

Fall



Group Fitness Schedule

Oct. 12-24, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAYS	SATURDAY	SUNDAY
5:35-6:20AM CYCLE 45 SHELLIE FS	9:45-10:30AM YOLATES SHELLIE FS	8:30-9:30AM AQUAFIT BETHANIE SC	5:35-6:20AM FLOW YOGA SHANNON FS	8:30-9:15AM CYCLE N SCULPT CARRIE FS	7:00-7:55AM CYCLE 60 WENDY FS	
8:30-9:30AM AQUAFIT BETHANIE SC	10:45-11:45AM FOREVER FIT BETHANIE FS	9:45-10:30AM PILATES BARRE SHELLIE FS	9:45-10:30AM YOLATES SHELLIE 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			10:45-11:45AM FOREVER FIT BETHANIE FS	10:00-11:00am TAI CHI SHERRY PR3/4	9:10-10AM BOX CIRCUIT WENDY FS	
				11:15-12:15AM FIT YOGA SHANNON DS		
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			
6:30-7:25PM ZUMBA® APRIL DS	7:30-8:15PM BRICK BODIES DEVIN FS		6:00-7:00PM POUND® ANNETTE DS			
7:00-8:00PM RESTORATIVE YOGA SHERRY FS	7:30-8:30PM DEEP WATER SCULPT JENNIFER SC		7:10-8:00PM BARRE ABOVE® ANNETTE DS			

KEY

*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

CLASS DESCRIPTIONS

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.

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 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.

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.

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.