

AUGUST 10-15 GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15-6:15a BodyPump Jamie (FS1)	5:15-6:00a Cycling Kayla (FS3)	5:15-6:15a BodyPump Kayla (FS1)	5:15-6:00a Cycling Christina (FS3)	5:15-5:15a BodyPump Jamie (FS1)	
	5:30-6:15a Bootcamp Tracy (OD)		5:30-6:15a Bootcamp Tracy (OD)		
	6:30-7:15a Bootcamp Carol (OD)		6:30-7:15a Bootcamp Carol (OD)		
	7:30-8:30a BodyPump Tracy (FS1)		7:30-8:30a BodyPump Tracy (FS1)		8:30-9:30a BodyPump Tracy (FS1)
8:30-9:15a Barre Pilates Pam (FS1)	8:00-8:45a Simply Move Carol (OD)	8:30-9:15a Barre Pilates Pam (FS1)	8:00-8:45a Simply Move Carol (OD)		
	8:45-9:15a Pilates & More Mary Jo K. (FS1)		8:45-9:15a Pilates & More Mary Jo K. (FS1)		8:30-9:15a Cycling Greg (FS3)
	9:00-10:00a Run/Walk Group Pam (Meet at front)				9:00-9:45a Zumba Toning Tiffany
				10:00-10:45a Full Body Strength Carol	
	12:00-12:45P Cycling Greg (FS3)		12:00-12:45P Cycling Greg (FS3)		
	5:00-5:45p Zumba Toning Tiffany		5:00-5:45p Zumba Tiffany		
5:30-6:30p BodyPump Tracy (FS1)	5:30-6:15p Cycling Erin (FS3)	5:30-6:30p BodyPump Carol (FS1)	5:30-6:15p Cycling Kayla (FS3)		
5:30-6:30p Yoga Jai Ram		5:30-6:30p Yoga Jai Ram			
5:30-6:30p Bootcamp Challenge (Katie)	5:30-6:30p Bootcamp Challenge (Casey)	5:30-6:30p Bootcamp Challenge (Tracy)	5:30-6:30p Bootcamp Challenge (Erin)		

SUNDAY

CLASS COLOR CODE:

Virtual	Cycling
Outdoor Classes	Aquatics
Strength	Core/Flexibility

CLASS LOCATIONS:
 (FS1) – Fitness Studio 1
 (FS2) – Fitness Studio 2
 (FS3) – Fitness Studio 3
 (RC3) – Racquetball Court 3

WATER CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURDAY	FRIDAY	SATURDAY
8:30-9:15a Water Aero. Tracy (LP)	8:30-9:15a Deep Water Aero. Linda (LP)	8:30-9:15a Water Aero. Tracy (LP)	8:30-9:15a Deep Water Aero. Linda (LP)		8:30-9:15a Water Bootcamp Michelle(LP)
11:00-11:45a Warm Water Aero. Cathy (SP)	11:00-11:45a Warm Water Aero. Cathy (SP)	11:00-11:45a Warm Water Aero. Cathy (SP)	11:00-11:45a Warm Water Aero. Cathy (SP)	11:00-11:45a Warm Water Aero. Cathy (SP)	
6:00-6:45p Water Bootcamp Michelle(LP)		6:00-6:45p Water Bootcamp Michelle(LP)			

Barre Pilates	This workout combines ballet-inspired moves with elements of Pilates, dance, yoga and strength training.
BodyPump	Fun, energizing barbell program that will improve general fitness, as well as, shape and tone muscles.
Bootcamp	Take your cardio workout to the next level by incorporating full body moves that promote endurance, strength, and stamina.
Cycling	Jump on a bike and pedal your way to a great cardio workout that promotes strength and endurance.
Deep Water Aerobics	A no-impact class that utilizes belts and noodles for stabilization in deep water. Floatation belts provided but not required.
Insanity	This total body workout that requires no equipment. Using interval training, you exercise at a very intense pace for a short period of time, and then rest for longer period of time in between circuits.
Pilates & More	This mat class is a series of floor exercises designed to realign and strength your body while concentrating on your abdominal muscles and core.
Tabata Cycle	This cycling workout consist of interval training to push your endurance and cardio exercise to the next level.
Warm Water Aerobics	This low impact water fitness class is designed for those limited joint motions, strength, or cardio-respiratory function.
Water Bootcamp	A high intense deep water exercise workout, works on strength, endurance and mobility.
Yoga	Method of learning that combines posture, breathing, and focus to promote strength, flexibility, stamina, balance, and deep relaxation of the mind and body.
Zumba	Fun Latin rhythms and easy to follow moves will tone, sculpt, and melt away stress while leaving you feeling energized.
Zumba Toning	Take your Zumba workout to the next level, by including Zumba Toning Sticks to add resistance and increase strength movements through the workout.