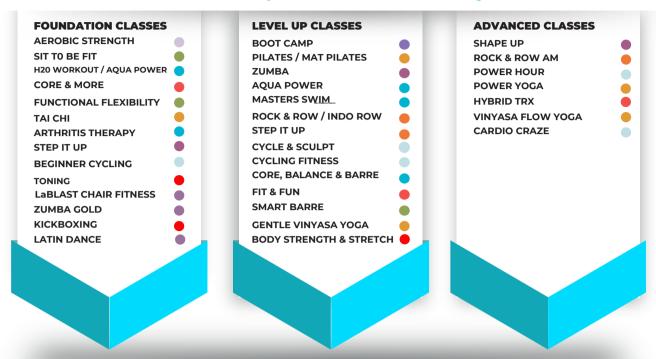
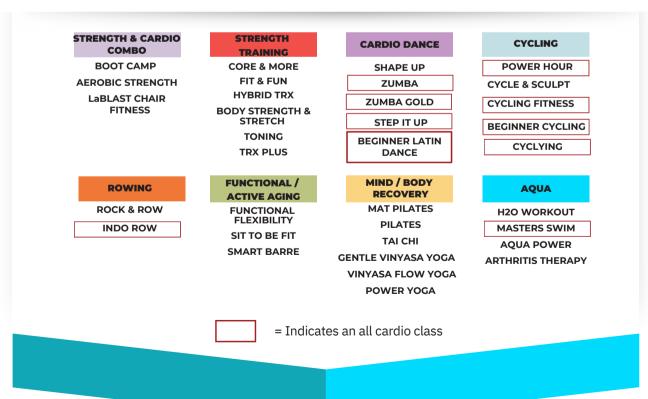


## Start Your Fitness Journey Here

Choose the path that best suits you:



## **Choose your modality:**





WELLNESS CENTER

# Group Fitness Schedule

**APRIL 2025** 

INDICATES NEW CLASS!

FRI

HIGH SCHOOL SWIM

AEROBIC STRENGTH

Multi Purpose Studio

CORE, BALANCE & BARRE

Lanes 2, 3 & 4 6:00a - 7:00a

7:30a - 8:30a

8:30a - 9:30a

ZUMBA GOLD

9:00a - 10:00a

SHAPE UP

Shannon 10:00a - 11:00a

SIT TO BE FIT

11:30a - 12:30p

Mind Body Studio

Mind Body Studio

10:15 - 11:15a

DII ATES

Multi Purpose Studio

Mind Body Studio

Raquel

Fitness Pool

MON

CARDIO CRAZE Heidi

5:15a - 6:00a Cycle Studio

HIGH SCHOOL SWIM Lanes 3 & 4 reserved 6:00a - 7:00a Fitness Pool

AEROBIC STRENGTH Kim B. 7:30a - 8:30a Multi Purpose Studio

BODY STRENGTH & STRETCH Gina 8:45a - 9:30a

Multi Purpose Studio **H2O WORKOUT**Felicia
8:15a - 9:15a

Fitness pool
SHAPE UP
Shannon
10:00a - 11:00a

Multi Purpose Studio **ZUMBA**Raquel

9:00a - 10:00a

Mind Body Studio

SIT TO BE FIT

Kim T.

