



Group Fitness Schedule

March 1-14, 2021

Due to the Phase 4 mitigations, masks are required to be worn at all times during the class. We highly encourage all participants pre-register for their classes due to the limited capacity limits. For more information on the Phase 4 guidelines, please visit our website.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:30AM AQUAFIT BETHANIE SC	9:45-10:30AM YOLATES SHELLIE FS	8:30-9:30AM AQUAFIT BETHANIE SC	9:45-10:30AM YOLATES SHELLIE FS	10:00-11:00am TAI CHI SHERRY FS
	10:45-11:45AM FOREVER FIT BETHANIE FS		10:45-11:45AM FOREVER FIT BETHANIE FS	
5:30-6:15PM TOTAL BODY CONDITIONING LISA D. FS	7:30-8:15PM BRICK BODIES DEVIN FS	5:30-6:15PM BRICK BODIES LISA D. FS	6:00-6:45PM POUND® ANNETTE DS	
7:00-8:00PM RESTORATIVE YOGA SHERRY FS		6:30-7:15PM CYCLE 45 CATHY FS	7:00-8:00PM BARRE ABOVE® ANNETTE DS	

KEY

- Cardio
- Water
- Strength
- Mind/Body
- Combo (Cardio/Strength)

FS = Fitness Studio
 DS = Dance Studio
 SC = Splash Central

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 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

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 CORE – Moderate to High Intensity class with 40 minutes of Indoor Cycling that simulates outdoor cycling, followed by a 20 minute Core Class to strengthen and tone your abdomen and back muscles-various pieces of equipment will be used. Water bottle and towel are mandatory.

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

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.

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.

TOTAL BODY CONDITIONING – This class alternates intervals of toning with a wide variety of cardio segments, which may include, kick box, hi/low and others. This class may also be set up using alternating stations of cardio and strength.

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.