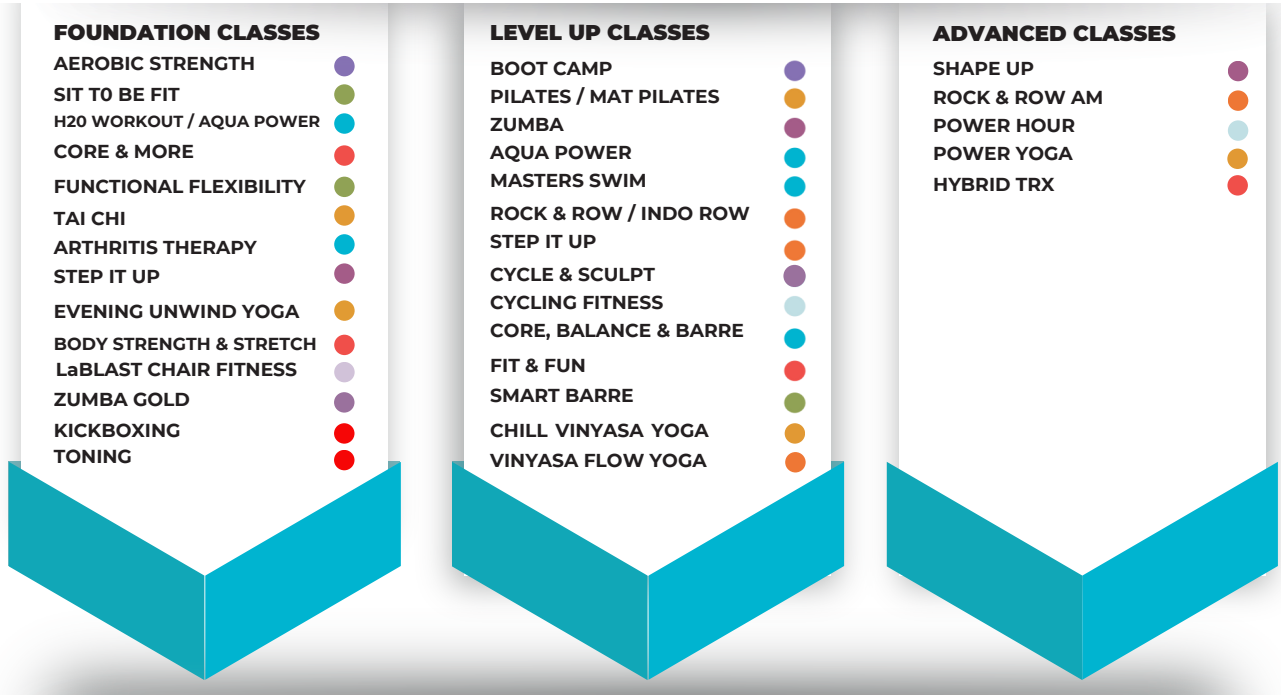
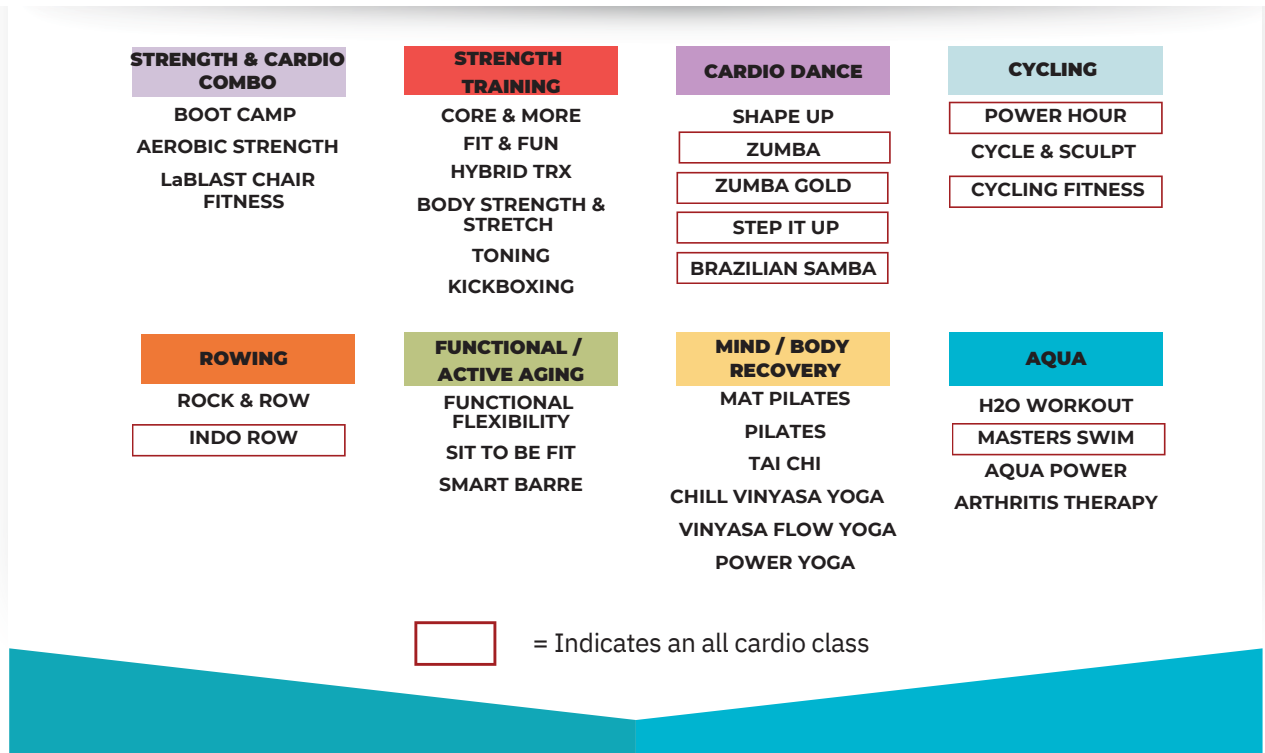


