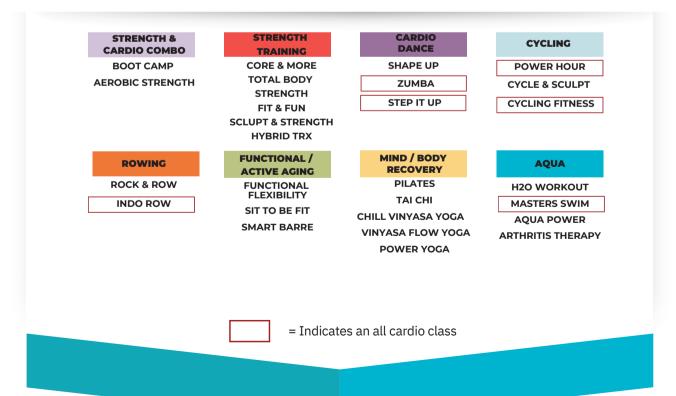
CreateHealthy WELLNESS CENTER

## Start Your Fitness Journey Here Choose the path that best suits you:



### **Choose your modality:**



## Coordinate your modality with class time:



# **Group Fitness Schedule**

## September 2024

#### MON

HIGH SCHOOL SWIM 5:00a - 7:00a itness Pool

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

SCULPT & STRENGTH 8:45a - 9:30a Multi Purpos e Studio

H20 WORKOUT 8:30a - 9:30a Fitness poo

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

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

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

BOOT CAMP Kris 5:15a - 6:00a

TUE

HIGH SCHOOL SWIM 6:00a - 7:00a Fitness Pool

CORE & MORE Shannor 7:30a - 8:00a

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

H20 WORKOUT 8:30a - 9:30a Fitness nor

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

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

Laura 9:45a - 10:45a Mind Body Studio

hannon Mistr 1<u>:00a - 12</u>:00p itness Pool

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

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

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

OUTH PROGRAMMING Lane 1, 2, 3 & 4 reserved 4:00p - 5:30p Fitness Pool

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

TOTAL BODY STRENGTH 5:30p - 6:30p Multi Purpose Studio

AQUA POWER 5:45p - 6:45p See Doo

Fitne

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

## Multi Purpose Studio

Multi Purpose Studio

POWER HOUR

**ARTHRITIS THERAPY** 

FIT & FUN

MASTER SWIM

TAI CHI

PHYSICAL THERAPY

Mind Body Studio

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

YOUTH PROGRAMMING 3 & 4 reser 4:00p - 5:30p itness Pool

YOUTH PROGRAMMING Studio reserved +:00p - 5:00p

**ROCK & ROW** 5:30p - 6:30p

Multi Purpose Studio STEP IT UP

Felicia 6:00p - 6:45p Mind Body Studio

#### WED

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

HIGH SCHOOL SWIM 6:00a - 7:00a Fitness Pool

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

HYBRID TRX indsay 8:20a - 9:20a Multi Purpose Studio

8:30a - 9:30a Fitness pool

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

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

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

SCULPT & STRENGTH 11:15a - 12:00p lulti Purpose Studi

FUNCTIONAL FLEXIBILITY

YOUTH PROGRAMMING

YOUTH PROGRAMMING

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

Multi Purpose Studio

Shannon

3:00p - 4:00p

ool reserved

4:00p - 5:00p

. Fitness Pool

CYCLE & SCULPT Heidi

5:30p - 6:30p

Cycle Studio

6:30p - 7:30p

Mind Body Studio

ZUMBA

### тни

Rock & Row 5:15a - 6:00a Multi Purpose Studio

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

COPE & MOPE Shannon 7:30a - 8:00a Multi Purpose Studio

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

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

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

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

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

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

MASTER SWIM Shannon Mistr 1:00a - 12:00p Fitness Pool

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

PHYSICAL THERAPY Narm Water Pool reserved a00:2 - a00:21

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

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

OUTH PROGRAMMING .ane 1. 2

4:00p - 5:30p itness Pool YOUTH PROGRAMMING

Studio reserved 4:00p - 5:00p VINYASA FLOW YOGA Christin

ulti Purpose

5:15p - 1:00p Mind Body Studio TOTAL BODY STRENGTH

5:30p - 6:30p Multi Purpose Studio

#### FRI

HIGH SCHOOL SWIM

6.00a - 7.00a

Fitness Pool

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

SAT

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

Kim B. 7:30a - 8:30a Multi Purpose Studio POWER YOGA

AEROBIC STRENGTH

Dana-Marie 8:45a -9:45a Mind Body Studio

#### SHAPE UP Shannor 10:00a - 11:00a

Multi Purpose Studio

SIT TO BE FIT Kim T 10:15-11:15a

PILATES Kim T. 11:30a - 12:30p

Mind Body Studio

Mind Body Studio

OUTH PROGRAMMING

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

-itness 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 workout.



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

### **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.

#### 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.



#### **FIT & FUN**

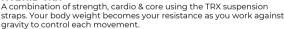
This cardio toning class is designed for all levels of fitness. We will improve your cardiovascular condition and strengthen your muscles while improving your flexibility and balance. You will get fit and have fun!

#### 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





#### H20 WORKOUT / AQUA POWER

These classes combine a variety of aerobic movement with intervals of resistance training in the Fitness Pool. Water noodles, agua 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.



#### MASTERS SWIM

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

#### 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.



#### PILATES

= Indicates an all cardio class

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 allowing for modifications to fit the yog'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!



#### SCUI DT & STDENGTH

This 45-min class is for those new strength training or those wanting to build muscle strength. In this class you choose your weight while enjoying the camaraderie in a group fitness setting

#### 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.

#### TOTAL BODY STRENGTH

This endurance strength training class is designed to create strong, well-balanced bodies by utilizing a variety of exercises and equipment. This high-energy class uses barbells, dumbbells, BOSU, body weight and more to target all muscle groups. Total Body Strength includes a 15 minute stretch to aid in muscle recovery. All fitness levels are welcome.



VINYASA FLOW YOGA This heated yoga class links breath to movement to build strength, flexibility, and balance. We will incorporate core and body weight exercises with voga poses to stay in a constant flow of movement and stretching. Bring your water bottle and be prepared to move and sweat.

#### ZUMBA

Join this high-energy dance party Have a fun aerobic workout with the rhythmic moves of Latin dance!