

# Group Fitness Schedule

Effective: March 2023

## Sunday

**9:15-10:15am**  
Meditation Circle  
(Fitness Studio)

**10:30-11:15am**  
Yoga  
(Fitness Studio)

## Monday

**9:15-9:45am**  
Low Impact  
Aerobics  
(Fitness Studio)

**9:15-10:00am**  
Aqua Fit  
(Pool)

**10:30-11:00am**  
Joints in Motion  
(Fitness Studio)

**11:15-12:00pm**  
Aqua R.O.M  
(Pool)

**12:10-12:50pm**  
The Greatest HIITs  
(Fitness Studio)

**1:00-1:45pm**  
Fun Fitness  
(Fitness Studio)

**2:30-3:15PM**  
Forever Aqua  
(Pool)

**5:15-6:00pm**  
Cardio Kick and Core  
(Fitness Studio)

**6:15-7:00pm**  
Cycle Fit  
(Fitness Studio)

**7:15-8:00pm**  
Yoga  
(Fitness Studio)

## Tuesday

**9:15-10:00am**  
Aqua Fit  
(Pool)

**9:15-10:15am**  
Muscle Fit  
(Fitness Studio)

**10:30-11:30am**  
Zumba  
(Fitness Studio)

**11:15am-12:00pm**  
Aqua R.O.M  
(Pool)

**12:10-12:50pm**  
Cycle Fit  
(Fitness Studio)

**5:00-5:45pm**  
Tabata Tuesday  
(Fitness Studio)

**6:00-6:45pm**  
Cycle Fit  
(Fitness Studio)

**7:00-7:45pm** Barre  
(Fitness Studio)

## Wednesday

**8:15-9:00am**  
Blissful breath,  
movement &  
meditation  
(Fitness Studio)

**9:15-10:00am**  
Aqua Fit  
(Pool)

**9:15-10:00am**  
Step Aerobics  
(Fitness Studio)

**10:30-11:00am**  
Joints in Motion  
(Fitness Studio)

**11:15-12:00pm**  
Aqua R.O.M  
(Pool)

**1:00-1:45pm**  
Zumba Gold  
(Fitness Studio)

**2:00-2:45pm**  
Silver HIIT h2o  
(Pool)

**5:30-6:00pm**  
Cycle Fit Intense  
(Fitness Studio)

**6:15-7:00pm**  
Yoga  
(Fitness Studio)

## Thursday

**9:15-10:00am**  
Aqua Fit  
(Pool)

**9:15-10:15am**  
Muscle Fit  
(Fitness Studio)

**10:30am-11:15am**  
Stretch & Strength  
(Fitness Studio)

**11:15am-12:00pm**  
Aqua R.O.M  
(Pool)

**12:10-12:50pm**  
Cycle Fit  
(Fitness Studio)

**5:15-5:45pm**  
Boot Camp  
(Fitness Studio)  
*(ends June 1, 2023)*

**6:00-6:45pm**  
Cycle Fit  
(Fitness Studio)

**6:00-6:45pm**  
Zumba  
(Auditorium)

## Friday

**8:15-9:00am**  
Blissful breath,  
movement &  
meditation  
(Fitness Studio)

**9:15-10:00am**  
Aqua Fit  
(Pool)

**9:15-10:00am**  
Zumba  
(Fitness Studio)

**10:30-11:00am**  
Joints in Motion  
(Auditorium)

**11:15am-12:00pm**  
Aqua R.O.M  
(Pool)

**10:15-11:45am**  
Line Dancing  
(Fitness Studio)

**12:10-12:50pm**  
Functional Fitness  
(Fitness Studio)

**1:00-1:45pm**  
Forever Fit  
(Fitness Studio)

**2:00-2:45pm**  
Forever Aqua  
(Pool)

## Saturday

**8:30-9:15am**  
Cycle Fit  
(Fitness Studio)

**10:45-11:30am**  
Youth Dryland Sport  
Conditioning  
(Fitness Studio)

**11:45am-12:15pm**  
Youth HIIT  
(Fitness Studio)



# Group Fitness

## Class Descriptions

**Aquafit:** This total body conditioning class combines cardiovascular training with strength benefits using the water as resistance. It is taught with both shallow and deep water (suspended) options so you can choose which end of the pool is best for you! Experience the benefits of water exercise with this low impact workout that is easier on the joints and allows for a gentle extension of your range of motion. Located in the pool. **Intermediate.**

**Aqua R.O.M:** Using light strengthening exercises and relaxation in the warm waters of the leisure pool, Aqua R.O.M (Range of Motion) encourages use of full range of motion in easy movements. This class can help those with arthritis, joint issues and low mobility. Located in the Pool. **Beginner.**

