

Group Fitness Schedule (January 1st - April 30th)



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
10:45-11:45am	Forever Strong	Rick	FS
5:30-6:15pm	POWER (Cardio & Strength)	Estevan	FS
6:00-6:50pm	ZUMBA	Melissa	DS
6:30-7:00pm	Express Pumped Up Strength	Annette	FS
7:00-8:00pm	Stress Relief Yoga	Sherry	FS

Tuesday

6:00-6:45am	Cardio, Conditioning & Core	Jennifer	FS
8:15-9:15am	Yoga	Kristi	DS
8:45-9:30am	Strength-N-Numbers	Estevan	FS
9:45-10:30am	Mat Pilates	Rotating	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
6:30-7:00pm	CYCLE 30	Carrie	FS
7:15-8:00pm	X-TREME Strength	Devin	FS
7:30-8:15pm	AQUA ZUMBA	Susan	SC

Wednesday

8:30-9:30am	Aquafit	Bethanie	SC
8:45-9:30am	Cardio BARRE	Cindy	FS
9:45-10:30am	OMG Strength	Carrie	FS
10:00-10:45am	Chair Yoga	Shannon	DS
10:55-11:40am	Stretch & Mobility	Rotating	FS
5:15-5:45pm	PILATES 30	Rotating	DS
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	POWER (Cardio & Strength)	Estevan	FS
9:45-10:30am	Core Connection	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
9:05-9:50am	Chair Yoga	Shannon	DS
10:00- 11:00am	Tai Chi	Sherry	FS
Noon-12:45pm	MIDDAY GRIND Pump Bar	Carrie	FS

Saturday

7:15-8:00am	Cycle 45	Wendy	FS
8:15-9:00am	Boxing Circuit	Wendy	FS
9:15-10:00am	Strength-N-Numbers	Estevan	FS
10:10-10:55am	Stretch & Mobility	Estevan	FS

Sunday

9:15-10:00am	Kettle-N-Core	Devin	FS
10:10-10:55am	Stretch & Mobility	Devin	FS

KEY

Combo (Cardio/Strength)

Cardio

Mind/Body

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.

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.

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.

CARDIO SCULPT - This low- to mid-impact class designed for ALL fitness levels. Get ready for a total body, strength style workout that blends cardio, muscle conditioning and a little bit of dance in between to boost your energy and metabolism. Energize the body with the use of a variety of equipment to build cardio strength with traditional and functional training methods. End your day feeling stronger and amazing!

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 | CYCLE 30– High intensity cardiovascular training that simulates outdoor cycling. CYCLE 45 = 45 minute class, CYCLE 30= 30 minute class. Strictly **FIRST COME FIRST SERVE**, Capacity is 16 bikes.

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

FOREVER STRONG : is the next step above Forever Fit, designed for those who want more challenge, more intensity, and more results. This class builds on the foundations of Forever Fit while pushing you further with increased strength work, endurance challenges, and purposeful movement that will take your fitness to another level.

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.

CORE CONNECTION- Expect to explore the full core—upper abs, lower abs, obliques, and deep stabilizers—through a variety of movements. This class will also include functional strength training with dumbbells, body bars, resistance bands, stability balls, as well as good old fashion and bodyweight moves.

PILATES 30- A streamlined 30-min class designed to move efficiently through standing and mat work. Expect full body exercises that focus on strength, stability and alignment with minimal transitions and a steady pace. This class is suitable for all fitness levels and offers options to modify or progress movements as needed.

POWER - A class that combines heart-pumping **cardio intervals** with effective **strength training** to build muscle, boost endurance, and burn calories. Expect dynamic movements, functional exercises, and full-body training designed to challenge all fitness levels while keeping the intensity strong and the energy high.

PUMP BAR - Pump Bar is a dynamic, full-body strength training class that uses a barbell, weight plates, and bodyweight exercises. You'll move through choreographed tracks targeting major muscle groups like legs, arms, chest, back, and core. Expect high repetitions, great music, and a motivating atmosphere that builds strength, improves endurance, and boosts confidence.

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.

STRESS RELIEF YOGA – Unwind, breathe, and restore with this gentle yoga practice designed to release tension and calm the nervous system. Stress Relief Yoga focuses on slow, mindful movements, deep breathing, and supported postures that help quiet the mind and relax the body. Perfect for all levels, this class provides a peaceful space to recharge and reset—leaving you feeling grounded, centered, and refreshed.

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.

STRENGTH-N-NUMBERS - A group fitness class that utilizes resistance, often in the form of weights or bodyweight, to build muscular strength, endurance, and power. This class will often incorporate various exercises and equipment, such as barbells, dumbbells, resistance bands, and even bodyweight exercises like squats and push-ups.

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

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.