



# Phase 4

## Group Fitness Schedule May 3 - 28, 2021

Due to the Phase 4 mitigations, masks are required to be worn at all times during the class. Pre-registration is available for Aquafit only. 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	8:30-9:15AM BRICK BODIES SHELLIE FS
8:45-9:30am BARRE FUSION SHELLIE FS *No Class 5/3	10:45-11:45AM FOREVER FIT BETHANIE FS	8:30-9:15AM BRICK BODIES SHELLIE FS	10:45-11:45AM FOREVER FIT BETHANIE FS	10:00-11:00am TAI CHI SHERRY FS
*5:30-6:15PM TOTAL BODY CONDITIONING LISA D. 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	7:30-8:15PM BRICK BODIES DEVIN 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 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

**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.

**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.