

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAYS	SATURDAY	SUNDAY
5:35-6:20AM <b>CYCLE 45</b> SHELLIE FS	5:35-6:20AM <b>STRICTLY STRENGTH</b> ALEX FS	5:35-6:20AM <b>BOOTCAMP</b> CARRIE FS	5:35-6:20AM FLOW YOGA SHANNON DS	5:35-6:20AM <b>HIIT</b> ALEX FS	7:00-7:55AM <b>CYCLE 60</b> WENDY FS	8:30-9:45AM HATHA YOGA SHELLIE DS
8:30-9:30AM <b>AQUAFIT</b> BETHANIE SC	8:30-9:15AM <b>STRICTLY STRENGTH</b> CARRIE FS	8:30-9:30AM <b>AQUAFIT</b> BETHANIE SC	8:30-9:30AM <b>CYCLE -N- SCULPT</b> CARRIE FS	8:30-9:30AM <b>AQUAFIT</b> SHERRY SC	8:05-9AM <b>CARDIO KICKBOXING</b> CARRIE FS	8:30-9:15AM <b>KETTLE -N- CORE</b> DEVIN FS
8:30-9:15AM <b>HIIT</b> CARRIE FS	9:30-10:15AM YOLATES SHELLIE FS	8:30-9:15AM <b>HIIT</b> SHELLIE FS	9:45-10:30AM YOLATES SHELLIE FS	8:30-9:15AM <b>BOOTCAMP</b> CARRIE FS	8:10-8:55AM YOLATES WENDY PR3/4	9:15-10:00AM <b>BRICK BODIES</b> DEVIN FS
9:45-10:45AM <b>MAT PILATES</b> SHELLIE FS	10:45-11:45AM <b>FOREVER FIT</b> BETHANIE FS	9:30-10:30AM <b>PILATES BARRE</b> SHELLIE FS	10:45-11:45AM <b>FOREVER FIT</b> BETHANIE FS	9:30-10:30AM <b>STEP CIRCUIT</b> LISA D. FS	9:10-10AM <b>BOXING CIRCUIT</b> WENDY FS	
		9:30-10:30AM <b>DEEP WATER SCULPT</b> JENNIFER SC		10:00-11:00am <b>TAI CHI</b> SHERRY PR3/4	10:15-10:45AM <b>CORE -N- MORE</b> DEVIN FS	
				10:30-11:30AM <b>FIT YOGA</b> SHANNON DS		
5:45-6:30PM <b>BRICK BODIES</b> LISA D. FS	5:30-6:30PM <b>BARRE FUSION</b> WENDY DS	5:45-6:30PM <b>CYCLE 45</b> CATHY FS	5:45-6:30PM <b>BRICK BODIES</b> LISA D. FS	5:45-6:30pm <b>BRICK BODIES</b> ROTATION FS		
6:30-7:25PM <b>ZUMBA®</b> APRIL DS	6:30-7:15PM <b>RIPT -N- CUT</b> CARRIE FS	6:35-7:35PM <b>ZUMBA®</b> SHEILA DS	6:00-7:00PM <b>POUND®</b> ANNETTE DS	6:35-7:35PM <b>ZUMBA®</b> SHEILA FS		
6:45-7:30PM <b>FULL BODY STRIKE</b> CARRIE FS	7:10-8:10PM <b>AQUAFIT</b> BETHANIE SC	6:45-7:30PM <b>STRICTLY STRENGTH</b> ALEX FS	6:45-7:45PM <b>MAT PILATES</b> SHELLIE FS			
7:45-8:45PM <b>RESTORATIVE YOGA</b> SHERRY FS	7:15-8:30PM <b>HATHA YOGA</b> RUPAL DS	7:45-8:30PM <b>BRICK BODIES</b> ALEX FS	7:10-8:10PM <b>AQUA ZUMBA®</b> APRIL SC			
	7:30-8:15PM <b>BRICK BODIES</b> DEVIN FS	7:45-8:45PM <b>MAT PILATES</b> ERIN DS	7:10-8:00PM <b>BARRE ABOVE®</b> ANNETTE DS			

**\*Additional Fee (See Brochure)**

**Cardio**

**Water**

**Strength**

**Mind/Body**

**Combo (Cardio/Strength)**

FS = Fitness Studio

DS = Dance Studio

SC = Splash Central

PR3&4 = Program Rooms 3/4

**AQUAFIT** – A low-impact cardiovascular workout for muscle toning and improved range of motion. Designed for all fitness levels, you do not have to be a swimmer to participate.

**AQUA ZUMBA®** - A low impact cardiovascular workout that combines the traditional elements of aqua fitness classes (such as jumping jacks and cross-country skiing) with the upbeat, Latin-infused dance moves and music Zumba® Fitness is famous for.

