

Group Fitness Schedule

Updated 9/26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Rock Hard Abs 5:45 - 6:15 AM	Zumba + Lift [®] 5:45 - 6:15 AM	Booty Camp 5:45 - 6:15 AM	Body Sculpt 5:45 - 6:15 AM	Instructor's Choice 5:45 - 6:15 AM
Aqua HIIT 8:30 - 9:30 AM	Aqua Fit 8:30 - 9:30 AM	Aqua Sculpt 8:30 - 9:30 AM	Aqua Core Fit 8:30 - 9:30 AM	Balanced Strength 10:00 - 10:45 AM
Line Dancing 10:00 - 10:45 AM	Stretch & Tone 10:00 - 10:45 AM	Ageless Strength 10:00 - 10:45 AM	Fit For Life Cardio 10:00 - 10:45 AM	
Aqua Fit & Flow 11:00 AM - 12:00 PM	Aqua Fit 11:00 AM - 12:00 PM	Aqua Sculpt 11:00 AM - 12:00 PM	Aqua HIIT 11:00 AM - 12:00 PM	
Kickboxing 12:00 - 12:45 PM	Pilates 12:00 - 12:45 PM	Feel Good Strength 12:00 - 12:45 PM	Strength & Sculpt 12:00 - 12:45 PM	
Chair Yoga 1:00 - 1:45 PM	Gentle Mobility 1:00 - 1:45 PM	Chair Yoga 1:00 - 1:45 PM	Balance & Restore 1:00 - 1:45 PM	
Bodies By Jen 3:30 - 4:15 PM	Zumba [®] 3:30 - 4:15 PM	Core to Floor Strength 3:30 - 4:15 PM	Power Punch 3:30 - 4:15 PM	
Step Up Fitness 5:00 - 5:45 PM	Gentle Mat Yoga 5:00 - 5:45 PM	Kickboxing 5:00 - 5:45 PM	Gentle Mat Yoga 5:00 - 5:45 PM	
Wall Pilates 6:00 - 6:30 PM	Line Dancing 6:00 - 6:45 PM	Body Burn 6:00 - 6:30 PM	Zumba [®] 6:00 - 6:45 PM	

Low to
Moderate Impact

Moderate to
High Impact

Fitness Class Descriptions

Ageless Strength:

A low-impact class for older adults focused on building muscle strength and improving range of motion. Enjoy a safe, supportive workout with gentle, customizable exercises to help you move better and stay independent.

Aqua Core Fit:

A shallow-water workout that strengthens your core while improving cardio fitness. Enjoy a refreshing, joint-friendly class that combines targeted core exercises with energizing movement in water.

Aqua HIIT:

A high-energy shallow-water workout featuring timed intervals of intense exercise followed by short recovery periods. This low-impact class boosts cardio, strength, and endurance while being easy on the joints.

Aqua Fit:

A shallow-water workout that combines strength training and cardio for a full-body, low-impact exercise experience. Build strength and boost your heart health in a fun, energizing aquatic environment.

Aqua Fit & Flow:

Begins with an energizing cardio workout in shallow water, followed by a calming aqua yoga session to stretch, strengthen, and restore. Enjoy the perfect balance of movement and relaxation in a refreshing, low-impact environment.

Aqua Sculpt:

A shallow-water workout designed to build strength and tone muscles using the natural resistance of the water. Enjoy a refreshing, low-impact class that helps you feel stronger, more defined, and energized.

Balance & Restore:

A gentle, stretch-focused class designed to improve balance while helping release tension and restore your muscles. Enjoy calming movements that promote flexibility, stability, and overall relaxation.

Balanced Strength:

A low-impact class designed for older adults and those with limited mobility, focused on improving core stability, strength, and balance. Enjoy a supportive workout using seated and standing exercises with chairs and light equipment, all at a comfortable, customizable pace.

Bodies By Jen:

A high-intensity total body strength class designed to build muscle, boost endurance, and keep your workouts fresh and effective. Using a variety of equipment and dynamic full-body movements, each session delivers an energizing, results-driven workout.

Body Burn:

Looking for a quick workout with a major payoff? Body Burn delivers 30 minutes of full-body strength training designed to push your muscles to their limits.

Body Sculpt:

A 30-Minute total body strength class designed to tone, strengthen, and energize your entire body. Using a variety of equipment and targeted movements, this fast-paced workout maximizes results in a fun and efficient format.

