

Summer



# Group Fitness Schedule

## Aug. 3-Aug. 15, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAYS	SATURDAY	SUNDAY
5:35-6:20AM CYCLE 45 SHELLIE FS	9:45-10:15AM YOLATES SHELLIE FS	8-9AM DEEP WATER SCULPT JENNIFER SC	9:45-10:30AM YOLATES SHELLIE FS	8:30-9:15AM CYCLE N SCULPT CARRIE FS	7:00-7:55AM CYCLE 60 WENDY FS	
8-9AM AQUAFIT BETHANIE SC	10:45-11:45AM FOREVER FIT BETHANIE FS	9:45-10:30AM PILATES BARRE SHELLIE FS	10:45-11:45AM FOREVER FIT BETHANIE FS	9:30-10:30AM STEP CIRCUIT LISA D. FS	8:10-8:55AM YOLATES WENDY FS	
9:45-10:45AM MAT PILATES SHELLIE FS				10:00-11:00am TAI CHI SHERRY PR3/4	9:10-10AM BOX CIRCUIT* WENDY FS	
5:45-6:30PM BRICK BODIES LISA D. FS	5:30-6:30PM BARRE FUSION WENDY DS	5:45-6:30PM CYCLE 45 CATHY FS	5:45-6:30PM BRICK BODIES LISA D. FS	<i>*Total Body Cardio on 8/8</i>		
6:30-7:25PM ZUMBA® JACQUILINE DS	7:30-8:15PM BRICK BODIES DEVIN FS		6:00-7:00PM POUND® ANNETTE DS			
7:45-8:45PM RESTORATIVE YOGA SHERRY FS			7:10-8:00PM BARRE ABOVE® ANNETTE DS			

KEY

**Cardio**

**Water**

**Strength**

**Mind/Body**

**Combo (Cardio/Strength)**

FS = Fitness Studio  
DS = Dance Studio  
SC = Splash Central  
PR3&4 = Program Rooms 3/4

## CLASS DESCRIPTIONS

**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

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

**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.

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

**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.

**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.

**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.