



# GROUP FITNESS SCHEDULE

**Effective November 9, 2021**

## Small Gym

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	
<b>LES MILLS BODYPUMP</b> 8:45-9:45 AM		<b>LES MILLS BODYPUMP</b> 8:45-9:45 AM		<b>LES MILLS BODYPUMP</b> 8:45-9:45 AM	
<b>LES MILLS BODYPUMP</b> 5:10-5:55 PM		<b>LES MILLS BODYPUMP</b> 5:10-5:55 PM			
<b>POUND</b> <small>ROCKOUT WORKOUT</small> 6:00-6:45 PM			<b>POUND</b> <small>ROCKOUT WORKOUT</small> 5:45-6:30 PM		

## Fitness Room I

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>SilverSneakers</b> Yoga 8:00-8:45 AM		<b>SilverSneakers</b> Yoga 8:00-8:45 AM		<b>SilverSneakers</b> Yoga 8:00-8:45 AM	
<b>Classic SilverSneakers</b> 9:00-9:45 AM	<b>Cardio SilverSneakers</b> 9:00-10:00 AM	<b>Classic SilverSneakers</b> 9:00-9:45 AM	<b>Cardio SilverSneakers</b> 9:00-10:00 AM	<b>Classic SilverSneakers</b> 9:00-9:45 AM	
<b>Classic SilverSneakers</b> 10:00-10:45 AM		<b>Classic SilverSneakers</b> 10:00-10:45 AM		<b>Classic SilverSneakers</b> 10:00-10:45 AM	
<b>Classic SilverSneakers</b> 11:00-11:45 AM	<b>Fit &amp; Firm</b> 4:30-5:15 PM	<b>Classic SilverSneakers</b> 11:00-11:45 AM	<b>Fit &amp; Firm</b> 4:30-5:15 PM	<b>Classic SilverSneakers</b> 11:00-11:45 AM	
	<b>Hatha Yoga</b> 5:45-6:30 PM	 <b>Barre</b> 5:45-6:30 PM	<b>Hatha Yoga</b> 5:45-6:30 PM		

## Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Water Stretch &amp; Balance</b> 9:00-9:30AM	<b>Aqua Power Hour</b> 9:00A-10:00 AM	<b>Water Stretch &amp; Balance</b> 9:00-9:30AM	<b>Aqua Power Hour</b> 9:00A-10:00 AM	<b>Water Stretch &amp; Balance</b> 9:00-9:30AM	<b>H2O Deep</b> 9:00-10:00 AM
 9:30-10:30 AM		 9:30-10:30 AM		 9:30-10:30 AM	
<b>BurstFit</b> 5:00-6:00 PM		<b>BurstFit</b> 5:00-6:00 PM			

## SMALL GYM

CLASS	INSTRUCTOR	DESCRIPTION
Cardio Mashup	Karen	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.
Body Pump™	Kelly & Angela	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.
Pound©	Desire	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. This workout is designed for all fitness levels and is great for men and women of all ages and abilities.

## FITNESS ROOM I

Silver Sneakers Classic®	Becky, Mike & Dina	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.
Silver Sneakers Cardio®	Lorrie	This fun class will increase your cardiovascular and muscular endurance with a standing circuit workout. Upper body strength with hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.
Silver Sneakers Yoga®	Becky	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.
Fit & Firm	Becky	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.
Barre	Desire	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. This class can also be easily modified.
Hatha Yoga	Agena	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.

## POOL

Water Stretch & Balance	Dina	A Shallow water class that emphasizes core strength through balance and stretching using all muscle groups. Great for overall rejuvenation.
Water In Motion©	Dina	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.
Water In Motion Strength©	Dina	WATERinMOTION® Strength takes advantage of the aqua environment to build muscular endurance, power and overall tone in this workout using aqua dumbbells.
Aqua Power Hour	Mary	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.
Burst Fit	Teri	A shallow water workout that includes calisthenics style movements with various upper and lower body resistance moves. It improves cardiovascular fitness, muscle strength and flexibility as you jump kick and march through the water
H2O Deep	Mary	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.