

# GROUP FITNESS SCHEDULE

Effective: January 7, 2024

Updated 01/23/2024



## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

9:15am-10:00am  
**Aerobics & Bollywood Dance**  
*(Fitness Studio)*

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

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

9:15am-10:15am  
**Low Impact Aerobics**  
*(Fitness Studio)*

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

11:15am-12:00pm  
**Aqua ROM**  
*(Pool)*

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

5:15pm-6:00pm  
**Core Conditioning**  
*(Fitness Studio)*

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

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

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

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

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

11:15am-12:00pm  
**Aqua ROM**  
*(Pool)*

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

5:00pm-5:45pm  
**Full Body Blitz**  
*(Fitness Studio)*

6:00pm-6:45pm  
**Rhythmic Beat Based Spin**  
*(Fitness Studio)*

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

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

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

11:15am-12:00pm  
**Aqua ROM**  
*(Pool)*

12:15pm-12:45pm  
**Move to the Rhythm**  
*(Fitness Studio)*  
starts February 14  
pre-registration required

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

5:30pm-6:15pm  
**Cycle Fit Intense**  
*(Fitness Studio)*

6:30pm-7:15pm  
**Power Vinyasa Yoga**  
*(Fitness Studio)*

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

9:15am-10:15am  
**Low Impact Aerobics**  
*(Fitness Studio)*

10:30am-11:15am  
**Stretch & Strengthen**  
*Fitness Studio*

11:15am-12:00pm  
**Aqua ROM**  
*(Pool)*

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

5:00pm-5:45pm  
**Zumba**  
*(Fitness Studio)*

6:00pm-6:45pm  
**Rhythmic Beat Based Spin**  
*(Fitness Studio)*

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

8:30am-9:00am  
**Move to the Rhythm**  
*(Fitness Studio)*  
starts February 16  
pre-registration required

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

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

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

11:15am-12:00pm  
**Aqua ROM**  
*(Pool)*

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

5:30pm-6:15pm  
**Introductory Vinyasa Yoga**  
*(Fitness Studio)*

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

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

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

### **Aerobics and Bollywood Dance**

A fusion of various Indian and other styles of dance for a fun, high energy class. Come feel the music in this class where there are no defined dance rules.

*Intermediate.*

### **Aqua Fit**

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. *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 the use of a full range of motion in easy movements. This class can help those with arthritis, joint issues and low mobility. *Beginner.*

### **Core Conditioning**

This class is designed to build core strength and other stabilizing muscles while improving posture through a variety of exercises. A variety of equipment will be used, and the instructor will provide plenty of guidance throughout the workout. Located in the fitness studio. *All Levels.*

### **Cycle Fit / Cycle Fit Intense**

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 / 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. *Beginner to Intermediate.*

### **Full Body Blitz**

A combination of strength, cardio and core with timed intervals of work and rest to keep your heart rate up and get those calories burning! *Intermediate to Advanced.*

### **Introductory Vinyasa**

Our Introductory Vinyasa class is a welcoming orientation to the flowing style of Vinyasa Yoga. Geared towards those new to yoga, the class features a blend of breath awareness, primary poses, and an orientation to sun salutation punctuated vinyasa flows. More detailed guidance on alignment and technique will be provided for each pose, making it more accessible for beginners. This class is suited to anyone looking to share a slower-paced and more restorative flow. *All Levels.*

### **Joints in Motion**

Enjoy mild strengthening and stretching exercises. This program can be for older adults and anyone needing slow gentle movement. *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 are for beginners. *All Levels.*

### **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.*

### **Move to the Rhythm**

Experience the joy of moving comfortably to different rhythms. This 4-week class is for anyone who wants to improve their timing and flow when the beat drops! We focus on staying relaxed and using one's natural talents to move to a variety of musical styles. There are few rules in this class, and no formal technique is taught. A perfect way to get into the groove before Zumba or Zumba Gold. Class attendance is limited to 8 people to ensure range of movement and 1-1 attention from the instructor. *All Levels. Pre-registration required.*

### **Muscle Fit**

Strength training exercises using hand weights, body bars, stability balls and more. *Intermediate to Advanced.*

### **Power Vinyasa Yoga**

Power Vinyasa Yoga focuses on building strength, flexibility, and stamina. In this class, participants can expect a sequence of poses and movements that flow together, on the breath, in a fast-paced manner. Classes built around the energizing sun salutation provide a full-body workout, helping to strengthen muscles, increase cardiovascular fitness, and enhance the mind-body connection. Adjustments to sequencing are offered to cater to all levels. *All Levels.*

### **Rhythmic Beat Based Spin**

We're putting our SPIN on cycling, in a music beat based way! Feed off the incredible instructor's energy in the room with a combination of endurance and strength building. A whole total body workout that you won't regret! The music is loud, and the lights are glowing to give the motivation and endurance you need with a mix of fast sprints, heavy climbs, push-ups, jumps and more all timed to the beat of the music. You'll be counting down the hours until you're back on the bike and in our kickass beat-based class. See you there! *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 and Strengthen**

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. TheraBand's and other equipment will be used. *Intermediate to Advanced.*

### **Zumba / Zumba Gold**

A cardio workout with Latin flavor and international zest. Zumba Gold is a cardio workout at a little slower pace. *All Levels.*