



MAY GROUP EXERCISE *schedule*

	Sun	M	T	W	T	F	Sat
6am		6:00-7:00 SERIOUS SCULPT Bev	6:00-7:15 YOGA Bill	6:00-7:00 SERIOUS SCULPT Bev	6:00-7:15 YOGA Kathy	6:00-7:00 SERIOUS SCULPT Bev	
7am	7:00-8:15 GENTLE YOGA Ricardo	7:30-8:30 BODY PUMP Rachel		7:30-8:30 BODY PUMP Ana		7:30-8:30 BODY PUMP Rachel	7:00-8:10 YOGA Ricardo
8am							
9am	8:30-9:30 GENTLE YOGA Ricardo		9:30-10:30 SERIOUS SCULPT Bev		9:30-10:30 SERIOUS SCULPT Kim		8:30-9:30 ZUMBA Daniel
10am	10:00-11:00 BODY PUMP Bryan	10:00-11:00 BOOT CAMP Kyle		10:00-11:00 BOOT CAMP Sara		10:00-11:00 BOOT CAMP Kyle	10:00-11:00 BODY PUMP Bev
11am	11:30-8:30pm BASKETBALL Open Hoops	11:30-12:00 BASKETBALL Open Hoops	11:00-12:15 BASKETBALL Open Hoops	11:30-12:00 BASKETBALL Open Hoops	11:00-12:15 BASKETBALL Open Hoops	11:30-12:00 BASKETBALL Open Hoops	11:30-8:30pm BASKETBALL Open Hoops
12		12:15-1:30 YOGA Will	12:30-1:30 ZUMBA® Daniel	12:15-1:30 YOGA Will	12:30-1:30 ZUMBA® Daniel	12:15-1:30 YOGA Bill	
1-3pm		2:00-3:45 BASKETBALL Open Hoops	2:00-4:00 BASKETBALL Open Hoops	2:00-3:45 BASKETBALL Open Hoops	2:00-3:45 BASKETBALL Open Hoops	2:00-3:45 BASKETBALL Open Hoops	
4pm		4:00-5:00 PILATES Britta	4:30-5:00 CORE Rachel	4:00-5:00 ZUMBA® Daniel	4:00-5:00 YOGA Alec	4:00-5:00 YOGA Alec	
5pm		5:30-6:30 BOOT CAMP Kyle	5:30-6:30 BODY PUMP Bev	5:30-6:30 BOOT CAMP Sara	5:30-6:30 BODY PUMP Bev	5:30-6:30 BOOT CAMP Kyle	
6pm							
7pm		6:45-7:45 FLOW YOGA Ricardo	6:45-7:45 HIGH FITNESS Andrea	6:45-7:45 FLOW YOGA Ricardo	6:45-7:45 HIGH FITNESS Andrea	7:00-10:30 BASKETBALL Open Hoops	
8pm		8:00-10:30 BASKETBALL Open Hoops	8:00-10:30 BASKETBALL Open Hoops	8:00-10:30 BASKETBALL Open Hoops	8:00-10:30 BASKETBALL Open Hoops		

TO ATTEND ANY GROUP EXERCISE CLASS, YOU MUST BE 13 YEARS OF AGE OR OLDER, UNLESS OTHERWISE NOTED.

GROUP EXERCISE CLASS DESCRIPTIONS

BODY PUMP: Les Mills BodyPump is a barbell class that shapes, tones and conditions your entire body. Using light to moderate weights with higher repetitions BodyPump uses classic weightlifting moves like squats, dead lift, presses and curls to build strength in specific muscle groups. Each class uses motivational and upbeat music and is designed to follow a designated routine with scientifically proven moves and techniques. BodyPump will leave you motivated and challenged and is suitable for all fitness levels.

BOOT CAMP: This high-energy class will challenge you to improve your core, cardiovascular, muscular strength and endurance to help you build lean muscle and burn away fat to achieve the physique you desire. All fitness levels welcome.

HIGH FITNESS: HIGH Fitness is steady state cardio workout tailored to the individual. ZERO equipment, full body workout that has been shown to improve overall endurance, stamina, strength, and cardiovascular health. Beyond the workout, HIGH is fun with fabulous music, and a community-based inclusive environment!

