




Group Fitness Schedule

Small Gym

Effective September 19, 2023

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|--|----------|
| Cardio Mashup 5:30-6:30 am | | Cardio Mashup 5:30-6:30 am | | Cardio Mashup 5:30-6:30 am | |
| | Be Active Now! 8:00-9:00 am | | Be Active Now! 8:00-9:00 am | | |
| LES MILLS BODYPUMP 8:45-10:00 am | | LES MILLS BODYPUMP 8:45-10:00 am | | LES MILLS BODYPUMP 8:45-10:00 am | |
| LES MILLS BODYPUMP 5:00-5:45 pm | | LES MILLS BODYPUMP 5:00-6:00 pm | | | |
| POUND SECRET. WORKOUT. 6:00-6:45 pm | Fierce Full Body Fitness 5:10-6:10 pm | | Fierce Full Body Fitness 5:10-6:10 pm | | |

Fitness Room I

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|-----------------------------|---|-----------------------------|--|----------|
| Platinum Yoga 8:00-8:45 am | | Platinum Yoga 8:00-8:45 am | | Platinum Yoga 8:00-8:45 am | |
| Classic Silver Sneakers FITNESS 9:00-9:45 am | Power Yoga 9:00-10:00 am | Classic Silver Sneakers FITNESS 9:00-9:45 am | Power Yoga 9:00-10:00 am | Classic Silver Sneakers FITNESS 9:00-9:45 am | |
| Classic Silver Sneakers FITNESS 11:00-11:45 am | | Classic Silver Sneakers FITNESS 11:00-11:45 am | | Classic Silver Sneakers FITNESS 11:00-11:45 am | |
| | Fit & Firm 4:30-5:15 pm | | Fit & Firm 4:30-5:15 pm | | |
| | Hatha Yoga 5:45-6:30 pm |  Barre 5:45-6:30 pm | Hatha Yoga 5:45-7:00 pm | | |

Virtual Room

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------------|---------|--------------------------------|---|--------|----------|
| Forever Young! 8:00-9:00 am | | Forever Young! 8:00-9:00 am | | | |
| | | | POUND unplugged 5:45-6:30 pm | | |

Pool

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|----------------------------------|--|----------------------------------|---|---------------------------|
| Water Stretch & Balance 9:00-9:30 am | Aqua Power Hour 9:00-10:00 am | Water Stretch & Balance 9:00-9:30 am | Aqua Power Hour 9:00-10:00 am | Water Stretch & Balance 9:00-9:30 am | H2O Deep 9:00-10:00 am |
| water in motion 9:30-10:30 am | | water in motion STRENGTH 9:30-10:30 am | | water in motion 9:30-10:30 am | |
| Burst Fit 5:00-6:00 pm | | Burst Fit 5:00-6:00 pm | | | |

Small Gym

Cardio Mashup—Participate in this class to receive a variety of workouts! Each day has an unique and specific focus. Come one day for cardio endurance, another for interval training, and yet another for a boot camp style workout. A great way to get your day started right. **Instructor—Karen**

Be Active Now!—Have fun and move to the music that incorporates a combination of cardiovascular training on an adjustable platform as well as muscle conditioning with the use of bands and weights. The step encourages balance, coordination and agility. The choreography is easy and simple to follow. The use of a step is optional. **Instructor—Patti**

Body Pump™—Do you want to build strength, get lean and toned and work all the major muscles with a total body workout? Les Mills BODYPUMP is the world's most popular barbell workout, scientifically proven to burn calories and build lean, athletic muscles. **Instructors—Kelly & Angie**

Pound@—You become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks, POUND transforms drumming into an incredibly effective way of working out. **Instructor—Desire`**

Fierce Full Body Fitness— This is a total body fitness workout. This circuit training class is a great way to improve your strength, flexibility and heart. Work all muscle groups with a variety of strengthening and conditioning exercises using hand weights, body bars, kettlebells, and your own body weight. Core training and deep stretching finishes off this class giving you a complete workout in 1 hour. **Instructor—Cecilia**

Pool

Water Stretch & Balance—A Shallow water class that emphasizes core strength through balance and stretching using all muscle groups. Great for overall rejuvenation. **Instructor—Dina**

Water in Motion@—This class offers the benefit of a high energy calorie burning workout without the pull that gravity plays on the body. Experience the cross-training effects that water provides while reducing the impact on your joints, specifically the knees and back. **Instructor—Dina**

Water in Motion Strength@—WATER in MOTION@ Strength takes advantage of the aqua environment to build muscular endurance, power and overall tone in this workout using aqua dumbbells. **Instructor—Dina**

Aqua Power Hour—This shallow water workout provides a variety of activities to keep your workout exciting. Water, along with other equipment will challenge all aspects of your body and increase your fitness level. **Instructor—Mary**

Burst Fit—A shallow water workout that includes calisthenics style movements with various upper and lower body resistance moves. This class will improve your cardiovascular fitness, muscle strength and flexibility as you jump kick and march through the water. **Instructor—Terri**

H2O Deep—This popular water workout includes cardio and resistance training to help tone and sculpt without impacting the joints. No swimming skills needed, however a comfort for deep water is a must. **Instructor—Mary**

Fitness Room I

Platinum Yoga—Move through seated and standing yoga poses to increase flexibility, balance and range of motion. A chair is used to meet a variety of fitness levels. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness levels. **Instructor—Becky**

Power Yoga—A vinyasa style flow yoga created to increase the heart rate and warm the body. You will focus on breathing as you move from pose to pose and practice flexibility. Power yoga is typically done at a faster pace and incorporates many muscle building poses. **Instructor—Julianne**

Hatha Yoga— In this class, postures are practiced to align, strengthen and promote flexibility in the body. Full-body relaxation and balance are the goals, as we make a full circuit of the body's range of motion. **Instructor—Agena & Lori**

Silver Sneakers Classic@—Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support. **Instructors—Becky & Dina**

Barre—Barre is a full body workout that blends elements from different exercise styles including strength training, ballet inspired movements, pilates and yoga. It will challenge each body part and will use correct form and posture to help lengthen and tone. **Instructor—Desire`**

Fit & Firm—A low intensity class for those looking for a lighter impact workout. It is great for anyone starting a fitness program or those recovering from injury or surgery. This class will use a variety of exercise equipment to target all major muscle groups in the body. **Instructor—Becky**

Virtual Room

Forever Young!—This energetic class challenges you with a variety of low impact aerobics and strength training. This class is designed for people of all ages and fitness levels. It is sure to get your heart pumping and your muscles strong and toned. **Instructor—Patti**

Pound Unplugged@—Using Ripsix, POUND Unplugged connects mind, body and sound to create an immersive, sensory experience unlike anything you've experienced in a group fitness class. This class balances focused, high intensity exercises with restorative movements, rhythmic breathing and meditation. **Instructor—Desire`**