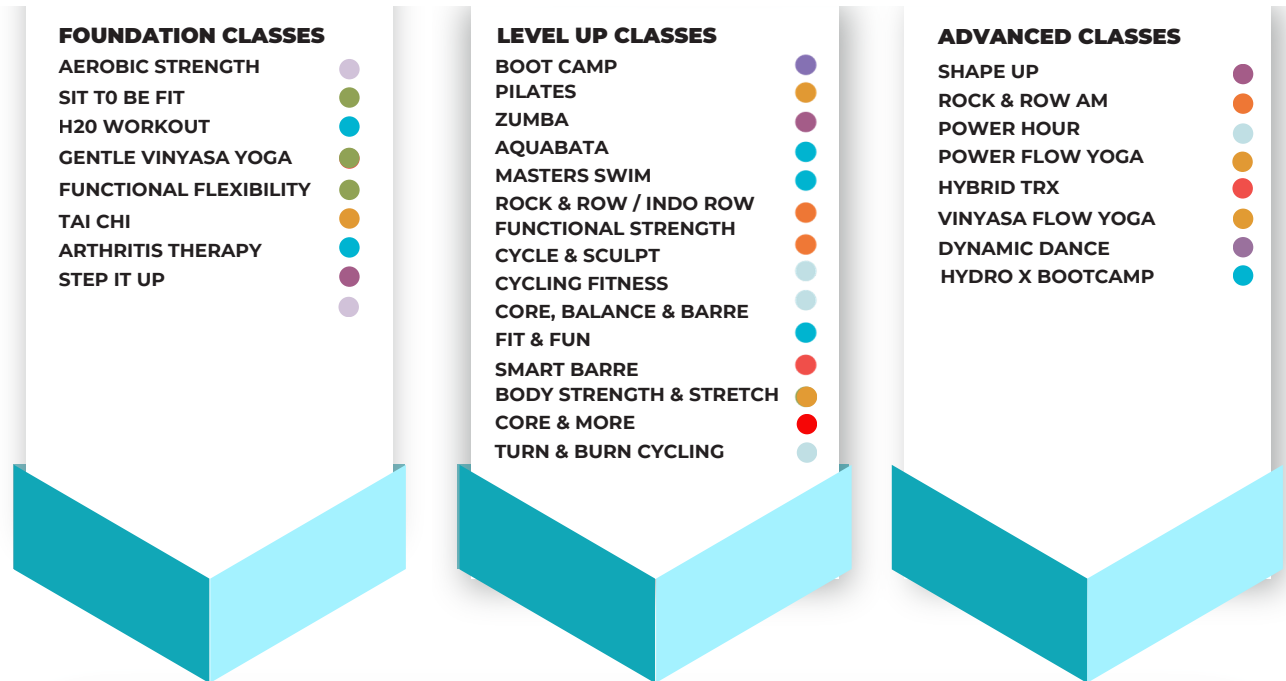


# Start Your Fitness Journey Here

Choose the path that best suits you:



## Choose your modality:

### STRENGTH & CARDIO COMBO

BOOT CAMP  
AEROBIC STRENGTH  
CYCLE & SCULPT

### STRENGTH TRAINING

CORE & MORE  
FIT & FUN  
HYBRID TRX  
BODY STRENGTH & STRETCH  
FUNCTIONAL STRENGTH  
FORGE

### CARDIO DANCE

SHAPE UP  
ZUMBA  
DYNAMIC DANCE

### CYCLING

POWER HOUR  
TURN & BURN CYCLING  
CYCLING FITNESS  
SUMMER CYCLING

### ROWING

ROCK & ROW  
INDO ROW

### FUNCTIONAL / ACTIVE AGING

FUNCTIONAL FLEXIBILITY  
SIT TO BE FIT  
SMART BARRE

### MIND / BODY RECOVERY

PILATES  
TAI CHI  
GENTLE VINYASA YOGA  
VINYASA FLOW YOGA  
POWER FLOW YOGA

### AQUA

H2O WORKOUT  
MASTERS SWIM  
AQUABATA  
ARTHRITIS THERAPY  
HYDRO X BOOTCAMP  
CORE, BALANCE & BARRE

= Indicates an all cardio class

Coordinate your modality with class time:



CreateHealthy  
WELLNESS CENTER

# Group Fitness Schedule

## MAY 2026

INDICATES  
NEW CLASS!


