# Group Fitness & Water Aerobics Schedule

November - January

## MONDAY

- **Power Cycle Express** 5:30 - 6:00 AM Cycling Studio
- **X-treme Chaos** 5:30 - 6:15 AM Studio I
- **Aqua Body Tone** 5:30 - 6:15 AM WWP
- **Sunrise Yoga** 5:30 - 6:15 AM Studio III
- **Aqua Bootcamp** 8:15 - 9:00 AM MPP
- **Movin' and Groovin'** 8:30 - 9:20 AM Studio I
- **Yoga Flow** 8:30 - 9:20 AM Studio III
- **X-treme Chaos** 8:30 - 9:20 AM Studio II
- **Aqua Blast** 9:00 - 9:45 AM MPP
- **Deep Release Yoga** 9:30 - 10:20 AM Studio III
- **BodyPump** 9:30 - 10:30 AM Studio I
- **Arthritis Aquatics** 10:00 - 10:45 AM WWP
- **Sit and Get Fit** 10:30 - 11:20 AM Studio III
- **Cardio Barre** 10:30 - 11:20 AM Studio I
- **Forever Fit** 11:30 - 12:20 PM Studio III
- **Tai Chi III** 11:30 - 12:30 PM Studio I
- **RPM** 12:00 - 12:30 PM Cycling Studio
- **Cardio Circuit** 5:30 - 6:20 PM Studio I
- **Power Yoga** 6:00 - 7:00 PM Studio III
- **Zumba** 6:30 - 7:15 PM Studio I

## TUESDAY

- **BodyPump** 5:30 - 6:30 AM Studio I
- **Gentle Strength** 8:00 - 8:50 AM Studio I
- **RPM** 8:30 - 9:15 AM Cycling Studio
- **Aqua Body Tone** 9:00 - 9:45 AM WWP
- **Yoga Flow** 9:00 - 9:50 AM Studio III
- **Barre** 9:00 - 9:50 AM Studio I
- **Aqua Body Tone** 10:00 - 10:45 AM WWP
- **Mat Pilates** 10:00 - 10:50 AM Studio III
- **Cardio Circuit** 10:00 - 10:50 AM Studio I
- **Chair Yoga** 11:00 - 11:50 AM Studio III
- **Tai Chi I** 12:00 - 12:50 PM Studio III
- **BodyPump** 5:00 - 5:55 PM Studio I
- **Aqua Body Tone** 5:30 - 6:15 PM WWP
- **Power Cycle Express** 6:00 - 6:30 PM Cycling Studio
- **Hip-Hop Fitness** 6:00 - 6:50 PM Studio I
- **Yoga Flow** 6:00 - 7:00 PM Studio III

## WEDNESDAY

- **Power Cycle Express** 5:30 - 6:00 AM Cycling Studio
- **Aqua Body Tone** 5:30 - 6:15 AM WWP
- **Barre** 5:30 - 6:15 AM Studio I
- **Aqua Bootcamp** 8:15 - 9:00 AM MPP
- **Movin' and Groovin'** 8:30 - 9:20 AM Studio I
- **Power Yoga** 8:30 - 9:20 AM Studio III
- **X-treme Chaos** 8:30 - 9:30 AM Studio II
- **Aqua Blast** 9:00 - 9:45 AM MPP
- **Strength & Balance Yoga** 9:30 - 10:20 AM Studio III
- **BodyPump** 9:30 - 10:30 AM Studio I
- **Arthritis Aquatics** 10:00 - 10:45 AM WWP
- **Sit and Get Fit** 10:30 - 11:20 AM Studio III
- **Zumba** 10:30 - 11:30 AM Studio I
- **Tai Chi II/III** 11:30 - 12:20 PM Studio III
- **Power Cycle Express** 12:00 - 12:30 PM Cycling Studio
- **Cardio Barre** 5:30 - 6:15 PM Studio I
- **Yoga Flow** 6:00 - 7:00 PM Studio III
- **RPM** 6:30 - 7:00 PM Cycling Studio
- **Yoga Vibes** 7:30 - 8:30 PM Studio III

## THURSDAY

- **BodyPump** 5:30 - 6:30 AM Studio I
- **Gentle Strength** 8:00 - 8:50 AM Studio I
- **RPM** 8:30 - 9:15 AM Cycling Studio
- **Aqua Body Tone** 9:00 - 9:45 AM WWP
- **Mindfulness** 9:00 - 9:50 AM Studio III
- **Barre** 9:00 - 9:50 AM Studio I
- **Aqua Body Tone** 10:00 - 10:45 AM WWP
- **Gentle Pilates** 10:00 - 10:50 AM Studio III
- **Cardio Circuit** 10:00 - 10:50 AM Studio I
- **Chair Yoga** 11:00 - 11:50 AM Studio III
- **Tai Chi I** 12:00- 12:50 PM Studio III
- **BodyPump** 5:00 - 5:55 PM Studio I
- **Aqua Body Tone** 5:30 - 6:15 PM WWP
- **RPM** 6:00 - 6:45 PM Cycling Studio
- **Hip-Hop Fitness** 6:00 - 6:50 PM Studio I
- **Yoga Flow** 6:00 - 7:00 PM Studio III

## FRIDAY

- **X-treme Chaos** 5:30 - 6:15 AM Studio I
- **Aqua Bootcamp** 8:15 - 9:00 AM MPP
- **Zumba Gold** 8:30 - 9:20 AM Studio I
- **Power Yoga** 8:30 - 9:20 AM Studio III
- **X-treme Chaos** 8:30 - 9:30 AM Studio II
- **Aqua Blast** 9:00 - 9:45 AM MPP
- **Gentle Yoga** 9:30 - 10:20 AM Studio III
- **BodyPump** 9:30 - 10:30 AM Studio I
- **Arthritis Aquatics** 10:00 - 10:45 AM WWP
- **Chai'robics** 10:30 - 11:20 AM Studio III
- **Cardio Barre** 10:30 - 11:20 AM Studio I
- **Forever Fit** 11:30 - 12:20 PM Studio III
- **Tai Chi II** 11:30 - 12:30 PM Studio I
- **RPM** 12:00 - 12:30 PM Cycling Studio
- **Zumba** 5:30 - 6:30 PM Studio I

Aquatics

Cardio/Strength

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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 convidence 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 join 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.

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

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

**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.

*** Suitable for new yoga students**

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