10:15 - 11:15a

Mind Body Studio

PILATES Kim T. 11:30a - 12:30p Mind Body Studio TUE BOOT CAMP

Kris 5:15a - 6:00a Multi Purpose Studio

HIGH SCHOOL SWIM Lanes 2, 3 & 4 reserved 6:00a - 7:00a Fitness Pool

CORE & MORE Shannon 7:30a - 8:00a Multi Purpose Studio

POWER HOUR Shannon 8:15a - 9:15a Cycling Studio

**H2O WORKOUT** Felicia 8:30a - 9:30a Fitness pool

FUNCTIONAL FLEXIBILITY Shannon 9:30a - 10:30a

Multi Purpose Studio

ARTHRITIS THERAPY

Diane 9:30a - 10:30a Warm Water Pool

FIT & FUN Laura 9:45a - 10:45a Mind Body Studio

MASTER SWIM Shannon Mistr 11:00a - 12:00p Eitness Pool

Felicia
11:00-11:45a
Mind Body Studio

TAI CHI Diane 11:00a - 11:45a Multi Purpose Studio

PHYSICAL THERAPY Warm Water Pool reserved 12:00p - 2:00p

SMART BARRE Kim T. 1:30p - 2:15p Mind Body Studio

SIT TO BE FIT Lisa 2:30p - 3:30p Mind Body Studio

HOT SWIM TEAM Lane 1, 2, 3 & 4 reserved 4:00p - 5:30p

**ROCK & ROW** 

5:30p - 6:30p

STEP IT UP

5:30p - 6:15p

Mind Body Studio

**AQUA POWER** 

Mind Body Studio

5:45p - 6:45p

Felicia

ZUMBA

Raquel 7:00p - 8:00p

Multi Purpose Studio

VINYASA FLOW YOGA Christin 5:15p - 6:15p Mind Body Studio

BODY STRENGTH & STRETCH
Gina
5:30p - 6:15p
Multi Purpose Studio

HOT SWIM TEAM

**LATIN DANCE** Raquel 4:30p - 5:30p

itness Pool

Lane 1, 2, 3 & 4 reserved 4:00p - 5:30p

Multi Purpose Studio

BEGINNER CYCLING Raquel 6:00p - 7:00p Cycle Studio

**ZUMBA** Casey 6:30p - 7:30p Mind Body Studio

CYCLE & SCULPT Julie 5:15a - 6:00a Cycling Studio

> HIGH SCHOOL SWIM Lanes 3 & 4 reserved 6:00a - 7:00a Fitness Pool

WED

AEROBIC STRENGTH Kim B. 7:30a - 8:30a Cycling Studio

Lindsay 8:20a - 9:20a Multi Purpose Studio

H2O WORKOUT Diane 8:30a - 9:30a Fitness pool

POWER YOGA Dana-Marie 9:00p -9:45a Mind Body Studio

SHAPE UP Shannon 10:00a - 11:00a Multi Purpose Studio

SIT TO BE FIT Kim T. 10:15 - 11:15a Mind Body Studio

BODY STRENGTH & STRETCH Gina 11:15a - 12:00p Multi Purpose Studio

PILATES Kim T. 11:30a - 12:30p Mind Body Studio

FUNCTIONAL FLEXIBILITY

3:00p - 4:00p Multi Purpose Studio YOUTH PROGRAMMING

YOUTH PROGRAMMING Warm Water Pool reserved 4:00p - 5:00p

HOT SWIM TEAM Lane 1, 2, 3 & 4 reserved 4:00p - 5:30p Fitness Pool

CYCLE & SCULPT

Heidi 5:30p - 6:30p Cycle Studio ZUMBA Casev

ZUMBA
Casey
6:30p - 7:30p
Mind Body Studio

TRX PLUS Ben 7:30p - 8:30p Multi Purpose Studio THU

Kris 5:15a - 6:00a Multi Purpose S<u>tudio</u>

HIGH SCHOOL SWIM Lanes 2, 3 & 4 reserved 6:00a - 7:00a Fitness Pool

CORE & MORE Shannon 7:30a - 8:00a Multi Purpose Studio

Shannon 8:15a - 9:15a Cycling Studio H2O WORKOUT

POWER HOUR

Diane 8:30a - 9:30a Fitness pool

GENTLE VINYASA YOGA Dana-Marie 8:30a - 9:15a Mind Body Studio

FUNCTIONAL FLEXIBILITY Shannon 9:30a - 10:30a Multi Purpose Studio

ARTHRITIS THERAPY Diane 9:30a - 10:30a Warm Water Pool

FIT & FUN Laura 9:45a - 10:45a Mind Body Studio

MASTER SWIM Shannon Mistr 11:00a - 12:00p

TAI CHI Diane 11:00a - 11:45a Mind Body Studio

PHYSICAL THERAPY Warm Water Pool reserved 12:00p - 2:00p

SMART BARRE Kim T. 1:30p - 2:15p Mind Body Studio

SIT TO BE FIT Lisa 2:30p - 3:30p Mind Body Studio

HOT SWIM TEAM Lane 1, 2, 3 & 4 reserved 4:00p - 5:30p Fitness Pool

VINYASA FLOW YOGA Christin 5:15p - 6:15p Mind Body Studio

**STEP IT UP** Felicia 5:30p - 6:15p Multi Purpose Studio

CYCLING Ben 5:30p - 6:30p Cycle Studio

**AQUA POWER**Raquel
5:45p - 6:45p
Fitness pool

**ZUMBA** Raquel 7:00p - 8:00p Mind Body Studio INDO ROW

Heidi 8:30a - 9:00a Multi Purpose Studio

SAT

CYCLING FITNESS Heidi 9:15a - 10:00a Cycle Studio