MAT  
REQUIRED


MON	TUE	WED	THU	FRI	SAT
<b>CYCLE &amp; SCULPT</b> Heidi 5:15a - 6:00a Cycle Studio	<b>BOOT CAMP</b> Kris 5:15a - 6:00a Multi Purpose Studio	<b>CYCLE &amp; SCULPT</b> Julie 5:15a - 6:00a Cycling Studio	<b>ROCK &amp; ROW</b> Kris 5:15a - 6:00a Multi Purpose Studio		
	<b>FISD PRACTICE</b> 5:30a - 7:00a Fitness Pool <b>Lanes 3 &amp; 4</b>		<b>FISD PRACTICE</b> 5:30a - 7:00a Fitness Pool <b>Lanes 3 &amp; 4</b>		
<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>BODY STRENGTH &amp; STRETCH</b> Cina 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>Lanes 1-3</b>	<b>H2O WORKOUT</b> Felicia 8:30a - 9:30a Fitness Pool <b>Lanes 1-3</b>	<b>H2O WORKOUT</b> Diane 8:30a - 9:30a Fitness Pool <b>Lanes 1-3</b>	<b>H2O WORKOUT</b> Diane 8:30a - 9:30a Fitness pool <b>Lanes 1-3</b>	<b>H2O WORKOUT</b> Tom 8:30a - 9:30a Fitness pool <b>Lanes 1-3</b>	<b>INDO ROW</b> Heidi 8:30a - 9:00a Multi Purpose Studio
<b>ZUMBA AM</b> Lindsay 8:30a - 9:15a Mind Body Studio			<b>GENTLE VINYASA YOGA</b> Dana-Marie 8:30a - 9:15a Mind Body Studio	<b>ZUMBA</b> Laura F 8:45a - 9:30a Mind Body Studio	<b>CYCLING FITNESS</b> Heidi 9:15a - 10:00a Cycle Studio
<b>SUMMER CYCLE SERIES</b> Gabriella Sifford 9:00a - 9:45a <b>Starting May 11!</b> Cycling Studio	<b>FUNCTIONAL FLEXIBILITY</b> Shannon 9:30a - 10:30a Multi Purpose Studio	<b>SUMMER CYCLE SERIES</b> Gabriella Sifford 9:00a - 9:45a <b>Starting May 11!</b> Cycling Studio	<b>FUNCTIONAL FLEXIBILITY</b> Shannon 9:30a - 10:30a Multi Purpose Studio		
<b>SHAPE UP</b> Shannon 10:00a - 11:00a Multi Purpose Studio	<b>ARTHRITIS THERAPY</b> Diane 9:30a - 10:30a Warm Water Pool	<b>SHAPE UP</b> Shannon 10:00a - 11:00a Multi Purpose Studio	<b>ARTHRITIS THERAPY</b> Diane 9:30a - 10:30a Warm Water Pool	<b>SHAPE UP</b> Shannon 10:00a - 11:00a Multi Purpose Studio	
<b>SIT TO BE FIT</b> Kim T. 10:15 - 11:15a Mind Body Studio	<b>FIT &amp; FUN</b> Laura 9:45a - 10:45a Mind Body Studio	<b>SIT TO BE FIT</b> Kim T. 10:15 - 11:15a Mind Body Studio	<b>FIT &amp; FUN</b> Laura 9:45a - 10:45a Mind Body Studio	<b>SIT TO BE FIT</b> Kim T. 10:15 - 11:15a Mind Body Studio	
<b>PILATES</b> Kim T. 11:30a - 12:30p Mind Body Studio	<b>MASTER SWIM</b> Shannon Mistr 11:00a - 12:00p Fitness Pool <b>Lanes 2-4</b>	<b>BODY STRENGTH &amp; STRETCH</b> Gina 11:15a - 12:00p Multi Purpose Studio	<b>MASTER SWIM</b> Shannon Mistr 11:00a - 12:00p Fitness Pool <b>Lanes 2-4</b>	<b>FUNCTIONAL STRENGTH</b> Caitlin 11:15a - 12:00p Multi Purpose Studio	
