

Group Fitness & Water Aerobics Schedule

November - January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Power Cycle Express 5:30 - 6:00 AM Cycling Studio	BodyPump 5:30 - 6:30 AM Studio I	Chaos Express 5:30 - 6:00 AM Studio II	BodyPump 5:30 - 6:30 AM Studio I	Xtreme Chaos 5:30 - 6:15 AM Studio II
Aqua Body Tone 5:30 - 6:15 AM WWP	RPM 8:30 - 9:00 AM Cycling Studio	Aqua Body Tone 5:30 - 6:15 AM WWP	RPM 8:30 - 9:00 AM Cycling Studio	Sunrise Yoga 5:30 - 6:15 AM Studio III
Sunrise Yoga 5:30 - 6:15 AM Studio III	Aqua Body Tone 9:00 - 9:45 AM WWP	Barre 5:30 - 6:15 AM Studio I	Aqua Body Tone 9:00 - 9:45 AM WWP	Aqua Bootcamp 8:15 - 9:00 AM MPP
Aqua Bootcamp 8:15 - 9:00 AM MPP	Yoga 9:00 - 9:50 AM Studio III	Aqua Bootcamp 8:15 - 9:00 AM MPP	Mindfulness 9:00 - 9:50 AM Studio III	Movin' and Groovin' 8:30 - 9:20 AM Studio I
Movin' and Groovin' 8:30 - 9:20 AM Studio I	Barre 9:00 - 9:50 AM Studio I	Movin' and Groovin' 8:30 - 9:20 AM Studio I	Barre 9:00 - 9:50 AM Studio I	Power Yoga 8:30 - 9:20 AM Studio III
Yoga 8:30 - 9:20 AM Studio III	Upper Body Strength 9:15 - 9:45 AM Studio II	Power Yoga 8:30 - 9:20 AM Studio III	Upper Body Strength 9:15 - 9:45 AM Studio II	X-treme Chaos 8:30 - 9:30 AM Studio II
X-treme Chaos 8:30 - 9:20 AM Studio II	Aqua Body Tone 10:00 - 10:45 AM WWP	X-treme Chaos Express 8:30 - 9:30 AM Studio II	Aqua Body Tone 10:00 - 10:45 AM WWP	Aqua Blast 9:00 - 9:45 AM MPP
Aqua Blast 9:00 - 9:45 AM MPP	Mat Pilates 10:00 - 10:50 AM Studio III	Aqua Blast 9:00 - 9:45 AM MPP	Gentle Pilates 10:00 - 10:50 AM Studio III	Gentle Yoga 9:30 - 10:20 AM Studio III
Yoga for Flexibility 9:30 - 10:20 AM Studio III	Kickboxing 10:00 - 10:50 AM Studio I	Gentle Yoga 9:30 - 10:20 AM Studio III	Kickboxing 10:00 - 10:50 AM Studio I	BodyPump 9:30 - 10:30 AM Studio I
BodyPump 9:30 - 10:30 AM Studio I	Chair Yoga 11:00 - 11:50 AM Studio III	BodyPump 9:30 - 10:30 AM Studio I	Chair Yoga 11:00 - 11:50 AM Studio III	Arthritis Aquatics 10:00 - 10:45 AM WWP
Arthritis Aquatics 10:00 - 10:45 AM WWP	Tai Chi I 12:00 - 12:50 PM Studio III	Arthritis Aquatics 10:00 - 10:45 AM WWP	Tai Chi I 12:00 - 12:50 PM Studio III	Chai'robics 10:30 - 11:20 AM Studio III
Seated Tai Chi 10:30 - 11:20 AM Studio III		Tai Chi I 10:30 - 11:20 AM Studio III		Cardio Barre 10:30 - 11:20 AM Studio I
Cardio Barre 10:30 - 11:20 AM Studio I		Zumba 10:30 - 11:20 AM Studio I		Forever Fit 11:30 - 12:20 PM Studio III
Sit and Get Fit 11:30 - 12:20 PM Studio III		Sit and Get Fit 11:30 - 12:20 PM Studio III		RPM 12:00 - 12:30 PM Cycling Studio
Power Cycle Express/RPM 12:00 - 12:30 PM Cycling Studio	BodyPump 5:00 - 5:55 PM Studio I	Power Cycle Express 12:00 - 12:30 PM Cycling Studio	BodyPump 5:00 - 5:55 PM Studio I	Tai Chi II 12:30 - 1:30 PM Studio I
Tai Chi III 12:30 - 1:30 PM Studio I	Aqua Body Tone 5:30 - 6:15 PM WWP	Tai Chi II / III 12:30 - 1:30 PM Studio I	Aqua Body Tone 5:30 - 6:15 PM WWP	
	Power Cycle Express/RPM 6:00 - 6:30 PM Cycling Studio	Barre 5:30 - 6:20 PM Studio I	RPM 6:00 - 6:30 PM Cycling Studio	
Cardio Circuit 5:30 - 6:20 PM Studio I	Hip-Hop Fitness 6:00 - 6:50 PM Studio I	Yoga 6:00 - 7:00 PM Studio III	Hip-Hop Fitness 6:00 - 6:50 PM Studio I	Zumba 5:30 - 6:30 PM Studio I
Power Yoga 6:00 - 7:00 PM Studio III	Yoga 6:00 - 7:00 PM Studio III	RPM 6:30 - 7:00 PM Cycling Studio	Yoga 6:00 - 7:00 PM Studio III	Yoga 6:00 - 6:45 PM Studio III

