

GROUP FITNESS SCHEDULE

Effective: June 16, 2024 - July 1, 2024

Updated 06/11/2024



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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

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

9:15am-10:15am
CardioFit
(Fitness Studio)

10:30am-11:00am
SitFit
(Fitness Studio)

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

6:00pm-6:45pm
Core Conditioning
(Fitness Studio)

7:15pm-8:00pm
Level1-2 Hatha Yoga
(Fitness Studio)

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

9:15am-10:15am
Muscle Fit
(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)

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

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

10:30am-11:00am
SitFit
(Fitness Studio)

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

12:10pm-12:45pm
Lunch HIIT
(Fitness Studio)

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

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

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

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

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

12:10pm-12:50pm
Lunch Break Yoga
(Fitness Studio)

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

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

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

10:30am-11:00am
SitFit
(Studio)

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

8:30am-9:15am
Cycle Fit
(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.*

Cardio Fit

A low impact class combining aerobic and bodyweight exercises to strengthen and tone the body with minimal stress on the joints. *All Levels.*

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

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.*

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.*

Hatha Yoga

Based on Hatha tradition, this class offers the opportunity to explore and create a stronger self-body-mind connection through breath and movement. Classes will involve various Hatha-based styles of yoga; including vinyasa flow. Asanas, postures, and movements to help improve alignment, mobility, balance, flexibility, strength, and an opportunity to stretch, unwind, and release tension. *All levels*

Lunch Break Yoga

This class is designed to recharge your energy to get you through the rest of the day. This is a combination class of Hatha, Vinyasa, and Pranayama. Classes will be safely designed with a specific intention, focus, or theme such as opening the chest and hips, releasing tension in the neck and shoulders, and improving alignment and flexibility in the spine, hamstrings, and upper and lower body. *All levels.*

Lunch HIIT

Spice up your lunchtime with a 35-minute HIIT session that's both fun and invigorating. Enjoy short bursts of exercise followed by quick recovery periods, incorporating weights, cardio, core, and stabilizer exercises for a well rounded workout! With energizing music to keep you motivated, you'll leave feeling refreshed and ready to tackle the rest of your day. Perfect for all fitness levels—make lunch the best part of your day!

Muscle Fit

This fun and high-energy class utilizes dumbbells, body bars, bands, and more to strengthen the major muscle groups of the body. Stabilizer exercises are included to offer a well-rounded workout. A lengthy warm and cool down is incorporated to improve overall mobility. Experience with movements like lunges, planks, and squats are suggested, but not required. *Intermediate to advanced.*

Sit Fit

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

Starter Muscle Fit

Join us for a fun and engaging class that offers a gentler approach to strength training while still providing a challenging workout. This class utilizes dumbbells, body bars, bands, and more to strengthen the major muscle groups with lower impact and slower, controlled movements. Stabilizer exercises are included to offer a well-rounded workout. A lengthy warm and cool down is incorporated to improve overall mobility. Previous experience is not required. *All levels*

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

Using therabands and other equipment to enhance your core strength, improve balance, and increase flexibility. This class will train functional movements to reduce the chance of injury while making activities of daily living easier. *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.*