



# GROUP EXERCISE *schedule*

	Sun	M	T	W	T	F	Sat
6am		6:00-7:00 <b>SERIOUS SCULPT</b> Bev		6:00-7:00 <b>SERIOUS SCULPT</b> Bev		6:00-7:00 <b>SERIOUS SCULPT</b> Bev	
7am	7:00-8:15 <b>GENTLE YOGA</b> Ricardo	7:30-8:30 <b>BODY PUMP</b> Rachel	7:30-8:30 <b>PILATES</b> Jade	7:30-8:30 <b>BODY PUMP</b> Ana	7:30-8:30 <b>PILATES</b> Alex	7:30-8:30 <b>BODY PUMP</b> Rachel	
8am							8:30-9:30 <b>ZUMBA</b> Daniel
9am	8:30-9:30 <b>GENTLE YOGA</b> Ricardo		9:30-10:30 <b>SERIOUS SCULPT</b> Bev		9:30-10:30 <b>SERIOUS SCULPT</b> Rachel		
10am	10:00-11:00 <b>BODY PUMP</b> Bryan	10:00-11:00 <b>BOOTCAMP</b> Mike		10:00-11:00 <b>BOOTCAMP</b> Mike		10:00-11:00 <b>BOOTCAMP</b> Mike	10:00-11:00 <b>BODY PUMP</b> Bev
11am	11:30-8:30pm <b>BASKETBALL</b> Open Hoops	11:30-3:45 <b>BASKETBALL</b> Open Hoops	11:00-12:15 <b>BASKETBALL</b> Open Hoops	11:30-3:45 <b>BASKETBALL</b> Open Hoops	11:00-12:15 <b>BASKETBALL</b> Open Hoops	11:30-4:00pm <b>BASKETBALL</b> Open Hoops	11:30-5:00pm <b>BASKETBALL</b> Open Hoops
12			12:30-1:30 <b>ZUMBA®</b> Daniel		12:30-1:30 <b>ZUMBA®</b> Daniel		
1-3pm			2:00-4:00 <b>BASKETBALL</b> Open Hoops		2:00-3:45 <b>BASKETBALL</b> Open Hoops		
4pm		4:00-5:00 <b>PILATES</b> Britta	4:30-5:00 <b>CORE</b> Rachel	4:00-5:00 <b>ZUMBA®</b> Daniel	4:00-5:00 <b>PILATES</b> Britta	4:30-5:00 <b>CORE</b> Jenn	
5pm		5:30-6:30 <b>BOOT CAMP</b> Mike	5:30-6:30 <b>BODY PUMP</b> Bev	5:30-6:30 <b>BOOT CAMP</b> Mike	5:30-6:30 <b>BODY PUMP</b> Bev	5:30-6:30 <b>BOOT CAMP</b> Mike	
6pm							
7pm		6:45-7:30 <b>BODY PUMP</b> Jen	6:45-7:45 <b>HIGH FITNESS</b> Alison		6:45-7:45 <b>HIGH FITNESS</b> Andrea	7:00-10:30 <b>BASKETBALL</b> Open Hoops	
8pm		8:00-10:30 <b>BASKETBALL</b> Open Hoops	8:00-10:30 <b>BASKETBALL</b> Open Hoops	8:00-10:30 <b>BASKETBALL</b> Open Hoops	8:00-10:30 <b>BASKETBALL</b> 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:** Aerobics is back! Bigger, Better, and HIGHer! Experience a modern twist on aerobics in a non-stop action-packed hour of cardio and toning tracks that will take your fitness to the next level. Adaptable to all levels of fitness, you can high or you can go low, but you will always leave feeling HIGH!

