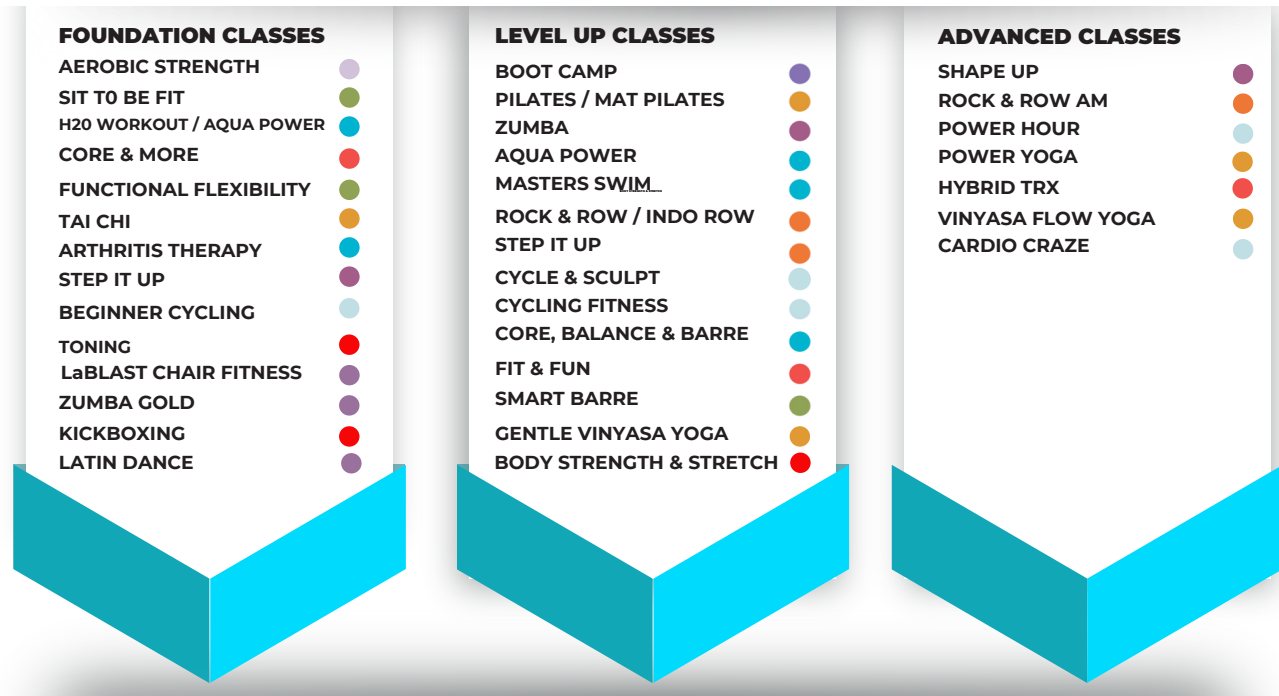
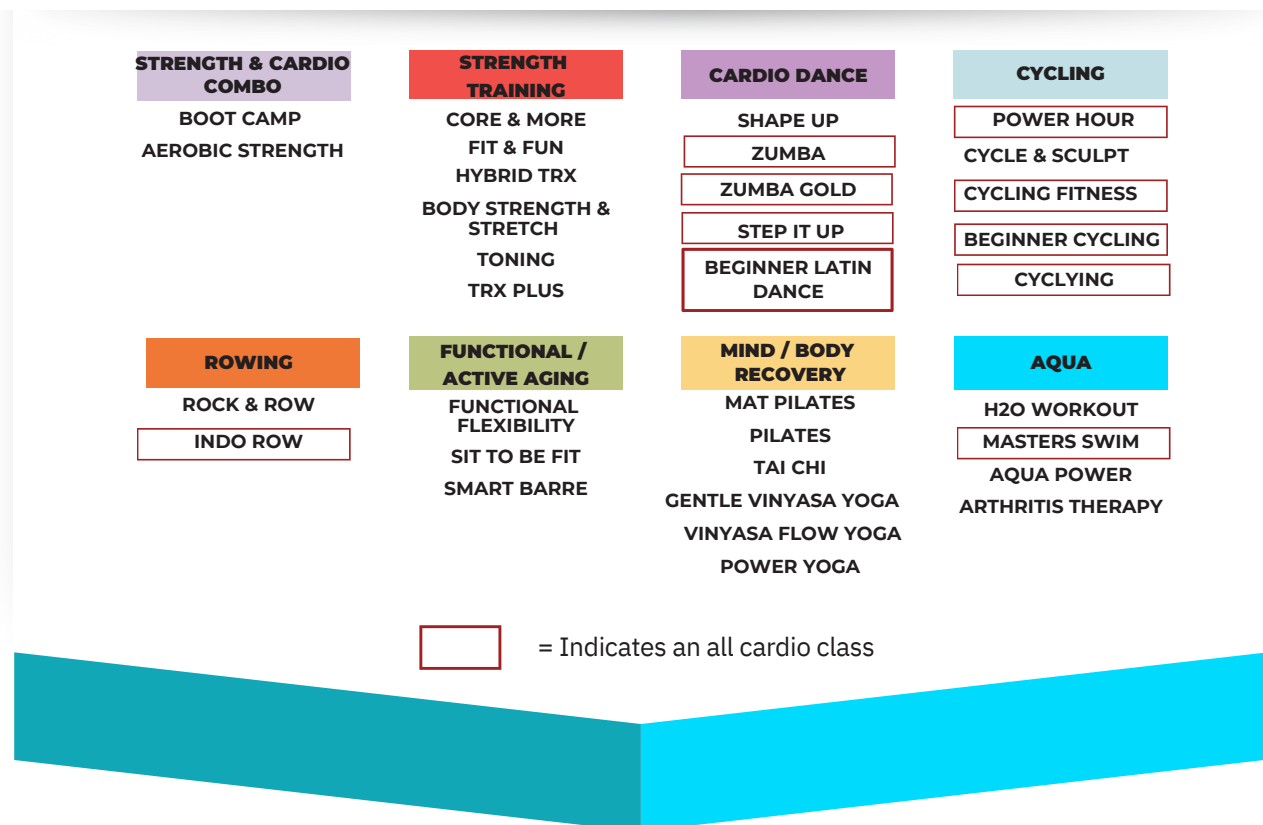