Booty Camp:

A 30-Minute lower body strength class focused on building and sculpting your glutes and legs. Using everything from resistance bands and body bars to weights, this energizing workout delivers targeted burns and powerful results.

Chair Yoga:

A gentle class designed for older adults with limited mobility and balance, using a chair to safely support and modify traditional yoga poses like Warrior and Downward Dog. Improve flexibility, strength, and confidence in a calm, supportive environment.

Core to Floor Strength:

A quick 30-minute workout designed to strengthen and tone your lower body and abs. This focused class delivers efficient, effective exercises to help you build lower body and core strength.

Feel Good Strength:

A moderate, upbeat workout designed to build strength while keeping you motivated and energized. Enjoy a positive, full-body class that leaves you feeling stronger, confident, and accomplished.

Fit For Life Cardio:

Increase your cardiovascular endurance in this workout where fitness and fun come together.

Gentle Mobility:

A welcoming class designed to improve your joint health, balance, and flexibility for everyday life using a combination of standing and supportive floor exercises. Through gentle, functional movements, you will reduce stiffness, increase your energy, and maintain the physical independence to keep doing what you love.

Gentle Mat Yoga:

This class incorporates simple flowing sequences to warm up the body, as well as slower paced movements focusing on alignment strength, balance and flexibility.

Instructor's Choice:

A 30-Minute total-body workout where the coach hand-picks the perfect mix of strength, cardio, and core to keep the class energized and challenged. Every session is unique, keeping your body guessing and your motivation high.

Kickboxing:

A high-energy class using free-standing bags for dynamic punching and kicking combinations to build strength, coordination, and cardio endurance. Choose between a moderate, lower-impact session or a higher-intensity option to match your fitness level and goals.

Line Dancing:

A fun, moderate-intensity cardio class that blends easy-to-follow choreography with upbeat music to get your heart pumping. You'll move, groove, and sweat while building rhythm, coordination, and confidence on the dance floor. Class offered at two intensity levels.

Pilates:

A strength- and mobility-focused class that blends controlled, intentional movement with core-centered training, using possible equipment such as hand weights, Pilates ring, Pilates ball, depending on the day's focus. Each session builds balanced strength, improves alignment, and leaves you feeling centered and strong.

Power Punch:

Get ready to jab, squat, and sculpt! This high-energy workout blends boxing-inspired cardio with controlled strength and core-focused exercises for the ultimate full-body burn.

Rock Hard Abs:

A 30-minute core-focused workout designed to build strength through a variety of dynamic formats, including cardio, standing, and floor exercises. Each session targets your abs from every angle to help you develop a stronger, more powerful core.

Step Up Fitness:

A versatile strength-and-cardio class built around the step, with each session offering a fresh focus-one day leaning into heart-pumping cardio, the next emphasizing muscle-building strength. The step remains the constant foundation while the workout style shifts to keep your body challenged and your routine exciting.

Strength & Sculpt:

A moderate-intensity, full-body workout designed to build strength and improve muscle tone using a variety of equipment. Expect a balanced, energizing class that helps you feel stronger, leaner, and more confident.

Stretch & Tone:

A beginner-friendly, low-impact class that blends gentle strengthening exercises with full-body stretching to improve mobility and overall muscle tone. It's an accessible, feel-good workout designed to help you move better and feel stronger from head to toe.

Wall Pilates:

Spice up your fitness routine with this fun and exciting class. You will utilize the wall to help you become stronger and more limber!

Zumba:

Take the "work" out of workout, by mixing low & high intensity moves for an interval style calorie burning dance fitness party!

Zumba + Lift:

A music-driven workout that fuses the high-energy fun of Zumba® with the muscle-sculpting power of strength training. You will burn fat, build strength, and boost endurance with intervals of dancing and weightlifting moves, all set to an electrifying playlist!

Group Fitness Class Policies

1. Members will not be allowed to enter class 5 minutes late. This rule is for your safety.
2. If you occasionally need to leave class early, please stretch prior to leaving and do it quietly so you do not distract other members.
3. Inform the instructor of any injuries/limitations prior to the start of class.
4. Proper footwear is essential. Aerobic/cross training shoes are recommended, and water shoes are required for the pool.
5. Classes are not competitions! Remember, this is your workout.

Center for
Health & Fitness
McLeod Loris