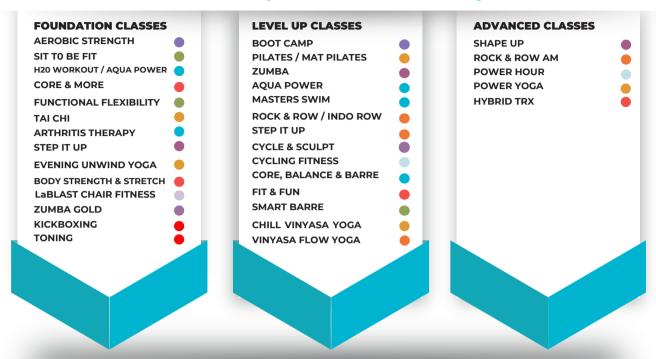
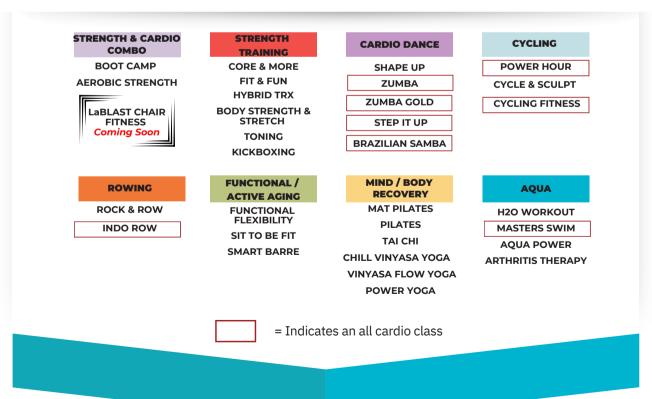


Start Your Fitness Journey Here

Choose the path that best suits you:



Choose your modality:





Group Fitness Schedule

November 2024

MON

TUE

WED

THU

FRI

SAT

BOOT CAMP

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

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

CODE & MODE

7:30a - 8:00a

8:15a - 9:15a

Cycling Studio

8:30a - 9:30a

H2O WORKOUT

Multi Purpose Studio

Fitness Pool

CYCLE & SCULPT 5:45a - 6:30a Cycling Studio

Rock & Row :15a - 6:00a Multi Purpose Studio

HIGH SCHOOL SWIM

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

5:00a - 7:00a

HIGH SCHOOL SWIM HIGH SCHOOL SWIM Lanes 3 & 4 re 6:00a - 7:00a Lanes 2, 3 & 4 6:00a - 7:00a

6:00a - 7:00a

CYCLING FITNESS

INDO ROW

AFPORIC STRENGTH

Kim B.

Fitness Pool

9:15a - 10:00a Cvcle Studio

AEROBIC STRENGTH

7:30a - 8:30a Multi Purpose Studio

7:30a - 8:30a Cycling Studio **CORE & MORE** 7:30a - 8:00a

Multi Purpose Studio

AFROBIC STRENGTH Kim B.

Multi Purpose Studio

ZUMBA Raquel

9:00a - 10:00a

Mind Body Studio

BODY STRENGTH & STRETCH

8:45a - 9:30a Multi Purpos POWER HOUR Shannon

HYBRID TRX

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

H2O WORKOUT

8:30a - 9:30a

SHADE UD

PILATES

POWER HOUR

8:15a - 9:15a Cycling Studio CORE, BALANCE & BARRE

3:30a - 9:30a

7:30a - 8:30a

H2O WORKOUT

8:30a - 9:30a

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

SHAPE UP

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

H2O WORKOUT

8:15a - 9:15a

FUNCTIONAL FLEXIBILITY

Shannon 10:00a - 11:00a Multi Purpose Studio CHILL VINYASA YOGA Dana-Marie 8:30a - 9:30a Mind Body Studio

10:00a - 11:00a Multi Purpose Studio

SIT TO BE FIT

10:15 - 11:15a Mind Body Studio

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

ARTHRITIS THERAPY

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

Mind Body Studio

ARTHRITIS THERAPY

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

Multi Purpose Studio

11:30a - 12:30p Mind Body Studio 9:30a - 10:30a Warm Water Pool Kim T. 11:30a - 12:30p

Fitness Pool

SIT TO BE FIT

9:00a - 10:00a

ZUMBA Raquel

10:15 - 11:15a Mind Body Studio

Mind Body Studio

Shannon

9.30a - 10.30a

Laura 9:45a - 10:45a Mind Body Studio BODY STRENGTH & STRETCH

FUNCTIONAL FLEXIBILITY

Multi Purpose Studio

OUTH PROGRAMMING

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

Shannon 3:00p - 4:00p

11:15a - 12:00p

Mind Body Studio MASTER SWIM

FIT & FUN

9:45a - 10:45a

Shannon Mistr 11:00a - 12:00p

TAI CHI

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

PHYSICAL THERAPY

12:00p - 2:00p

Warm Water Pool reserved

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

POWER YOGA Dana-Marie 2:00p -3:00p Mind Body Studio Mind Body Studio

SIT TO BE FIT 2·30n - 3·30n

Mind Body Studio

YOUTH PROGRAMMING Studio reserved

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

STEP IT UP

Felicia 6:00p - 6:45p Multi Purpose Studio

Raquel

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

YOUTH PROGRAMMING

ane 1. 2. 3 & 4 reserved

VINYASA FLOW YOGA

Christin 5:15p - 6:15p Mind Body Studio

BRAZILIAN SAMBA

Multi Purpose Studio **BODY STRENGTH & STRETCH**

Multi Purpose Studio

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

Multi Purpose Studio

Fitness Pool

Raquel 4:15p - 5:15p

5:30p - 6:15p

Raquel 6:30p - 7:30p

ZUMBA

Mind Body Studio

1:00a - 12:00p TAI CHI

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

PHYSICAL THERAPY Warm Water Pool reserved

SMART BARRE 1:30p - 2:15p

Mind Body Studio SIT TO BE FIT

2:30p - 3:30p Mind Body Studio

YOUTH PROGRAMMING 4:00p - 5:30p

YOUTH PROGRAMMING

tudio reserved

ROCK & ROW 5:30p - 6:30p Multi Purpose Studio

STEP IT UP Felicia 6:00p - 6:45p

Mind Body Studio ZUMBA Raquel 7:30p - 8:30p

Mind Body Studio

CYCLE & SCULPT Heidi 5:30p - 6:30p Cycle Studio ZUMBA

Casev 6:30p - 7:30p Mind Body Studio KICKBOXING

Raquel 7:45p - 8:45p Multi Purpose Studio

7:00p - 8:00p Mind Body Studio MAT PILATES

Raquel 8:00p - 9:00p Mind Body Studio

PILATES

11:30a - 12:30p

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



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-tofollow class you will burn calories and tone your body while engaging vour 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 vogis 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.



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!



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.



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



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 ves 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



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.



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.



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.