**BARRE FUSION**- 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.

**BARRE ABOVE®** - A moderate intensity class fusing Pilates, yoga, and aerobics. Focus will be on improving posture, balance, muscle endurance, and flexibility. Classes may utilize the Barre, Pilates balls, gliding disks, stretch bands, and light dumbbells. Visit [barreabove.com](http://barreabove.com) to preview a typical class.

**BRICK BODIES** – Moderate intensity class using various equipment pieces for muscle endurance and (non-choreographed) cardiovascular conditioning. Core and some strength will be included

**BOOTCAMP** – High Intensity, High Impact class that includes running and biking drills for cardiovascular endurance, body weight and weighted exercises for muscle endurance. Class may move to running track, or outdoors during good weather.

**BOX CIRCUIT** - A moderate to high intensity class brings a balance of kickboxing, plyometric, and strength.

**CARDIO KICKBOXING** – A moderate to high intensity class, fast paced and choreography based kickboxing. No equipment used.

**CORE N MORE** – Low to moderate intensity class to strengthen and tone your abdominal and back muscles. Stability balls, Pilates balls, Medicine balls, and bands may be used.

**CYCLE** – High intensity cardiovascular training that simulates outdoor cycling. CYCLE 45 = 45 minute class, CYCLE 60 = 60 minute class. Strictly FIRST COME FIRST SERVE, Capacity is 18 bikes. WATER BOTTLE IS MANDATORY. TOWEL IS HIGHLY RECOMMENDED.

**CYCLE N SCULPT** – Moderate intensity class with 20 minutes of indoor cycling intermixed with 40 minutes of muscle strengthening exercises for the whole body. Varies pieces of equipment will be used. Strictly FIRST COME FIRST SERVE, Capacity is 18 bikes. WATER BOTTLE IS MANDATORY. TOWEL IS HIGHLY RECOMMENDED.

**DEEP WATER SCULPT** – Low-impact, full body resistance training using deep water movements. Participants must be comfortable in the deep water environment. Classes use water weights, swim belts, noodles, etc.

**FIT YOGA** – Designed to improve health, performance, and mental acuity. It blends balance, strength, and flexibility. This class is geared to all fitness levels.

**FLOW YOGA** – Blends exercises to improve balance, strength, and flexibility with continuous movement. This class is geared to all fitness levels.

**FOREVER FIT** – Low to moderate intensity strength training class using body weight and various equipment for low impact challenge.

**Full Body STRIKE** – Moderate to high intensity class will incorporate cardio boxing drills with various equipment to develop cardiovascular and muscle endurance. May include plyometric and power exercises.

**HIIT** – (*High Intensity Interval Training*) Timed Interval bursts using a variety of equipment. Intervals will include cardiovascular and strength segments.

**HATHA YOGA** – A blend of balance, strength, & flexibility in slow moving sequences that teach breathing and control. This class is geared to all fitness levels.

**KETTLE N CORE** – Moderate to high intensity workout for your entire body with core muscle control that will get the heart pumping and strengthen muscles. The class will also include core conditioning mat work to further strengthen the body. Dumbbells may also be used.

**MAT PILATES** – A moderate intensity class that develops muscle strength and endurance of core muscles. Participants will utilize Pilates balls, rings, and bands.

**PILATES BARRE** – A moderate intensity class that develops muscle endurance and strength for the whole body utilizing Pilates mat exercises and standing barre exercises. Pilates balls, rings, and bands may be used.

**POUND®** - A full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, plyometric movements, and isometric poses.

**RESTORATIVE YOGA** – A gentle moving class designed to help you decompress your mind and relax your body. Geared toward all fitness levels.

**RIPT N CUT** - A high intensity strength and conditioning class that combines plyometric training and alternates intervals of toning with a wide variety of cardio segments, which may include step, kick box, hi/low and others. Weights, tubing, resist-a-balls, body bars and other equipment may be used.

**STEP CIRCUIT** – This class uses short, choreographed STEP intervals alternated with strength segments to improve your cardiovascular endurance and muscular strength. Various equipment pieces are used including, but not limited to, weights, tubes, bands, resist-a-balls, and body bars to challenge every muscle group.

**STRICTLY STRENGTH** – A moderate intensity class using free weights, med balls, kettlebells, pump and body bars to develop muscle strength and endurance.

**TAI CHI** – a graceful form of exercise that involves a series of movements performed slowly and with focus. Tai chi strengthens muscles and is good for pre/post joint replacement exercise, as well as arthritic pain. No equipment needed. Wear loose fitting clothing and gym shoes.

**YOLATES** – A combination of Pilates and Yoga inspired movements. It will increase your flexibility, core stability, and all over muscle tone. Resist-a-ball or Pilates balls may be used.

**ZUMBA®** – A mix of low-intensity and high-intensity moves for an interval-style, calorie-burning dance workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility.