

## Group Fitness Schedule – September 2022

| Time     | Sunday | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday  |
|----------|--------|---|---|---|---|---|---|
| 6:00 AM  |        | <u>Early Morning Aqua</u><br>Resistance Pool<br>Cheryl (60 Min) |   | <u>Early Morning Aqua</u><br>Resistance Pool<br>Cheryl (60 Min) |   | <u>Early Morning Aqua</u><br>Resistance Pool<br>Cheryl (60 Min) |   |
| 7:30AM   |        |   |   |   | <u>Pure Power+</u><br>Fitness Studio<br>Julie (50 Min)            |   |   |
| 8:00 AM  |        |   |   |   |   | <u>Stretch &amp; Core</u><br>Fitness Studio<br>Nancy (50 Min)   |   |
| 8:15 AM  |        | <u>Pure Power</u><br>Fitness Studio<br>Julie (60 Min)           |   |   | <u>Yogi Mobility (8:30)</u><br>Fitness Studio<br>Allison (50 Min) |   |   |
| 9:00 AM  |        |   | <u>Cardio Beat</u><br>Fitness Studio<br>Michelle (50 Min) | <u>Be Fit 4 Life</u><br>Fitness Studio<br>Nancy (50mins)        |   |   | <u>Yoga Multi-Level Rotating (60 Min)</u><br>Fitness Studio |
| 9:30AM   |        | <u>H2O Cardio</u><br>Lap Pool<br>Julie (45 Min)                 |   |   |   |   |   |
| 10:00 AM |        | <u>Ageless Warriors</u><br>Fitness Studio<br>Woodie (45 Min)    | <u>Gentle Yoga</u><br>Fitness Studio<br>Michelle (50 Min) | <u>Ageless Warriors</u><br>Fitness Studio<br>Michelle (45 Min)  |   | <u>Ageless Warriors</u><br>Fitness Studio<br>Woodie (45 Min)    |   |
| 10:15 AM |        |   | <u>Rockin' Aqua</u><br>Lap Pool<br>Woodie (60 Min)        |   | <u>Aqua Motion</u><br>Lap Pool<br>Cheryl (60 Min)                 |   |   |
| 12:00PM  |        |   |   | <u>Water Works</u><br>Resistance Pool<br>Woodie (60 Min)        |   |   |   |
| 5:30 PM  |        |   | <u>Water Works</u><br>Resistance Pool<br>Woodie (60 Min)  |   | <u>Water Works</u><br>Resistance Pool<br>Woodie (60 Min)          |   |   |
| 5:45 PM  |        |   | <u>COMBAT</u><br>Fitness Studio<br>Amy (60 Min)           | <u>Vinyasa Flow</u><br>Fitness Studio<br>Beth (60 Min)          | <u>Yoga Multi-Level</u><br>Fitness Studio<br>Tammy (60 Min)       |   |   |

## CLASS DESCRIPTIONS

**Ageless Warriors** is 45 minutes of senior training, where participants will use dumbbells, resistance bands, balls and body weight exercises to improve muscle strength, mobility and balance. A chair is used for seated and/or standing support.

**Aqua Motion**-A great way to get fit and keep your body in motion. You will use different resistance equipment in the cool waters of the lap pool and rock your cardio endurance, your strength and your core.

**Be Fit 4 Life** is a combination class that alternates strength training using dumb bells, bands, gliders, BOSUs and stability balls with cardio or plyometric moves designed to sculpt each muscle group. Instructor will show modifications for every move to accommodate all fitness levels

**Cardio Beat** Come burn a ton of calories to current hits and old favorites in this 55-minute high energy class. Cardio dance that stress away and have fun doing it!

**COMBAT** A mixed martial-arts inspired class for anyone at a moderate fitness level because the moves are simple and easy to follow. The choreography targets muscle toning and conditioning, promotes agility and coordination, and works to build speed and agility.

**Early Morning Aqua** Wake up to 60 minutes of cardio, strength and flexibility exercises that will give you a great workout while still easy on your joints.

**Water Works** A fun and complete warm water workout in the resistance pool. Using different equipment and your own body resistance get fit with the upbeat music and ever-changing strength and cardio moves. Because...water works!

**Fight Camp** is a 50-minute class that includes blocks of MMA inspired training, moderate to high intensity cardio intervals and strength training. You will blast calories, burn fat and improve overall fitness using a variety of exercise equipment.

**Gentle Yoga** is a 60-minute yoga flow class that builds core strength, lower and upper body strength, and improves balance, posture awareness and flexibility. Some yoga fundamentals helpful.

**H<sub>2</sub>O Cardio** is cardio and strength movement combinations patterned to maximize the resistance of the water. You will use different resistance equipment in the cool waters of the lap pool to train your cardio endurance and strength while taking it easy on your joints.

**M1ND** is a functional mobility class that draws its components from yoga, calisthenics, and rehabilitation with the central theme being the connection between mind and body. All fitness levels are welcome.

**Pure Power+** Uses a variety of equipment including, dumbbells, bars, plates, bands, and more to build strength and endurance plus cardio intervals.

**Pure Power** Uses a variety of equipment including, dumbbells, bars, plates, bands, and more to build strength and endurance.

**Rockin' Aqua**-Come to this 60-minute, upbeat class with rockin'-roll based music selections in the lap pool.

**Stretch & Core** is a 50-minute blend of floor and standing exercises borrowed from formats such as yoga, Pilates and traditional body resistance training. Each class will consist of a warmup, strengthening and stretching of the major core muscles and a cool down.

**Vinyasa Flow** is a more vigorous style of yoga in which yoga poses are linked together as a flow, with emphasis on building strength and flexibility. Previous yoga experience is highly recommended.

**Yoga Multi-Level** is 60 minutes of yoga for any level with gentle postures as well as coached methods for advanced strength and flexibility improvements.

**Yogi Mobility** is a 50 minute blend for any level of qigong breathing and yin yoga (poses held for a longer and slower pace).