**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.

**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.

# STUDIO B

## AEROBICS s c h e d u l e



	Sun	M	T	W	T	F	Sat
6am			6:00-7:15 <b>YOGA</b> Bill		6:00-7:15 <b>YOGA</b> Kathy		
7am							7:00-8:10 <b>CORE STRENGTH YOGA</b> Ricardo
8am		8:00-8:45 <b>FOREVER FIT</b> Kim		8:00-8:45 <b>FOREVER FIT</b> Kim		8:00-8:45 <b>FOREVER FIT</b> Laura	
9am			9:00-10:00 <b>POWER YOGA</b> Joshua		9:00-10:00 <b>POWER YOGA</b> Joshua		
10am							
11am							
12		12:15-1:30 <b>YOGA</b> Will		12:15-1:30 <b>YOGA</b> Will		12:15-1:30 <b>YOGA</b> Bill	
1-3pm							
4pm		4:00-5:00 <b>BARRE</b> Lindsey		4:00-5:00 <b>BARRE</b> Lindsey	4:00-5:00 <b>YOGA</b> Alec	4:00-5:00 <b>YOGA</b> Alec	
5pm							
6pm							
7pm		6:45-7:45pm <b>FLOW YOGA</b> Ricardo		6:45-7:45pm <b>FLOW YOGA</b> Ricardo			
8pm							

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### GROUP EXERCISE CLASS DESCRIPTIONS

**CORE STRENGTH YOGA:** A yoga class that combines flowing poses with resistance in order to tone and condition, foster flexibility, and emphasize abdominal and core strength.

**FOREVER FIT:** A gentle class with music designed to work on strength with light weights and bands that also focuses on balance and range of motion.

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

**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.

**POWER YOGA:** Power Vinyasa is a dynamic and empowering style of yoga that combines breath-synchronized movements and powerful flowing sequences.



# POOL *schedule*

	S	M	T	W	T	F	S
5am	6:00-9:00 <b>LAP SWIM</b>	5:00-7:30 <b>LAP SWIM</b>	5:00-7:30 <b>LAP SWIM</b>	5:00-7:30 <b>LAP SWIM</b>	5:00-7:30 <b>LAP SWIM</b>	5:00-7:30 <b>LAP SWIM</b>	6:00-9:00 <b>LAP SWIM</b>
8am		8:00-9:00 <b>SPLASHDOWN</b> Denise	8:00-9:00 <b>SPLASHDOWN</b> Dana	8:00-9:00 <b>SPLASHDOWN</b> Juniper	8:00-9:00 <b>SPLASHDOWN</b> Dana	8:00-9:00 <b>SPLASHDOWN</b> Juniper	
9am							
10pm	9:30-2:00 <b>EXERCISE SWIM/LESSONS</b> No lap swim	9:30-10:30 <b>SPLASHDOWN</b> Denise	9:30-10:30 <b>SPLASHDOWN</b> Dana	9:30-10:30 <b>SPLASHDOWN</b> Juniper	9:30-10:30 <b>SPLASHDOWN</b> Dana	9:30-10:30 <b>SPLASHDOWN</b> Juniper	9:30-2:00 <b>EXERCISE SWIM/LESSONS</b> No lap swim
12pm		11-3:00 <b>LAP SWIM</b>	11-3:00 <b>LAP SWIM</b>	11-3:00 <b>LAP SWIM</b>	11-3:00 <b>LAP SWIM</b>	11-3:00 <b>LAP SWIM</b>	
2pm							
4pm	2:30-8:30 <b>LAP SWIM</b>	3:30-6:00 <b>SWIM LESSONS</b> <i>No - Lap Swim</i>	3:30-6:00 <b>SWIM LESSONS</b> <i>No - Lap Swim</i>	3:30-6:00 <b>SWIM LESSONS</b> <i>No - Lap Swim</i>	3:30-6:00 <b>SWIM LESSONS</b> <i>No - Lap Swim</i>	3:30-6:00 <b>SWIM LESSONS</b> <i>No - Lap Swim</i>	2:30-8:30 <b>LAP SWIM</b>
5pm							
6pm		6:00-10:30 <b>LAP SWIM</b>	6:00-10:30 <b>LAP SWIM</b>	6:00-10:30 <b>LAP SWIM</b>	6:00-10:30 <b>LAP SWIM</b>	6:00-10:30 <b>LAP SWIM</b>	
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 Erin		
			8:00-8:55am Shannon		8:00-8:55am Shannon		8:30-9:25am Chris
10:00-10:55am Jason		12:00-12:45pm Jason				12:00-12:45pm Lindsey	
		6:00-6:55pm Erika	6:00-6:55pm Andrew	5:30-6:25pm Chris	6:00-6:55pm Melanie		
				6:35-7:30pm Chris			

## 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.