

# Group Fitness Schedule

(September 1st - December 31st)



## Monday

8:30-9:30am	Aquafit	Bethanie	SC
8:15-9:15am	Yoga	Kristi	DS
8:45-9:30am	Strictly Strength	Cindy	FS
9:45-10:30am	Mat Pilates	Cindy	FS
5:30-6:15pm	Brick Bodies	Lisa D.	FS
6:00-6:50pm	ZUMBA	Melissa	DS
6:30-7:00pm	EXPRESS Step 'N Sculpt	Lisa S.	FS
7:15-7:45pm	EXPRESS Tabata CYCLE30	Carrie	FS
7:15-8:15pm	Restorative Yoga	Sherry	DS

## Tuesday

6:00-6:45am	Body Conditioning	Jennifer	FS
8:15-9:15am	Yoga	Kristi	DS
9:45-10:30am	Mat Pilates	Lisa S.	FS
10:45-11:45am	Forever Fit	Bethanie	FS
5:30-6:15pm	Cardio Beat Blast	Cindy	FS
6:15-7:15pm	Barre Above	Annette	DS
7:15-8:00pm	X-TREME Strength	Devin	FS

## Wednesday

8:30-9:30am	Aquafit	Bethanie	SC
8:45-9:30am	Cardio Barre	Surayah	FS
9:45-10:30am	OMG Strength	Carrie	FS
10:00-10:45am	Chair Yoga	Shannon	DS
11:00-11:45am	Stretch & Mobility	Lisa/Carrie	FS
5:30-6:15pm	Brick Bodies	Lisa D.	FS
6:30-7:15pm	Yolates	Cindy	FS

## Thursday

6:00-6:45am	Cardio, Conditioning & Core	Jennifer	FS
8:15-9:15am	Yoga	Kristi	DS
8:45-9:30am	Brick Bodies	Lisa D.	FS
9:45-10:30am	Pedal 'N Pump	Carrie	FS
10:45-11:45am	Forever Fit	Bethanie	FS
5:30-6:15pm	Yoga FLOW	Cindy	FS
6:30-7:30pm	Pumped Up Strength	Annette	FS
7:30-8:00pm	EXPRESS Stretch & Mobility	Annette	FS

## Friday

8:15-9:00am	Yoga	Shannon	DS
8:45-9:30am	AQUA ZUMBA	Susan	SC
8:45-9:45am	Step 'N Sculpt	Lisa D.	FS
10:00-11:00am	Tai Chi	Sherry	FS

## Saturday

7:15-8:00am	Cycle 45	Wendy	FS
8:15-9:00am	Boxing Circuit	Wendy	FS
9:15-10:15am	Barre Fusion	Cindy	DS

## Sunday

9:15-10:00am	Kettle 'N Core	Devin	FS
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KEY	
Combo (Cardio/Strength)	
Cardio	
Mind/Body	
Strength	
Water	
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.

**BARRE FUSION**- This fusion class incorporates Pilates, Barre, Cardio, Balance, and resistance exercise. Join this challenging and dynamic workout where you'll gain strength, muscle definition, flexibility, and overall mind-body health.

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

**BOXING CIRCUIT** – A moderate to high intensity class that brings a balance of kickboxing, plyometric, and strength.

**BRICK BODIES** – This class alternates intervals of toning with a wide variety of cardio segments, which may include, cycle, kick box, hi/low, etc.

**CARDIO BARRE** - A moderate intensity class fusing ballet, modern, belly dance & aerobic moves to burn calories, tone the body, enhance posture, circulation, coordination, and balance.

**CARDIO BEAT BLAST** – Cardio class that includes drills, biking for cardiovascular endurance, and body weight and weighted exercises for muscle endurance. May include optional plyometric activities.

**CARDIO, CONDITIONING & CORE**– A moderate to high intensity class using various equipment for muscular endurance and cardiovascular and core conditioning.

**CHAIR YOGA**– This chair-based Yoga Class will offer the benefits of a yoga class but uses a chair as a prop for support, balance, or advancing the pose as appropriate for each student. A series of options are given for each posture to allow students to find the optimal balance between support and challenge to meet them where they are at the moment.

**CYCLE 45** – 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.

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

**KETTLE -N- CORE** – Moderate to high intensity workout for your entire body with core muscle control. The class will also include core conditioning mat work to further strengthen the body. Dumbbells may also be used.

**MAT PILATES** – A moderate intensity class that develops muscle strength and endurance of core muscles. Participants will utilize Pilates balls, rings, and bands.

**OMG STRENGTH** - This strength class will challenge you on every level combining the best of various intervals using dumbbells, pump bars and body bars. This total body strength class will increase muscle endurance and functional movement.

**PEDAL 'N PUMP** - A moderate to high intensity interval ride class that simulates outdoor cycling pedaling through hills, sprints and other challenging drills. This class also combines body weight and weighted exercises with a combination of full body strength training.

**PUMPED UP STRENGTH** - A full-body strength session, utilizing combination movement patterns in a targeted, rhythmic progression. The workout fuses cardio into a functional strength workout that is challenging and fun.

**RESTORATIVE YOGA** – A gentle moving class designed to help you decompress your mind, relax your body, and stretch your muscles. Geared toward all fitness levels.

**STEP N' SCULPT** - 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.

**STRETCH & MOBILITY** - Full body stretch and mobility exercises utilizing yoga blocks, yoga balls, straps and foam rollers, geared toward keeping your joints and muscles healthy.

**STRICTLY STRENGTH** – A moderate intensity class using free weights, med balls, kettlebells, pump and body bars to develop muscle strength and endurance.

**TABATA CYCLE30 (EXPRESS)**– Achieve an impactful workout done in a short amount of time. All you need is 30 minutes to sweat, ride, and work hard through interval Tabata rounds! light to moderate weights, bikes, and mats are used during this class.

**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.

**X-TREME STRENGTH** - A high intensity class using free weights, med balls, kettlebells, pump and body bars to develop muscle strength and endurance.

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

**YOGA FLOW**- Yoga that focuses on the connection between breath, movement, and the mind. It is based on the principles of hatha yoga, vinyasa yoga and ashtanga vinyasa. This style of yoga is often referred to as 'flow' because it moves from one pose to another in a continuous, smooth way.

**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 | AQUA 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 training. ZUMBA takes place in the Dance Studio. AQUA ZUMBA takes place at Splash Central.