



# GROUP EXERCISE SCHEDULE (FEB 2025)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 – 6:15am <b>Body Pump</b> Carol	5:15 – 6:00am <b>Cycling</b> Christina	5:15 – 6:15am <b>Body Pump</b> Carol	5:15 – 6:00am <b>Cycling</b> Greg		
	7:00-8:00am <b>Body Pump</b> Carol		7:00-8:00am <b>Body Pump</b> Mary Jo S.		
	7:30-9:00am <b>Tai Chi</b> Jim (Multi-Purpose Studio)		7:30-9:00am <b>Tai Chi</b> Jim (Multi-Purpose Studio)		7:30-8:30a <b>Body Pump</b>
8:00-9:00am <b>Yoga</b> Jai Ram		8:00-9:00am <b>Yoga</b> Jai Ram		8:00-9:00am <b>Yoga</b> Jai Ram	8:30-9:15am <b>Cycling</b> Greg
	8:30-9:15am <b>Pilates &amp; More</b> Mary Jo K.		8:30-9:15am <b>Pilates &amp; More</b> Mary Jo K.		8:45-9:45am <b>Gentle Flow Yoga</b> Bethany
9:15-10:00am <b>Full Body Strength</b> Pam	9:30-10:30am <b>Zumba</b> Stacy	9:15-10:00am <b>Full Body Strength</b> Carol	9:30-10:30am <b>Zumba</b> Stacy	9:15-10:00am <b>Full Body Strength</b> Carol <i>(Class starts 2/14)</i>	
			9:15-10:00am <b>Cycling</b> Erin		
10:05-10:50am <b>Young at Heart</b> Stacy		10:05-10:50am <b>Young at Heart</b> Erin		10:05-10:50am <b>Young at Heart</b> Stacy	10:00-11:00am <b>Cycling</b> Greg
12:00-1:00pm <b>Body Craft Fusion</b> Kim	12:00-12:45pm <b>Cycling</b> Greg	12:05-1:05pm <b>Body Pump</b> Mary Jo S.	12:00-12:45pm <b>Cycling</b> Greg	12:05-1:05pm <b>Body Pump</b> Katie	
5:30-6:20pm <b>Zumba</b> Nicolle		5:30-6:20pm <b>Body Balance</b> Tiffany			
5:30-6:25pm <b>Beginners Cycling</b> Greg	5:30-6:30pm <b>Gentle Flow Yoga</b> Bethany	5:30-6:30pm <b>Cycling</b> Greg	5:30-6:30pm <b>Zumba</b> Nicolle		
6:30-7:20pm <b>Body Pump</b> Mary Jo	6:40-7:40pm <b>Kickboxing</b> Pat		6:40-7:40pm <b>Kickboxing</b> Pat		

## SUNDAY

All classes (except for Cycling in the Cycling Studio) take place in the Group Exercise Studio on the second floor, unless otherwise stated.

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 <b>Warm Water Aerobics</b> Teresa (SP)		8:00-9:00am <b>Warm Water Aerobics</b> Teresa (SP)		8:00-9:00am <b>Warm Water Aerobics</b> Teresa (SP)	
8:30-9:15am <b>Aqua Fitness</b> Kim (LP)	8:30-9:15am <b>Deep Water Aero</b> Linda (LP)	8:30-9:15am <b>Aqua Fitness</b> Kim (LP)	8:30-9:15am <b>Deep Water Aero</b> Linda (LP)	8:30-9:15am <b>Aqua Fitness</b> Kim (LP)	8:15-9:00am <b>Water Boot Camp</b> Michelle (LP)
9:15-10:00am <b>Water Fitness</b> Member Led (LP)	9:15-9:50am <b>Water Bike</b> Linda (LP)	9:15-10:00am <b>Water Fitness</b> Member Led (LP)	9:15-9:50am <b>Water Bike</b> Linda (LP)	9:15-10:00am <b>Water Fitness</b> Member Led (LP)	
11:00-12:00pm <b>Water Aerobics</b> Cathy (SP)	11:00-11:45am <b>Aqua Toning</b> Cathy (SP)	11:00a-12:00pm <b>Water Aerobics</b> Cathy (SP)	11:00-11:45am <b>Aqua Toning</b> Cathy (SP)	11:00-12:00pm <b>Warm Water Aerobics</b> Cathy (SP)	
5:15-6:00pm <b>Water Boot Camp</b> Michelle (LP)		5:15-6:00pm <b>Water Boot Camp</b> Michelle (LP)			

## CLASS DESCRIPTIONS

<b>Aqua Fitness</b>	A complete water workout in shallow and deep water. You will experience aerobic exercise, strength and core stability moves.
<b>Aqua Toning</b>	Warm Water workout improves strength while incorporating full body movements.
<b>Barre Pilates</b>	This workout combines ballet-inspired moves with elements of Pilates, dance, yoga and strength training.
<b>Body Pump</b>	Fun, energizing barbell program that will improve general fitness, as well as shape and tone muscles.
<b>Body Balance</b>	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.
<b>Body Kraft Fusion</b>	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.
<b>Cycling</b>	Jump on a bike and pedal your way to a great cardio workout that promotes strength and endurance.
<b>Deep Water Aerobics</b>	A no-impact class that utilizes belts and noodles for stabilization in deep water. Floatation belts provided but not required.
<b>Body Fit</b>	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.
<b>Full Body Strength</b>	This is a total body workout that incorporates low impact cardio, upper and lower body strength as well as core.
<b>Kickboxing</b>	We practice punching and kicking drills on pads. This improves balance, coordination, flexibility and endurance while developing practical self-defense skills.
<b>Pilates</b>	This mat class is a series of floor exercises designed to realign and strengthen your body while concentrating on your abdominal muscles and core.
<b>Warm Water Aerobics</b>	This low impact water fitness class is designed for those limited joint motions, strength, or cardio-respiratory function.
<b>Water Boot Camp</b>	A complete high energy water workout in shallow and deep water. You will experience aerobic exercise, strength and core stability moves.
<b>Yoga</b>	Method of learning that combines posture, breathing, and focus to promote strength, flexibility, stamina, balance, and deep relaxation of the mind and body.
<b>Gentle Flow Yoga</b>	Established practice or out of practice? This is for you. Find and relish in the restorative, relaxing, and centering properties of yoga through a mixture of movement and stillness.
<b>Young at Heart</b>	Designed for beginners and the "young at heart". This gentle on the joints class includes light cardio, strength training, balance and stretching.
<b>Zumba</b>	Fun Latin rhythms and easy to follow moves will tone, sculpt, and melt away stress while leaving you feeling energized.