

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>6:00-6:45AM</b> <b>BOOTCAMP</b> JENNIFER FS		<b>6:00-7:00AM</b> <b>YOGA</b> SHANNON FS	
<b>8:00-9:00AM</b> <b>AQUAFIT</b> BETHANIE SC	<b>8:30-9:30AM</b> <b>STEP N SCULPT</b> LISA FS	<b>8:00-9:00AM</b> <b>AQUAFIT</b> BETHANIE SC		<b>8:45-9:30AM</b> <b>BRICK BODIES</b> SHELLIE FS
<b>8:45-9:30AM</b> <b>BARRE FUSION</b> SHELLIE FS	<b>9:45-10:30AM</b> <b>YOLATES</b> SHELLIE FS	<b>8:45-9:30AM</b> <b>BRICK BODIES</b> SHELLIE FS	<b>9:45-10:30AM</b> <b>YOLATES</b> SHELLIE FS	
	<b>10:45-11:45AM</b> <b>FOREVER FIT</b> BETHANIE FS		<b>10:45-11:45AM</b> <b>FOREVER FIT</b> BETHANIE FS	<b>10:00-11:00AM</b> <b>TAI CHI</b> SHERRY FS
<b>5:30-6:15PM</b> <b>TOTAL BODY</b> <b>CONDITIONING</b> LISA FS		<b>5:30-6:15PM</b> <b>BRICK BODIES</b> LISA FS		
	<b>6:30-7:30PM</b> <b>BARRE ABOVE®</b> ANNETTE DS		<b>6:00-6:45PM</b> <b>POUND®</b> ANNETTE DS	
<b>7:00-8:00PM</b> <b>RESTORATIVE</b> <b>YOGA</b> SHERRY <i>*no class July 5</i> FS	<b>7:30-8:15PM</b> <b>BRICK BODIES</b> DEVIN FS	<b>7:15-8:30PM</b> <b>YOGA</b> RUPAL DS	<b>7:00-8:00PM</b> <b>BARRE ABOVE®</b> ANNETTE DS	

### KEY

<b>Cardio</b>
<b>Water</b>
<b>Strength</b>
<b>Mind/Body</b>
<b>Combo (Cardio/Strength)</b>

FS = Fitness Studio

DS = Dance Studio

SC = Splash Central

LC = LIFECENTER

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.

**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**<sup>®</sup> - 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.

**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.

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

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

**POUND**<sup>®</sup> - 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.

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

**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.