**ZUMBA** Raquel 9:00a - 10:00a Mind Body Studio

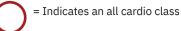
MAT PILATES
Raquel
10:15a - 11:15a
Mind Body Studio

TONING Raquel 11:30a - 12:30p Mind Body Studio

HOT SWIM TEAM Lane 1, 2, 3 & 4 reserv 4:00p - 5:30p

Fitness Pool

# **Group Fitness Descriptions**





#### **AEROBIC STRENGTH**

This total-body strength & cardiovascular training is a great way to start your day! Strengthen your body with proper technique for functional fitness. You can keep the intensity low or pump it up for the ultimate



## **ARTHRITIS THERAPY**

This warm water class is designed for those with arthritis who want to control pain and improve mobility, flexibility and general movements.



#### **BODY STRENGTH & STRETCH**

This 45-minute class is designed to strengthen and build all major muscle groups, while also incorporating core work and stretching for a balanced workout. Choose your preferred weight—or go weight-freeand enjoy the supportive camaraderie of a group fitness environment.



Jump start your day with this high-energy variety hour that will kick your booty and challenge you to new levels of fitness! Boot camp classes are held indoors & outdoors.



#### **BEGINNER LATIN DANCE**

Want to dance like Carnival? This class teaches the proper traditional steps and movements to dance Brazilian Samba. In this easy-tofollow class you will burn calories and tone your body while engaging your core the entire hour.



#### **CARDIO CRAZE**

Are you looking for a shot of serotonin to start your week? Cardio Craze combines fun interval drills on the bike with varying intensity bodyweight calisthenics off the bike to give you a great cardiovascular, stress-reducing workout! It's a Monday morning mood booster with a fun party atmosphere!



### **CORE, BALANCE & BARRE**

Power up your water aerobics routine with this high intensity class. Increase your postural strength, alignment, flexibility, and balance.



## **CORE & MORE**

Hit those abdominal and back muscles with this short and sweet core workout! Flex, extend, rotate and stabilize the body to create a stronger center for every functional movement.



## CYCLE & SCULPT

Mix it up with indoor group cycling intervals and strength training intervals. Get your cardio and strength training in this one high intensity hybrid class if you are short on time!



## CYCLING FITNESS / BEGINNER CYCLING

This cardiovascular class on our indoor stationary bikes is always a great workout. Indoor cycling is a great training ground for outdoor cyclists & fitness enthusiasts alike. Located in the Cycling Studio.



This cardio toning class is designed for all levels of fitness. We will improve your cardiovascular condition and strengthen your muscles while improving your flexibility and balance. You will get fit and have



## **FUNCTIONAL FLEXIBILITY**

This mat class focuses on full range of motion and flexibility improvement through static and dynamic stretching. Blocks, straps, foam rollers and tennis balls will be used to assist in stretching, balance and self-myofascial release. You will get fit and have fun!



## **GENTLE VINYASA YOGA**

We learn breath work and incorporate it into movement to create heat and release stress in the body. We also challenge the body with balance and core work allowing everyone to push their edge in a safe environment, creating a healthier and happier you. Finally wind down and relax with a mini restorative pre-shavasana session. This class is for yogis of all levels.