	<b>TAI CHI</b> Diane 11:00a - 11:45a Mind Body Studio	<b>PILATES</b> Kim T. 11:30a - 12:30p Mind Body Studio	<b>TAI CHI</b> Diane 11:00a - 11:45a Mind Body Studio	<b>PILATES</b> Kim T. 11:30a - 12:30p 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>SMART BARRE</b> Kim T. 1:30p - 2:15p Mind Body Studio		
	<b>SIT TO BE FIT</b> Lisa 2:30p - 3:30p Mind Body Studio	<b>FUNCTIONAL FLEXIBILITY</b> Shannon 3:00p - 4:00p Multi Purpose Studio	<b>SIT TO BE FIT</b> Lisa 2:30p - 3:30p Mind Body Studio		
<b>SWIM TEAM PRACTICE</b> Fitness Pool CLOSED 4:00p - 5:30p	<b>SWIM TEAM PRACTICE</b> Fitness Pool CLOSED 4:00p - 5:30p	<b>SWIM TEAM PRACTICE</b> Fitness Pool CLOSED 4:00p - 5:30p	<b>SWIM TEAM PRACTICE</b> Fitness Pool CLOSED 4:00p - 5:30p	<b>SWIM TEAM PRACTICE</b> Fitness Pool CLOSED 4:00p - 5:30p	
<b>VINYASA FLOW YOGA</b> Christin/Sondra 5:15p - 6:15p Mind Body Studio		<b>YOUTH PROGRAMMING</b> Warm Water Pool CLOSED 4:00p - 5:00p			
<b>FUNCTIONAL STRENGTH</b> Caitlin 5:15p - 6:00p Multi Purpose Studio	<b>YOUTH PROGRAMMING</b> Ashley 4:00p - 5:00p Multi Purpose Studio	<b>CYCLE &amp; SCULPT</b> Heidi 5:30p - 6:30p Cycle Studio			
<b>AQUABATA</b> Lisa Davenport 5:45p - 6:30p Fitness pool <b>Lanes 1-2</b>	<b>POWER FLOW YOGA</b> Dana-Marie 5:30p - 6:15p Mind Body Studio	<b>AQUABATA</b> Lisa Davenport 5:45p - 6:30p Fitness pool <b>Lanes 1-2</b>	<b>HYDRO X BOOTCAMP</b> Jacob Q 5:45p - 6:30p Fitness pool <b>Lanes 1-2</b>		
<b>TURN &amp; BURN CYCLING</b> Gabriella Sifford 6:00p - 6:30p <b>Starting May 11!</b> Cycle Studio	<b>ROCK &amp; ROW</b> Julie 5:30p - 6:15p Multi Purpose Studio	<b>FORGE STRENGTH</b> Alex 6:00p - 6:45p Multi Purpose Studio	<b>ZUMBA</b> Alex 6:30p - 7:15p Mind Body Studio		
<b>Dynamic Dance</b> Casey 6:30p - 7:30p Mind Body Studio	<b>ZUMBA</b> Laura F 6:30p - 7:15p Mind Body Studio	<b>Dynamic Dance</b> Casey 6:30p - 7:30p Mind Body Studio			

**Special Events**

**FISD Swim Practice**  
Tuesdays & Thursdays  
5:30a - 7:00a  
Lanes 3 & 4

# Group Fitness Descriptions

 = Indicates mat is required for this class

 = 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.



