

Starts Monday November 6th, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TBC 8:30-9:30am Carrie S. FS	Spin 5:30-6:20am Nicole S. FS	PUMP Express 5:30-6:15am Nicole S. FS	Spin 5:30-6:20am Nicole S. FS	Aquafit 8:30-9:30am Sherry M. SC	Spin 7:00-8:00a Wendy C. FS	Kettlebell 8:30-9:15am Devin R. FS
Aquafit 8:30-9:30am Jennifer H. SC	PUMP Express 8:30-9:15am Carrie S. FS	Aquafit 8:30-9:30am Anita S. SC	Cardio Circuit 8:30-9:30am Carrie S. FS/LC	Bootcamp 8:30-9:15am Carrie S. FS/LC	Yolates 8:05-8:50am Wendy C. FS	Body Blast 9:20-10:05am Devin R. FS
Yoga 9:45-10:45am Lindsey D. PR5	Xtreme Interval 9:30-10:15am Lindsey D. FS	HIIT 9:30-10:15am Lindsey D. FS	Cycle/Core/Restore 9:45-10:45am Kim J. FS	Step Circuit 9:20-10:20am Lisa D. FS	Cardio Kickboxing 8:05-8:55am Carrie S. LC	
Forever Fit 10:30-11:30am Marti S. FS	Yoga 10:30-11:30am Lindsey D. PR5	Stretch & Roll 10:20-11:00am Lindsey D. LC	Express ABS 5:30-6:00pm Nicole S. FS	Yoga 10:30-11:30am Lindsey D. PR5	Box Circuit 9:00-10:00am Wendy C. FS	
Step Circuit 5:30-6:30pm Lisa D. FS	Barre 5:30-6:15pm Wendy C. FS	Forever Fit 10:30-11:30am Marti S. FS	Spin-bata 6:00-7:00pm Nicole S. FS		Zumba 10:30-11:30pm Jacqui G. FS	
Cardio PUMP 6:35-7:35pm Carrie S. FS	TBC 6:30-7:30pm Wendy C. FS	Body Blast 5:30-6:30pm Lisa D. FS	Kickbox Circuit 7:05-8:05pm Carrie S. FS			
Zumba 7:40-8:40pm April W. FS	Aquafit 7:10-8:10pm Susan B. SC	Muscle PUMP 6:35-7:35pm Carrie S. FS	Zumba 7:00-8:00pm April W. DS			
		Xtreme Interval 7:45-8:30pm Devin R. FS	Aquafit 7:10-8:10pm Rita B. SC			

KEY	 Cardio
	 Water
	 Strength
	 Mind/Body
	 Combo (Cardio/Strength)
	FS = Fitness Studio
DS = Dance Studio	
SC = Splash Central	
LC = LIFECENTER	
PR5 = Program Room 5	

Punch Card Options

Card Type	Resident	Nonres	Res-Sr/St	Nonres Sr/St	Member	Sr/St Member
12 Punch	\$77	\$111	\$69	\$94	\$62.40	\$55.20
24 Punch	\$144	\$196	\$135	\$171	\$115.20	\$108
3 Month Unlimited	\$168	\$230	\$140	\$187	\$132	\$112

AQUAFIT - Challenge yourself with water resistance in this low-impact cardiovascular workout for muscle toning and improved range of motion. Designed for all fitness levels, you don't have to be a swimmer to participate.

BARRE - This Barre workout is a series of movements that strengthen the entire body and ensures that no muscle is overlooked. With a combination of functional strength, dance, Pilates and Yoga, we use bodyweight as a resistance to focus on alignment and optimal posture while enhancing body awareness, coordination, balance and overall strength. 2-3 lb. hand weights, small balls, tubing and bands will be used.

BODY BLAST - Power, Power and more Power! Get ready to train your entire body with easy to follow exercises. Using steps, kettlebells and weights, blast your body into a new you!

BOOTCAMP- If you're looking to switch up your workout routine and bring it to the next level, then bootcamp is the class for you! This class is different every time, and works all areas of the body. You're guaranteed to sweat working with various types of equipment, weights, and your own bodyweight in this workout!

BOX CIRCUIT - This moderate to high intensity class brings a balance of kickboxing, plyo and strength into a jam packed 60 minutes of fun! These quick circuits are filled with calorie busting moves that will make you want to come back for more!

CARDIO CIRCUIT - Not enough cardio in your week! Your legs will be on fire with this cardio workout that focuses on working from levels of low to moderate and high intensity. Pick where you want to be and DELIVER! Core and some strength will also be included.

CARDIO KICKBOXING - If you like fast paced, choreography based kickboxing, then this high energy class is for you! Kick, punch and sweat your way to a healthier you!

CARDIO PUMP - This new class is the perfect blend of interval bursts, followed by intense strength training using pump bars! Your muscles will thank you in the morning!

CYCLE/CORE/RESTORE - A blend of cycling, strength/core, and yoga strength moves for a full body workout

EXPRESS ABS - Got ABS? You will after this class. Isolated exercises to strengthen and tone your abdominal muscles.

FOREVER FIT - Join us for this low- impact, easy to follow aerobic class. Some basic step will be used. It's designed for those looking for a low impact challenge. A short toning segment is included.

HIIT - High Intensity Interval Training is here to stay! Burn the most calories in a short amount of time. These interval bursts will allow you to work at your own pace! A variety of equipment will be used! Cardio, core and strength is included.

KETTLEBELL - Burn calories and fat with this 45 minute kettlebell workout. Strengthen and sculpt your arms, shoulders and back as well as tone your core and butt.

KICKBOX CIRCUIT - This class combines kickboxing, strength and core work into a power packed hour. The variety of exercises and out of the box combinations is a great way to end your week! Kickboxing will be easy to follow and a moderate to high intensity class.

MUSCLE PUMP - Did someone say STRENGTH TRAIN? This class will definitely deliver in that department. Train each muscle group using free weights, pump and body bars. The energy, music and style will transform your body!

PUMP EXPRESS - 45 minutes...no problem! This express class will combine intense muscle madness and cardio interval training.

SPIN - Grab your water bottle and towel and join us for this exciting indoor cycling class. You will enjoy motivating music while simulating outdoor cycling, which will challenge your mind as well as your body. WATER BOTTLE IS MANDATORY. TOWEL IS HIGHLY RECOMMENDED.

SPIN-BATA - This high intensity interval training class has the perfect mix of Spin and tabata with enough energy to keep you sweating the entire time. Each class will alternate between classic spin bike training and variable tabata movements to keep the body guessing and create lasting results.

STEP CIRCUIT- This is a great total body workout! This class uses short STEP intervals alternated with strength segments to improve your cardiovascular endurance and muscular strength. We will use various equipment including, but not limited to weights, tubes, bands, resist-a-balls, and body bars to challenge every muscle group.

T.B.C.- Total Body Conditioning -This class alternates intervals of toning with a wide variety of cardio segments, which may include step, kick box, hi/low and others. This class may also be set up using alternating stations of cardio and strength. Weights, tubing, resist-a-balls, body bars and other equipment may be used.

XTREME INTERVAL- A high intensity strength and conditioning class that combines true interval and plyometric training and into one extreme workout.

YOGA - Designed to improve health, performance and mental acuity. Based on the science of hatha yoga, this class blends balance, strength, and flexibility. This class is user friendly and is geared to all fitness levels.

YOLATES - A great combination of Pilates and Yoga inspired movements. This class will increase your flexibility, core stability and all over muscle tone. Resist-a-ball may be used.

ZUMBA – A fun way to burn calories and get fit by using music and dance to exercise.