**SILVER HIIT h2o:** Take your HIIT to the water! High Intensity Interval Training is low to moderate intensity intervals that are alternated with high intensity intervals coinciding with the properties of water set at a slower pace for those just beginning or the older adult looking for something different. Located in the Pool. **Intermediate.**

**Low Impact Aerobics:** A low impact class combining aerobic and bodyweight exercises to strengthen and tone the body with minimal stress on the joints. **All levels.**

**Barre:** Barre is a hybrid workout class - combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training. This class incorporate a ballet barre and use classic dance moves such as plies, alongside static stretches. Barre also focuses on high reps of small range movements. The classes will improve your balance, build strength, make you more flexible, burn calories, and improve stability through a stronger core. **Intermediate.**

**Blissful Breath, Movement and Meditation:** Join us for a unique offering that brings together movement, breath, and meditation. Each class starts with gentle movement ( that is inspired by the hatha yoga tradition and tai chi. While anchoring our movement in the breath, we'll practice different types of pranayama to invigorate and relax the body, and also integrate meditation and energy work. Each class will explore a different type of meditation, including loving-kindness, mindfulness, and japa meditation. **All levels.**

**Cardio Kick & Core:** A high energy class of boxing movements and core techniques that will kick your cardio fitness to the next level. Located in the Studio. **Intermediate to Advanced.**

**Core Conditioning:** A whole-body workout that can improve your overall fitness. This class involves a combo of cardio & strength exercises (with a strong focus on the core mat Pilates style), finishing off with stretch, breathing and muscle relaxation. Located in the Studio. **Intermediate to Advanced.**

**Cycle Fit:** Train your cardiovascular system on the stationary bike. Join the instructor in a class that is music-driven to train for endurance, get your heart pumping, and your legs moving. In a class, you will experience high-intensity drills, strength climbs and endurance rides, with the ability to do it all at a pace that suits you best. **Advanced.**

**Forever Aqua:** Forever Aqua will increase your cardiovascular endurance, muscular endurance and flexibility while you benefit from reduced stress on your joints. This is a great class for beginners or the older adult. Located in the Pool. **Beginner.**

**Forever Fit/Fun Fitness:** This class has the benefit of improving posture, balance, coordination, range of motion, and flexibility. It involves low impact cardio and the use of light weights. Located in the Studio. **Beginner to Intermediate.**

**Functional Fitness:** A form of bodyweight and strength training that readies your body for daily activities. This class focuses on form and mastering the mechanics of each movement. **All levels.**

**Joints In Motion:** Enjoy mild strengthening and stretching exercises. This program can be for older adults and anyone needing slow gentle movement. Mondays & Wednesdays: Located in the studio. Fridays: Located in the Auditorium. **Beginner.**

**Line Dancing:** Get moving and learn how to line dance. Several dances will be taught during this social and fun filled time. The first 30 minutes of the class is for beginners. Located in the Studio. **All levels.**

**Meditation circle:** Join us for a meditation circle where we sit together and meditate. This class aims to improve overall well-being by increasing moments of joy, optimism, relaxation, and calm. Enjoy a variety of helpful meditations in a healing circle atmosphere. **All levels.**

**Mobility & Flexibility:** Lengthening and strengthening are important aspects of training. The Mobility & Flexibility class is a natural movement class which is great for recovery, to help keep you moving without pain, increase body awareness and leaving you feeling renewed and relaxed. **All levels.**

**Muscle Fit:** Strength training exercises using hand weights, body bars, stability balls and more. Perfect for all levels of fitness. Located in the Studio. **Intermediate to Advanced.**

**Step Aerobics:** Step aerobics is a fun choreographed cardiovascular workout utilizing 4-10 inch platforms to increase the intensity. As well as being an excellent fat burner, step aerobics strengthens the core and targets key muscle groups. **All levels.**

**Stretch & Strength:** Learn to strengthen your core, balance and flexibility. Learn functional movements and train to help lower the chance of injury and prepare you for daily tasks. Therabands and other equipment will be used. Located in the Studio. **All levels.**

**Boot Camp:** This high-energy class incorporates both strength components as well as cardio & burst movements to challenge yourself. Located in the Studio. **Advanced.**

**Tabata Tuesday:** A form of high intensity interval training, Tabata has you working for 20 seconds then resting for 10 seconds throughout 8 cycles. Located in the Studio. **Intermediate to Advanced.**

**The Greatest HIIT'S:** Bring your energy & imagination because this class follows a new circuit based on workout every week. **Intermediate to Advanced.**

**Yoga:** Join us for Yoga as we move through different poses with different focuses each class. Explore your range of motion, flexibility and breath in these all-levels classes. **All levels.**

**Zumba/Zumba Gold:** A cardio workout with Latin flavour and international zest. Zumba Gold is a cardio workout at a little slower pace. Located in the Studio. **All levels.**