CORE: Les Mills CORE is a scientific core workout for building incredible strength, stability and endurance in the muscles that support your core by using resistant bands, weight plates and bodyweight to music that both inspires and motivates.

YOGA: Vigorously warms, strengthens and stretches the body through flowing rhythmic sequential movements.

PILATES: Build strength, flexibility, body awareness and alignment in this mat pilates class. The class uses graceful and efficient moves to target the powerhouse muscles throughout your core, hips, glutes, pelvic floor and lower back. All fitness levels welcome.

SERIOUS SCULPT: This full body workout is open to all levels and uses a variety of equipment, including weights, gliders and resistance bands, that will challenge your entire body. This class will improve cardiovascular endurance and improve muscular strength that will shape and tone – fast!

GENTLE YOGA: Release tightness and enhance your range of motion with gentle, gravity based Yoga poses. No previous experience necessary; open to all levels.

ZUMBA®: A fusion of Latin and International music that will create both a dynamic and exciting workout.

FLOW YOGA: A dynamic class flowing from one yoga pose to another to warm up the body, enhance breathing, dissolve muscle knots and raise heartbeat, resulting in a relaxed yet energized effect.

Previous yoga experience recommended but not required.



POOL *schedule*

	S	M	T	W	T	F	S
5am	6:00-9:00 LAP SWIM	5:00-7:30 LAP SWIM	5:00-7:30 LAP SWIM	5:00-7:30 LAP SWIM	5:00-7:30 LAP SWIM	5:00-7:30 LAP SWIM	6:00-9:00 LAP SWIM
8am		8:00-9:00 SPLASHDOWN Denise	8:00-9:00 SPLASHDOWN Dana	8:00-9:00 SPLASHDOWN Juniper	8:00-9:00 SPLASHDOWN Dana	8:00-9:00 SPLASHDOWN Juniper	
9am							
10pm	9:30-2:00 EXERCISE SWIM/LESSONS No lap swim	9:30-10:30 SPLASHDOWN Denise	9:30-10:30 SPLASHDOWN Dana	9:30-10:30 SPLASHDOWN Juniper	9:30-10:30 SPLASHDOWN Dana	9:30-10:30 SPLASHDOWN Juniper	9:30-2:00 EXERCISE SWIM/LESSONS No lap swim
12pm		11-3:00 LAP SWIM	11-3:00 LAP SWIM	11-3:00 LAP SWIM	11-3:00 LAP SWIM	11-3:00 LAP SWIM	
2pm							
4pm	2:30-8:30 LAP SWIM	3:30-6:00 SWIM LESSONS <i>No - Lap Swim</i>	3:30-6:00 SWIM LESSONS <i>No - Lap Swim</i>	3:30-6:00 SWIM LESSONS <i>No - Lap Swim</i>	3:30-6:00 SWIM LESSONS <i>No - Lap Swim</i>	3:30-6:00 SWIM LESSONS <i>No - Lap Swim</i>	2:30-8:30 LAP SWIM
5pm							
6pm		6:00-10:30 LAP SWIM	6:00-10:30 LAP SWIM	6:00-10:30 LAP SWIM	6:00-10:30 LAP SWIM	6:00-10:30 LAP SWIM	
8pm							

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DESCRIPTIONS

SPLASHDOWN: Water aerobics class for all levels to fit everyone. You'll ease into the exercises using your own body weight and water resistance dumbbells.

During this class, the pool is reserved for class participants only and no children are allowed in the pool area.



CYCLING STUDIO *schedule*

	S	M	T	W	T	F	S
		6:15-7:00am Andrew		6:15-7:00am Sara		6:15-7:00am Erika	
			8:00-8:55am Shannon		8:00-8:55am Kim		8:30-9:25am Chris
10:00-10:55am Jason		12:00-12:45pm Jason		12:00-12:45pm Katy		12:00-12:45pm Sara	10:00-10:55am Sara
		6:00-6:55pm Erika	6:00-6:55pm Andrew	5:30-6:25pm Chris 6:35-7:30pm Chris	6:00-6:55pm Katy		

DESCRIPTIONS

STUDIO CYCLING: A low impact cardiovascular workout using a specially designed stationary bike. The class will include a variety of cycling drills concluding with a cool down and stretch. All levels of fitness are encouraged to attend.