Start Your Fitness Journey Here

Choose the path that best suits you:



Choose your modality:



Coordinate your modality with class time:




CreateHealthy
WELLNESS CENTER

Group Fitness Schedule

January 2025

MON	TUE	WED	THU	FRI	SAT
	BOOT CAMP Kris 5:15a - 6:00a Multi Purpose Studio	CYCLE & SCULPT Julie 5:45a - 6:30a Cycling Studio	Rock & Row Kris 5:15a - 6:00a Multi Purpose Studio		INDO ROW Heidi 8:30a - 9:00a Multi Purpose Studio
HIGH SCHOOL SWIM Lanes 3 & 4 reserved 6:00a - 7:00a Fitness Pool	HIGH SCHOOL SWIM Lanes 2, 3 & 4 reserved 6:00a - 7:00a Fitness Pool	HIGH SCHOOL SWIM Lanes 3 & 4 reserved 6:00a - 7:00a Fitness Pool	HIGH SCHOOL SWIM Lanes 2, 3 & 4 reserved 6:00a - 7:00a Fitness Pool	HIGH SCHOOL SWIM Lanes 2, 3 & 4 reserved 6:00a - 7:00a Fitness Pool	CYCLING FITNESS Heidi 9:15a - 10:00a Cycle Studio
AEROBIC STRENGTH Kim B. 7:30a - 8:30a Multi Purpose Studio	CORE & MORE Shannon 7:30a - 8:00a Multi Purpose Studio	AEROBIC STRENGTH Kim B. 7:30a - 8:30a Cycling Studio	CORE & MORE Shannon 7:30a - 8:00a Multi Purpose Studio	AEROBIC STRENGTH Kim B. 7:30a - 8:30a Multi Purpose Studio	ZUMBA Raquel 9:00a - 10:00a Mind Body Studio
BODY STRENGTH & STRETCH Gina 8:45a - 9:30a Multi Purpose Studio	POWER HOUR Shannon 8:15a - 9:15a Cycling Studio	HYBRID TRX Lindsay 8:20a - 9:20a Multi Purpose Studio	POWER HOUR Shannon 8:15a - 9:15a Cycling Studio	CORE, BALANCE & BARRE Felicia 8:30a - 9:30a Fitness pool	
H2O WORKOUT Felicia 8:15a - 9:15a Fitness pool	H2O WORKOUT Felicia 8:30a - 9:30a Fitness pool	H2O WORKOUT Diane 8:30a - 9:30a Fitness pool	H2O WORKOUT Diane 8:30a - 9:30a Fitness pool	ZUMBA GOLD Raquel 9:00a - 10:00a Mind Body Studio	
SHAPE UP Shannon 10:00a - 11:00a Multi Purpose Studio		SHAPE UP Shannon 10:00a - 11:00a Multi Purpose Studio	CHILL VINYASA YOGA Dana-Marie 8:30a - 9:30a Mind Body Studio	SHAPE UP Shannon 10:00a - 11:00a Multi Purpose Studio	
ZUMBA Raquel 9:00a - 10:00a Mind Body Studio	FUNCTIONAL FLEXIBILITY Shannon 9:30a - 10:30a Multi Purpose Studio	SIT TO BE FIT Kim T. 10:15 - 11:15a Mind Body Studio	FUNCTIONAL FLEXIBILITY Shannon 9:30a - 10:30a Multi Purpose Studio	SIT TO BE FIT Kim T. 10:15 - 11:15a Mind Body Studio	
SIT TO BE FIT Kim T. 10:15 - 11:15a Mind Body Studio	ARTHRITIS THERAPY Diane 9:30a - 10:30a Warm Water Pool	PILATES Kim T. 11:30a - 12:30p Mind Body Studio	ARTHRITIS THERAPY Diane 9:30a - 10:30a Warm Water Pool	PILATES Kim T. 11:30a - 12:30p Mind Body Studio	
PILATES Kim T. 11:30a - 12:30p Mind Body Studio	FIT & FUN Laura 9:45a - 10:45a Mind Body Studio	BODY STRENGTH & STRETCH Gina 11:15a - 12:00p Multi Purpose Studio	FIT & FUN Laura 9:45a - 10:45a Mind Body Studio	YOGA Dana-Marie 1:00p - 2:00p Mind Body Studio	
	MASTER SWIM Shannon Mistr 11:00a - 12:00p Fitness Pool		MASTER SWIM Shannon Mistr 11:00a - 12:00p Fitness Pool		
	 Felicia 11:00-11:45a Mind Body Studio		TAI CHI Diane 11:00a - 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		
	PHYSICAL THERAPY Warm Water Pool reserved 12:00p - 2:00p	FUNCTIONAL FLEXIBILITY Shannon 3:00p - 4:00p Multi Purpose Studio	SMART BARRE Kim T. 1:30p - 2:15p Mind Body Studio		
YOUTH PROGRAMMING Lane 1, 2, 3 & 4 reserved 4:00p - 5:30p Fitness Pool	SMART BARRE Kim T. 1:30p - 2:15p Mind Body Studio	YOUTH PROGRAMMING Warm Water Pool reserved 4:00p - 5:00p	SIT TO BE FIT Lisa 2:30p - 3:30p Mind Body Studio		