## 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.



## TURN & BURN CYCLING

Ready to roll into fitness? Whether you're brand new to cycling or just getting back in the saddle, join us for a high-energy, low-pressure cycling class designed for those who want to get moving, build endurance, and have a blast doing it! Each **30-minute** session is packed with upbeat music, easy-to-follow routines, and motivational coaching to keep you smiling while you sweat.



## 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 Cycling Studio.



## DYNAMIC DANCE

A high energy class designed for those that enjoy dancing and learning new challenging, intricate dance movements/skills executed with artistic expression. This class will provide a fun, energetic, and empowering experience for anyone who loves music, while expressing yourself through dance.



## 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!



## FORGE STRENGTH

Forge is where strength and hypertrophy meet intelligent programming. This class emphasizes compound movements paired with targeted muscle-building volume. You'll train with intent, learn proper loading strategies, and develop strength that carries over to both performance and physique.



## 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!



## FUNCTIONAL STRENGTH

Functional Strength class uses compound, multi-joint exercises to train your body for movements you perform in daily life such as lifting, bending and rotating. Unlike traditional weightlifting which often isolates specific muscles, this class builds usable, whole-body strength to improve your overall balance, coordination and mobility. You will use multiple joints and muscle groups at once, which increases your overall caloric burn and builds real-world strength more effectively. The focus is on proper movement patterns and control. Exercises can be modified to suit different fitness levels, making the class accessible for everyone from beginners to athletes.



## GENTLE VINYASA YOGA

Slow down and turn inward in this gentle, supportive class designed to soothe your nervous system and release accumulated tension. This class is the perfect blend of breathing techniques, light, mindful movement to increase mobility, and long-held, supported restorative poses to invite deep relaxation. We incorporate props like blankets, bolsters, and blocks, and hold calming, low-to-the-ground poses for several minutes, allowing your muscles to gently release and your mind to settle. Come as you are, all levels are welcome.



## 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!



## H20 WORKOUT

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. Deep water is held off campus, and is an advanced class.



## HYDRO X BOOTCAMP

HYDRO X isn't your average pool workout! It's a high-intensity mashup of explosive cardio, pool deck strength circuits and swimming, designed to torch calories so you can build psoer, and test your grit. Water meets HIIT resistance, endurance and row strength all in one. You'll get wet, you'll get breathless, and you'll walk out stronger.



## AQUABATA

This is a high-intensity interval training (HIIT) class performed in the water, designed to provide a full-body workout while being exceptionally easy on the joints. It's Tabata in the water! Take the plunge with Aquabata!



## 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.



## 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 VINYASA YOGA

Yoga flow that is accessible and designed for all levels, focusing on empowerment rather than perfection. This "come as you are" practice uses, for example, the Journey into Power sequence to build strength and flexibility while encouraging you to modify poses to meet your body's needs. We incorporate breath and movement to improve stability and confidence, both on and off the mat.



## ROCK & ROW

This class combines basic IndoRow intervals & strength training in a circuit format that will keep your muscles guessing!



## SHAPE 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.



## 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.



## 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.



## SUMMER CYCLING SERIES

This high-energy indoor cycling class is a music-driven, low-impact, high-intensity workout designed to build endurance and strength while torching hundreds of calories in a single session. By riding to the beat of an energizing, hand-picked playlist, you will be guided through a series of intervals, including simulated hill climbs, all-out sprints, and flat-road runs.



## TAI CHI

In this low-impact class, you'll learn slow, intentional Tai Chi sequences that gently improve posture, balance, flexibility, and joint health. Perfect for individuals managing arthritis or seeking a gentle form of exercise. The practice also encourages mindfulness and relaxation, supporting better mood, reduced anxiety, and overall mental resilience.



## 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.