



# Start Your Fitness Journey Here

Choose the path that best suits you:

FOUNDATION CLASSES	LEVEL UP CLASSES	ADVANCED CLASSES
AEROBIC STRENGTH	BOOT CAMP	SHAPE UP
SIT TO BE FIT	PILATES / MAT PILATES	ROCK & ROW AM
H2O WORKOUT / AQUA POWER	ZUMBA	POWER HOUR
CORE & MORE	AQUA POWER	POWER YOGA
FUNCTIONAL FLEXIBILITY	MASTERS SWIM	HYBRID TRX
TAI CHI	ROCK & ROW / INDO ROW	
ARTHRITIS THERAPY	STEP IT UP	
STEP IT UP	CYCLE & SCULPT	
EVENING UNWIND YOGA	CYCLING FITNESS	
BODY STRENGTH & STRETCH	CORE, BALANCE & BARRE	
LaBLAST CHAIR FITNESS	FIT & FUN	
ZUMBA GOLD	SMART BARRE	
KICKBOXING	CHILL VINYASA YOGA	
TONING	VINYASA FLOW YOGA	

## Choose your modality:

<b>STRENGTH &amp; CARDIO COMBO</b> BOOT CAMP AEROBIC STRENGTH  <i>Coming Soon</i>	<b>STRENGTH TRAINING</b> CORE & MORE FIT & FUN HYBRID TRX BODY STRENGTH & STRETCH TONING KICKBOXING	<b>CARDIO DANCE</b> SHAPE UP ZUMBA ZUMBA GOLD STEP IT UP BRAZILIAN SAMBA	<b>CYCLING</b> POWER HOUR CYCLE & SCULPT CYCLING FITNESS
<b>ROWING</b> ROCK & ROW INDO ROW	<b>FUNCTIONAL / ACTIVE AGING</b> FUNCTIONAL FLEXIBILITY SIT TO BE FIT SMART BARRE	<b>MIND / BODY RECOVERY</b> MAT PILATES PILATES TAI CHI CHILL VINYASA YOGA VINYASA FLOW YOGA POWER YOGA	<b>AQUA</b> H2O WORKOUT MASTERS SWIM AQUA POWER ARTHRITIS THERAPY

 = Indicates an all cardio class

## Coordinate your modality with class time:



CreateHealthy  
WELLNESS CENTER

# Group Fitness Schedule


## November 2024

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



**Ambleside School  
Swim Starts Nov. 5th  
on Tuesday, Thursday  
& Fridays**

# 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 - *Coming Soon*

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.