VINYASA FLOW YOGA Christin 5:15p - 6:15p Mind Body Studio	SIT TO BE FIT Lisa 2:30p - 3:30p Mind Body Studio	YOUTH PROGRAMMING Lane 1, 2, 3 & 4 reserved 4:00p - 5:30p Fitness Pool	YOUTH PROGRAMMING Lane 1, 2, 3 & 4 reserved 4:00p - 5:30p Fitness Pool	YOUTH PROGRAMMING Lane 1, 2, 3 & 4 reserved 4:00p - 5:30p Fitness Pool	
BRAZILIAN SAMBA Raquel 4:15p - 5:15p Multi Purpose Studio	YOUTH PROGRAMMING Lane 1, 2, 3 & 4 reserved 4:00p - 5:30p Fitness Pool		YOUTH PROGRAMMING Multi Purpose Studio reserved 4:00p - 5:00p		
BODY STRENGTH & STRETCH Gina 5:30p - 6:15p Multi Purpose Studio	YOUTH PROGRAMMING Multi Purpose Studio reserved 4:00p - 5:00p	CYCLE & SCULPT Heidi 5:30p - 6:30p Cycle Studio	VINYASA FLOW YOGA Christin 5:15p - 6:15p Mind Body Studio		
ZUMBA Casey 6:30p - 7:30p Mind Body Studio	ROCK & ROW Heidi 5:30p - 6:30p Multi Purpose Studio	ZUMBA Casey 6:30p - 7:30p Mind Body Studio	STEP IT UP Felicia 5:30p - 6:15p Multi Purpose Studio		
TONING Raquel 6:30p - 7:30p Multi Purpose Studio	STEP IT UP Felicia 5:30p - 6:15p Mind Body Studio	KICKBOXING Raquel 7:45p - 8:45p Multi Purpose Studio	ZUMBA Raquel 7:00p - 8:00p Mind Body Studio		
	ZUMBA Raquel 7:30p - 8:30p Mind Body Studio		MAT PILATES Raquel 8:00p - 9:00p Mind Body Studio		

Group Fitness Descriptions

 = Indicates an all cardio class



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 workout.



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 min class will integrate bands, Bosu, stability ball & weights for a full body strength & stretch workout. You choose the level of difficulty.



BOOT CAMP

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.



BRAZILIAN DANCE

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



CORE, BALANCE & BARRE

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



CHILL VINYASA FLOW

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.



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

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 Multi Purpose Studio.



FIT & FUN

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 fun!



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!



HYBRID TRX

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.



H2O 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.



KICKBOXING

This Kickboxing class is a choreographed class where the punches and kicks match the rhythm and beat of the music. This energetic class will kick your butt with high level of energy and intensity resulting in max calorie burn designed for all levels.



LaBLAST@ CHAIR FITNESS - Starts on Dec. 10th

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.



MAT PILATES

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!



PILATES

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 movement.



POWER HOUR

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.



ROCK & ROW

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 BARRE

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.



TAI CHI

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



TONING

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

We incorporate breath and movement to create heat and release stress in the body. We challenge ourselves with balance, flow, and core work allowing everyone to push their edge in a safe environment, creating a healthier and happier you. This class is for yogis of all levels.



ZUMBA

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.