Aquatics

Cardio/Strength

McLeod

Health & Fitness Center

Cycling

Mind/Body

Fitness Class Descriptions

Aqua Blast: This low-impact class burns calories and tones your body with intervals of heart-pumping cardio and resistance exercises.

Aqua Bootcamp: Held in the Multi-purpose Pool, travel station to station in this bootcamp style water class.

Aqua Body Tone: This innovative class combines cardio, strengthening and flexibility techniques to simultaneously stabilize the entire body.

Arthritis Aquatics: The gentle activities in this warm water pool class will help you gain strength and flexibility while decreasing pain and stiffness.

Barre: This class incorporates an upper body workout and a combination of high-intensity sequences of thigh, seat, and core exercises at the barre. Come meet us at the barre!

BodyPump: The original barbell class by LesMills. It's the ideal workout for anyone looking to get lean, toned, and fit – fast.

Cardio Barre: A total body workout that is a fusion of low impact cardio, strength, Pilates, and Barre.

Cardio Circuit: Total body strength circuits combined with cardio intervals and core.

Chai'robics: Don't get up!! Sit and dance your way into fitness with this dance style class that will have you singing and moving.

Gentle Pilates and Pilates Mat: Based on the classical Pilates sequence, this class provides the basis for a lifetime of health that WILL change your body.

Forever Fit: Designed for older adults, focusing on maintaining and improving physical health, mobility, and overall well-being through low-impact exercises.

Hip-Hop Fitness: You won't believe how time flies in this class that features Hip-hop style moves and music.

Kickboxing: Traditional kickboxing basics, incorporate power moves, and endure speed drills in this sweat-breaking, full-powered workout.

Mindfulness: Reduce stress by practicing non-judgmental awareness through mindful movement, a body scan, and awareness of breathing and the activity of the mind.

Movin' and Groovin': This energetic class is perfect for those who prefer a lower impact aerobics class and those who are new to exercise.

Power Cycle: Cycle is one of the most invigorating workouts that anyone from beginner to advanced can do. You have control of the intensity by adjusting the resistance on your bike.

Power Cycle Express: Pack all this workout into a 30-minute time frame. Get ready to sweat!

RPM: Combines hit music with a blend of steady-state and high-intensity to build cardio endurance. RPM is based on the science of cardio peak training which involves maintaining your heart rate at 60 – 80% of your maximum heart rate with peaks up to 85-90% of your max.

Seated Tai Chi: Anyone can enjoy this modified version of Tai Chi for Arthritis.

Sit and Get Fit: This class has been designed to increase muscle strength and range of motion and to improve activities for daily living all while using a chair.

Tai Chi I: An introduction to the basics of Tai Chi. This format has been studied and proven to reduce falls and help with joint pain.

Tai Chi II: Continuation of an ongoing class learning the next set. Participants of this class should have at least 6 weeks of Tai Chi I.

Tai Chi III: Sun 73 form. It is helpful for participants to know the moves in Tai Chi I & II.

X-treme Chaos: You'll never know what to expect -- but each class is guaranteed to have you asking "Can I do it?" You'll amaze yourself when you find the answer is "Yes, I did!!".

Xtreme Chaos Express: Don't let us hear you say, "but it's only 30 minutes!" until you try this class. It will have you DONE in 30 minutes. We promise!!

Zumba: Is a Latin-inspired dance workout that is all about having fun and feels more like a dance party than a workout.

Yoga classes are challenging classes for all levels. Flexibility training and functional strength exercises are combined to balance muscles, improve core strength, and promote overall well-being.

Chair Yoga: Develop flexibility and lengthen muscles in this yoga class – all while using a chair.

Gentle Yoga: The softer side of yoga. A more relaxed/restorative workout.

Power Yoga: A combination of strong, flowing movements to create a high energy workout. Prior yoga experience is highly recommended.

Slow Flow Yoga: End your work week with an easy to follow flow; you'll feel relaxed and refreshed.

Sunrise Yoga: A great way to start your day!

Yoga for Flexibility: Poses are held longer for a deeper stretch.

McLeod

Health & Fitness Center

All classes are subject to change
and may be taught by any of our
qualified instructors.