

Group Fitness & Water Aerobics Schedule

August - October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Power Cycle Express 5:30 - 6:00 AM Cycling Studio	BodyPump 5:30 - 6:30 AM Studio I	Power Cycle Express 5:30 - 6:00 AM Cycling Studio	BodyPump 5:30 - 6:30 AM Studio I	X-treme Chaos 5:30 - 6:15 AM Studio I
X-treme Chaos 5:30 - 6:15 AM Studio I	Gentle Strength 8:00 - 8:50 AM Studio I	Aqua Body Tone 5:30 - 6:15 AM WWP	Gentle Strength 8:00 - 8:50 AM Studio I	Aqua Bootcamp 8:15 - 9:00 AM MPP
Aqua Body Tone 5:30 - 6:15 AM WWP	RPM 8:30 - 9:15 AM Cycling Studio	Barre 5:30 - 6:15 AM Studio I	RPM 8:30 - 9:15 AM Cycling Studio	Zumba Gold 8:30 - 9:20 AM Studio I
Sunrise Yoga 5:30 - 6:15 AM Studio III	Aqua Body Tone 9:00 - 9:45 AM WWP	Aqua Bootcamp 8:15 - 9:00 AM MPP	Aqua Body Tone 9:00 - 9:45 AM WWP	Power Yoga 8:30 - 9:20 AM Studio III
Aqua Bootcamp 8:15 - 9:00 AM MPP	Yoga Flow 9:00 - 9:50 AM Studio III	Movin' and Groovin' 8:30 - 9:20 AM Studio I	Mindfulness 9:00 - 9:50 AM Studio III	X-treme Chaos 8:30 - 9:30 AM Studio II
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	Barre 9:00 - 9:50 AM Studio I	Aqua Blast 9:00 - 9:45 AM MPP
Yoga Flow 8:30 - 9:20 AM Studio III	Aqua Body Tone 10:00 - 10:45 AM WWP	X-treme Chaos 8:30 - 9:30 AM Studio II	Aqua Body Tone 10:00 - 10:45 AM WWP	Restore & Stretch Yoga 9:30 - 10:20 AM Studio III
X-treme Chaos 8:30 - 9:20 AM Studio II	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	BodyPump 9:30 - 10:30 AM Studio I
Aqua Blast 9:00 - 9:45 AM MPP	Cardio Circuit 10:00 - 10:50 AM Studio I	Strength & Balance Yoga 9:30 - 10:20 AM Studio III	Cardio Circuit 10:00 - 10:50 AM Studio I	Arthritis Aquatics 10:00 - 10:45 AM WWP
Deep Release Yoga 9:30 - 10:20 AM Studio III	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	Chai'robics 10:30 - 11:20 AM Studio III
BodyPump 9:30 - 10:30 AM Studio I	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	Cardio Barre 10:30 - 11:20 AM Studio I
Arthritis Aquatics 10:00 - 10:45 AM WWP		Sit and Get Fit 10:30 - 11:20 AM Studio III		Forever Fit 11:30 - 12:20 PM Studio III
Sit and Get Fit 10:30 - 11:20 AM Studio III		Zumba 10:30 - 11:30 AM Studio I		Tai Chi II 11:30 - 12:30 PM Studio I
Cardio Barre 10:30 - 11:20 AM Studio I		Tai Chi II/III 11:30 - 12:20 PM Studio III		RPM 12:00 - 12:30 PM Cycling Studio
Forever Fit 11:30 - 12:20 PM Studio III		Power Cycle Express 12:00 - 12:30 PM Cycling Studio		
Tai Chi III 11:30 - 12:30 PM Studio I	BodyPump 5:00 - 5:55 PM Studio I		BodyPump 5:00 - 5:55 PM Studio I	
RPM 12:00 - 12:30 PM Cycling Studio	Aqua Body Tone 5:30 - 6:15 PM WWP	Cardio Barre 5:30 - 6:15 PM Studio I	Aqua Body Tone 5:30 - 6:15 PM WWP	
Cardio Circuit 5:30 - 6:20 PM Studio I	Power Cycle Express 6:00 - 6:30 PM Cycling Studio	Yoga Flow 6:00 - 7:00 PM Studio III	RPM 6:00 - 6:45 PM Cycling Studio	
Power Yoga 6:00 - 7:00 PM Studio III	Hip-Hop Fitness 6:00 - 6:50 PM Studio I	RPM 6:30 - 7:00 PM Cycling Studio	Hip-Hop Fitness 6:00 - 6:50 PM Studio I	Zumba 5:30 - 6:30 PM Studio I
Zumba 6:30 - 7:15 PM Studio I	Yoga Flow 6:00 - 7:00 PM Studio III	Yoga Vibes 7:30 - 8:30 PM Studio III	Yoga Flow 6:00 - 7:00 PM Studio III	Restore & Stretch 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 Mat Pilates: A total body workout to build core strength for better posture & body alignment.

Gentle Strength: A low impact, full body class designed to build strength, stability, and confidence at a comfortable pace.

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.

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 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!!".

X-treme 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.

Zumba Gold: Same energy and fun of traditional Zumba but adapts it for a gentler, slower-paced experience.

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:* A gentle seated practice focused on breath work, mindful movement, and stretching.

Deep Release Yoga:* The softer side of yoga. A more relaxed/restorative workout.

Power Yoga: A challenging practice for the experienced yogi to focus on balance, vinyasa, stamina, and the breath.

Restore & Stretch Yoga:* A gentle practice of mindful breathing, restorative movement, and deep stretching.

Strength & Balance Yoga:* A gentle practice to build strength & confidence in foundational poses and balance work.

Sunrise Yoga:* A great way to start your day!

Yoga Flow: Focused breathing, mindful stretching, and energizing vinyasa for total mind and body.

Yoga Vibes: Rooted movement meets resonant sound using half Gentle Yoga and half Sound Therapy; fully grounded.