • Zumba® 	9:30 - 10:00am • Sprint™ Donna • Studio C	8:30 - 9:15am • Step Cilla • Studio A/B 	9:15 - 9:45am • CXWorx™ Heather • Studio A/B
8:30 - 9:15am • RPM™ Donna • Studio C	8:00 - 9:00am • Zumba® Toning 	9:30 - 10:15am • RPM™ Donna • Studio C	9:15 - 10:15am • BodyFlow® Kim • Studio A/B	8:30 - 9:15am • RPM™ Kevin • Studio C	10:00 - 10:30am • Sprint™ Heather • Studio C
9:30 - 10:30 am • Body Pump™ Kat • Studio A/B	9:15 - 10:15am • BodyFlow® Donna • Studio A/B	10:30 - 11:30am • BodyPump™ Donna • Studio A/B	10:30 - 11:30am • Zumba Toning Mary Jo • Studio A/B	9:30 - 10:30am • BodyPump™ Kevin • Studio A/B	10:00am - 11:00pm • Zumba® 
10:45 - 11:45am • Yoga Zana • Studio A/B 	9:30 - 10:15am • Spin® Joe • Studio C	11:45am - 12:45pm • Yoga 	11:45am - 12:45pm • Beginner Yoga 	10:45 - 11:30am • Yoga Zana • Studio A/B 	11:15am - 12:15pm • Yoga 
12:00 - 12:45pm • Zumba® 	10:30 - 11:00am • CXWorx™ Donna • Studio A/B	1:00 - 2:00pm • Chair Yoga 	1:00 - 1:45pm • Gentle Stretch & Balance Pat • Studio A/B	1:00 - 1:45pm • SilverSneakers Classic Pat • Studio A/B	
1:00 - 1:45pm • SilverSneakers Classic Mary Jo • Studio A/B	1:00 - 1:45pm • Senior Cardio 	5:30 - 6:30pm • BodyPump™ Kevin • Studio A/B	6:00 - 6:30pm • Sprint™ Heather • Studio C		
5:30 - 6:15pm • BodyAttack™ 	2:00 - 3:00pm • Parkinson's Class 	6:00 - 6:45pm • Spin® Jane/Ken • Studio C	6:45 - 7:15pm • CXWorx™ Heather • Studio A/B		
6:00 - 6:45pm • Spin® Jane/Ken • Studio C	4:00 - 5:00pm • Beginner Yoga 	7:00 - 8:00pm • Zumba® 			
7:00 - 8:00pm • Zumba® 	5:30 - 6:15pm • RPM™ Kevin • Studio C				
	5:30 - 6:30pm • BodyCombat™ 				
	6:45 - 7:15pm • CXWorx™ Debbie • Studio A/B				


SUNDAY
7:15 - 7:45am • Sprint™ Cari • Studio C
8:00 - 9:00am • BodyPump™ Kevin • Studio A/B
9:15 - 10:00am • RPM™ Kevin • Studio C
9:30 - 10:30am • BodyCombat™ 

 Virtual Class- Please pre-register for this class using the App or from the Innovative Website. A link for the class will be sent to your email 30 minutes before the class starts. If you sign up less than 30 minutes in advance, it will be sent to you a few minutes after you pre-register.

 These classes may be held outside, weather permitting.

*Due to instructor availability and the current health guidelines, there may be a reduced number of classes. However, we will be adding classes as availability and guidelines change. Please remember: Spots in the studio are limited in order to maintain social distancing. At this time, online check-in is not available. Please use kiosk at the front of the club to check-in to classes.

Out of respect for the instructor, other class participants, and integrity to the format, please arrive prior to the start of class time.

Group Swim Lesson times are estimates and subject to change as attendance changes. At any time, private lessons are permitted in either pool. Once class begins, no land dividers should be removed. Sign-in is required for all group swim classes at kiosk near front desk. Please arrive 15 minutes early to class to make time for check-in and class ticket collection. We reserve the right to adapt the schedule at any time. There is limited use of jets in Therapy Pool during swim lessons and classes (use is determined at the discretion of the instructor or life guard).  Classes are flagged to help increase attendance.

POOLS: Therapy and Lap Pool depths range from 3'6" - 5'0". Therapy Pool is 90°F. Lap Pool is 4 lanes, 82°F, 25 yards (72 lengths/36 laps = 1 mile).

GROUP FITNESS SCHEDULE • SEPTEMBER 2020 • WATER

MONDAY

9:00 - 9:45am • Aqua Cardio
Jenn • LP 3-4 Lanes

10:15 - 11:00am • Aqua Boot Camp*
Alicia • ½ Therapy Pool *PAID class

11:45am - 12:30pm • Aqua Cardio
Daljim • LP 3-4 Lanes

6:00 - 6:45pm • Aqua Zumba®
Leslie • LP 3-4 Lanes

TUESDAY

9:15 - 10:00am • Aqua Fitness
Ann • LP 3-4 Lanes

WEDNESDAY

8:30 - 9:15am • Aqua Boot Camp*
Alicia • ½ Therapy Pool *PAID class

9:15 - 10:00am • Aqua Cardio
Ann • LP 3-4 Lanes

11:45am - 12:30pm • Aqua Cardio
Daljim • LP 3-4 Lanes

6:00 - 6:45pm • Aqua Zumba®
Leslie • LP 3-4 Lanes

THURSDAY

5:30 - 6:15pm • Aqua Cardio
Ann • LP 3-4 Lanes

FRIDAY

8:30 - 9:15am • Aqua Fitness
Ann • LP 3-4 Lanes

11:45am - 12:30pm • Aqua Cardio
Daljim • LP 3-4 Lanes

SATURDAY

9:15 - 10:00am • Aqua Fitness
Ann • LP 3-4 Lanes

SUNDAY

WATER CLASS DESCRIPTIONS

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

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.

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.

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. *Do not need to be a Silver Sneaker member to attend*

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. *Do not need to be a Silver Sneaker member to attend*

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!