

NEW SCHEDULE STARTS AUGUST 14th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>--- MORNING CLASSES ---</b>						
<b>Aquafit*</b> 8:30-9:30am Anita S. SC	<b>Spin</b> 5:30-6:20am Nicole S. FS	<b>Muscle PUMP</b> 5:30-6:15am Nicole S. FS	<b>Spin</b> 5:30-6:20am Nicole S. FS	<b>Aquafit*</b> 8:30-9:30am Sherry M. SC	<b>Spin</b> 7:00-8:00am Wendy C. FS	<b>Kettlebell</b> 8:30-9:15am Devin R. FS
<b>TBC</b> 8:30-9:20am Carrie S. FS	<b>Pump Express</b> 8:45-9:30am Carrie S. FS	<b>Aquafit*</b> 8:30-9:30am Anita S. SC	<b>Cardio Circuit</b> 8:30-9:30am Carrie S. FS	<b>HIIT</b> 8:30-9:15am Carrie S. FS	<b>Yolates</b> 8:05-8:50am Wendy C. FS	<b>Body Sculpt</b> 9:15-10:00am Devin R. FS
					<b>Cardio Kickboxing</b> 8:05-8:55am Carrie S. LC	
	<b>TBC</b> 9:30-10:30am Lindsey D. FS	<b>HIIT</b> 9:30-10:15am Lindsey D. FS	<b>Cycle/Core/Restore</b> 9:45-10:45am Kim J. FS	<b>Step Circuit</b> 9:15-10:15am Lisa D. FS	<b>Box Circuit</b> 9:00-10:00am Wendy C. FS	<b>Aquafit</b> 9:25-10:25am (Rotation) SC
<b>Forever Fit</b> 10:30-11:30am Marti S. FS	<b>Yoga</b> 10:30-11:30am Lindsey D. FS	<b>Forever Fit</b> 10:30-11:30am Marti S. FS		<b>Yoga</b> 10:30-11:30am Lindsey D. FS	<b>Zumba</b> 10:30-11:30pm Jacqui G. FS	
<b>--- EVENING CLASSES ---</b>						
<b>Step Circuit</b> 5:30-6:30pm Lisa D. FS	<b>Yolates</b> 5:30-6:15pm Wendy C. FS	<b>Body Blast</b> 5:30-6:30pm Lisa D. FS	<b>Express ABS</b> 5:30-6:00pm Nicole S. FS	<b>News and Updates</b>  Splash Central will be closed for annual maintenance August 21 <sup>st</sup> – September 1 <sup>st</sup> . Aquafit classes will not be held during the closure		
<b>Cardio PUMP</b> 6:30-7:30pm Carrie S. FS	<b>TBC</b> 6:30-7:30pm Wendy C. FS	<b>Muscle PUMP</b> 6:30-7:30pm Carrie S. FS	<b>Spin-bata</b> 6:00-7:00pm Nicole S. FS			
<b>Zumba</b> 7:35-8:35pm April W. FS	<b>Aquafit</b> 7:05-8:05pm Susan B. SC	<b>Xtreme Interval</b> 7:45-8:30pm Devin R. FS	<b>Kickbox Circuit</b> 7:00-8:00pm Carrie S. FS			
			<b>Zumba</b> 7:00-8:00pm April W. DS			
			<b>Aquafit</b> 7:05-8:05pm Rita B. SC			

KEY

- Flex Class
- Aqua Class
- New Class
- New Day/Time/Format

FS = Fitness Studio  
DS = Dance Studio  
SC = Splash Central  
LC = LIFECENTER  
PR = Program Rooms 3 & 4

\*Aquafit will remain at 7:55am-8:55am M/W/F the week of 8/14

**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.

**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!

**BOXING** - A boxing inspired intense workout meant to improve cardio, gain power, and kick some butt!. Push yourself in 3-5 rounds of intense moves to torch the fat and get strong.

**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.