



GROUP EXERCISE SCHEDULE (OCT 2024)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 – 6:15am Body Pump Kayla (FS1)	5:15 – 6:00am Cycling Kayla (FS3)	5:15 – 6:15am Body Pump Kayla (FS1)	5:15 – 6:00am Cycling Kayla (FS3)		
	7:00-8:00am Body Pump Tiffany (FS1)		7:00-8:00am Body Pump Tiffany (FS1)		
	7:30-9:00am Tai Chi Jim (FS2)		7:30-9:00am Tai Chi Jim (FS2)		7:30-8:30a Body Pump (FS1)
8:00-9:00am Yoga Jai Ram (FS1)		8:00-9:00am Yoga Jai Ram (FS1)		8:00-9:00am Yoga Jai Ram (FS1)	8:30-9:15am Cycling Greg (FS3)
	8:30-9:15am Pilates & More Mary Jo K. (FS1)		8:30-9:15am Pilates & More Mary Jo K. (FS1)		8:40-9:30am Body Balance Tiffany (FS1)
9:15-10:00am Full Body Strength Pam (FS1)	9:30-10:30am Zumba Stacy (FS1)	9:15-10:00am Full Body Strength Pam (FS1)	9:30-10:30am Zumba Stacy (FS1)		
			9:15-10:00am Cycling Erin (FS3)		
10:00-10:45am Young at Heart Stacy (FS1)		10:00-10:45am Young at Heart Erin (FS1)		10:00-10:45am Young at Heart Stacy (FS1)	
12:00-1:00pm Body Craft Fusion Kim (FS1)	12:00-12:45pm Cycling Greg (FS3)	12:05-1:05pm Body Pump Mary Jo S. (FS1)	12:00-12:45pm Cycling Greg (FS3)	12:05-1:05pm Body Pump Katie (FS1)	
5:30-6:20pm Zumba Nicolle (FS1)		5:30-6:20pm Body Balance Tiffany (FS1)			
5:30-6:25pm Cycling Greg (FS3)					
6:30-7:20pm Body Pump Mary Jo (FS1)					

CLASS LOCATIONS

- FS1 – Fitness Studio 1
- FS2 – Fitness Studio 2
- FS3 – Fitness Studio 3

TURN OVER for class descriptions and the Water Class schedule

Join our **Facebook group** for updates, class cancellations, community, and more!



WATER CLASSES

(SP) – Small Pool

(LP) – Large Pool

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-9:00am Warm Water Aerobics Teresa (SP)		8:00-9:00am Warm Water Aerobics Teresa (SP)		8:00-9:00am Warm Water Aerobics Teresa (SP)	
8:30-9:15am Aqua Fitness Kim (LP)	8:30-9:15am Deep Water Aero Linda (LP)	8:30-9:15am Aqua Fitness Kim (LP)	8:30-9:15am Deep Water Aero Linda (LP)	8:30-9:15am Aqua Fitness Kim (LP)	8:15-9:00am Water Boot Camp Michelle (LP)
	9:15-9:50am Water Bike Linda (LP)		9:15-9:50am Water Bike Linda (LP)		
11:00-12:00pm Water Aerobics Cathy (SP)	11:00-11:45am Aqua Toning Cathy (SP)	11:00a-12:00pm Water Aerobics Cathy (SP)	11:00-11:45am Aqua Toning Cathy (SP)	11:00-12:00pm Warm Water Aerobics Cathy (SP)	
5:30-6:15pm Water Boot Camp Michelle (LP)		5:30-6:15pm Water Boot Camp Michelle (LP)			

CLASS DESCRIPTIONS

Aqua Fitness	A complete water workout in shallow and deep water. You will experience aerobic exercise, strength and core stability moves.
Aqua Toning	Warm Water workout improves strength while incorporating full body movements.
Barre Pilates	This workout combines ballet-inspired moves with elements of Pilates, dance, yoga and strength training.
Body Pump	Fun, energizing barbell program that will improve general fitness, as well as shape and tone muscles.
Body Balance	Body Balance is a calming class infused with moves from yoga, tai chi and Pilates to build whole-body strength, center your chi and relieve stress.
Body Kraft Fusion	Are you ready to redefine your physique and sculpt every inch of your body? Join our revolutionary New class, "Body Craft Fusion," where we blend the power of traditional weights with the dynamic challenge of bodyweight exercises. Benefits: Target every muscle group for a complete, head-to-toe sculpting. Maximize your results with efficient, high-intensity sessions that fit into your busy schedule. Achieve a harmonious balance of strength and flexibility, unlocking your body's full potential.
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.
Body Fit	Get a great full body workout in just 30 minutes! Body Fit is a mixture of high intensity intervals, core work and dynamic, full body movements using free weights and bodyweight.
Full Body Strength	This is a total body workout that incorporates low impact cardio, upper and lower body strength as well as core.
Kickboxing	We practice punching and kicking drills on pads. This improves balance, coordination, flexibility and endurance while developing practical self-defense skills.
Pilates	This mat class is a series of floor exercises designed to realign and strengthen your body while concentrating on your abdominal muscles and core.
Warm Water Aerobics	This low impact water fitness class is designed for those limited joint motions, strength, or cardio-respiratory function.
Water Boot Camp	A complete high energy water workout in shallow and deep water. You will experience aerobic exercise, strength and core stability moves.
Yoga	Method of learning that combines posture, breathing, and focus to promote strength, flexibility, stamina, balance, and deep relaxation of the mind and body.
Young at Heart	Designed for beginners and the "young at heart". This gentle on the joints class includes light cardio, strength training, balance and stretching.
Zumba	Fun Latin rhythms and easy to follow moves will tone, sculpt, and melt away stress while leaving you feeling energized.