A combination of strength, cardio & core using the TRX suspension straps. Your body weight becomes your resistance as you work against gravity to control each movement. This is a high energy class that incorporates different exercises that will keep you moving!



### **H20 WORKOUT / AQUA POWER**

These classes combine a variety of aerobic movement with intervals of resistance training in the Fitness Pool. Water noodles, aqua dumbbells, aqua steps, medicine balls and resistance bands are used to challenge participants.



### INDO ROW

This indoor rowing class is "the perfect calorie burn!" Designed around elements in real row training & racing, instructors will lead you through skills & drills, wave workouts & racing.



TRX Plus is a dynamic fitness class designed to enhance your overall strength, balance, coordination, flexibility, and core stability. This course incorporates TRX Suspension Training, which requires you to engage multiple muscle groups to maintain balance and proper posture. Each week, you'll focus on a new fitness goal using different equipment, making the workouts varied and engaging. This class is suitable for all fitness levels and aims to help you build a stronger body.



### Lablast® Chair Fitness

LaBlast® Chair Fitness is a perfect balance of dance and fitness. This 'workout in disguise' will get you moving to dances like the Jive, Salsa, Foxtrot, Paso Doble, Viennese Waltz, and many more! No partner needed, except for a chair! During LaBlast® classes, you'll dance and move to music from every artist, genre, and era!



#### **MASTERS SWIM**

This workout is designed to improve stroke technique, speed and fitness level for both athletes and fitness enthusiasts.



This class is done lying on a mat the whole time focusing on slow controlled movements making this class effective for both flexibility and core strength with relaxing music and easy to follow movements. Don't forget to bring your own mat!



Progressive series of floor movements will strengthen the core muscles of the abdomen, lower back and pelvic area. Increase strength, flexibility and balance of the entire body, focusing on breathing and mindful



Intense indoor cycling in a group setting will motivate you to achieve your personal fitness goals! This indoor cycling class is a great training ground for outdoor cyclists!



#### **POWER YOGA**

Journey into your power as we flow through the eleven sequences that are designed to build strength, endurance, and stability, all while testing your edge. This faster paced yoga links movement to breath allowing for modifications to fit the yogi's individual needs. Bring your mat(mats are available), water, and an attitude of being a yes for something greater than yourself! This class is for yogis of all levels.



This class combines basic IndoRow intervals & strength training in a circuit format that will keep your muscles guessing!



## SHAPE UP / STEP IT UP

This high-energy cross-training class incorporates cardiovascular conditioning, strength training and stretching. Fun and variety are the keys to sticking with your fitness regimen. This is the only place in town to offer advanced step aerobics.



#### SMART RAPRE

This class incorporates lower body and core strengthening moves which will improve balance and protect and improve bone density. This class will also give you improvements in posture, flexibility, and breath control. Using the ballet barre and other small equipment, you will be challenged to be more functionally fit with a strong and beautifully aligned body.



### SIT TO BE FIT

This social class is designed for those wanting to remain active and enjoy a complete, non impact workout. A combination of cardio, toning, balance and stretching moves are included in each class. All exercises are performed while sitting in a chair or using it as a balance tool.



Improve balance, coordination & mental wellness with circular, fluid movements at a slow tempo. This class is ideal for people with arthritis.



This class is designed to tone and shape your body with low weight high repetition. You can make it as intense as you want or tone it down by selecting the proper weights for each exercise.



### VINYASA FLOW YOGA

In this steady-paced, warm, class, we will connect our breath and movement together to create a sequence that "flows." We combine strength, stretching, core work, and balance together to help you leave the class feeling invigorated and relaxed. All levels welcome. Don't forget your water bottle!



This is a high energy aerobic dance class that is easy to follow, gets your heart pumping, and calories burning. In this class you will experience choreography from different Latin rhythms such as Salsa, Merengue, Bachata, and much more from around the world.



## **ZUMBA GOLD**

In this class you will experience choreography Latin rhythms such as Salsa, Merengue, Bachata, Cha-Cha, and much more. The choreography is easy to follow and designed to keep your heart rate up and with low impact low on your joints. Participants can do this class in a chair the whole time if they prefer.