Start Your Fitness Journey Here

Choose the path that best suits you:



Choose your modality:



Coordinate your modality with class time:


Group Fitness Schedule

MAY 2025

INDICATES
NEW CLASS!

MON	TUE	WED	THU	FRI	SAT
CARDIO CRAZE Heidi 5:15a - 6:00a Cycle Studio	BOOT CAMP Kris 5:15a - 6:00a Multi Purpose Studio	CYCLE & SCULPT Julie 5:15a - 6:00a Cycling Studio	ROCK & ROW Kris 5:15a - 6:00a Multi Purpose Studio		TONING Raquel 8:00a - 8:45a Mind Body 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	INDO ROW Heidi 8:30a - 9:00a Multi Purpose 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	CYCLING FITNESS Heidi 9:15a - 10:00a Cycle 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	ZUMBA Raquel 9:00a - 10:00a Mind Body Studio
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		POWER YOGA Dana-Marie 9:00p - 9:45a Mind Body Studio	GENTLE VINYASA YOGA Dana-Marie 8:30a - 9:15a 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	SHAPE UP Shannon 10:00a - 11:00a Multi Purpose 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	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	
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		
	MASTER SWIM Shannon Mistr 11:00a - 12:00p Fitness Pool	PILATES Kim T. 11:30a - 12:30p Mind Body Studio	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		
HOT SWIM TEAM 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		
	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	HOT SWIM TEAM Lane 1, 2, 3 & 4 reserved 4:00p - 5:30p Fitness Pool	HOT SWIM TEAM Lane 1, 2, 3 & 4 reserved 4:00p - 5:30p Fitness Pool	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	HOT SWIM TEAM Lane 1, 2, 3 & 4 reserved 4:00p - 5:30p Fitness Pool	LATIN DANCE Raquel 4:30p - 5:30p Mind Body Studio	VINYASA FLOW YOGA Christin 5:15p - 6:15p Mind Body Studio		
BODY STRENGTH & STRETCH Gina 5:30p - 6:15p Multi Purpose Studio	ROCK & ROW Heidi 5:30p - 6:30p Multi Purpose Studio	CYCLE & SCULPT Heidi 5:30p - 6:30p Cycle Studio	STEP IT UP Felicia 5:30p - 6:15p Multi Purpose Studio		
BEGINNER CYCLING Raquel 6:00p - 7:00p Cycle Studio	STEP IT UP Felicia 5:30p - 6:15p Mind Body Studio	MAT PILATES Raquel 6:00p - 7:00p Multi-Purpose Room	CYCLING Ben 5:30p - 6:30p Cycle Studio		
ZUMBA Casey 6:30p - 7:30p Mind Body Studio	AQUA POWER Raquel 5:45p - 6:45p Fitness pool	ZUMBA Casey 6:30p - 7:30p Mind Body Studio	AQUA POWER Raquel 5:45p - 6:45p Fitness pool		
CARDIO DANCE Raquel 7:15p - 8:15p Multi Purpose Studio	ZUMBA Raquel 7:15p - 8:15p Mind Body Studio	TRX PLUS Ben 7:30p - 8:30p Multi Purpose Studio	ZUMBA Raquel 7:15p - 8:15p 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-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-free—and enjoy the supportive camaraderie of a group fitness environment.



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.



BEGINNER LATIN 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.



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.



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!



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.



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. This is a high energy class that incorporates different exercises that will keep you moving!



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.



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.



TRX PLUS

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.



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!



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.