



GROUP EXERCISE SCHEDULE (JAN 2025)

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|---|---|---|
| 5:15 – 6:15am Body Pump Carol | 5:15 – 6:00am Cycling Christina | 5:15 – 6:15am Body Pump Carol | 5:15 – 6:00am Cycling Greg | | |
| | 7:00-8:00am Body Pump Carol | | 7:00-8:00am Body Pump Carol | | |
| | 7:30-9:00am Tai Chi Jim (Multi-Purpose Studio) | | 7:30-9:00am Tai Chi Jim (Multi-Purpose Studio) | | 7:30-8:30a Body Pump |
| 8:00-9:00am Yoga Jai Ram | | 8:00-9:00am Yoga Jai Ram | | 8:00-9:00am Yoga Jai Ram | 8:30-9:15am Cycling Greg |
| | 8:30-9:15am Pilates & More Mary Jo K. | | 8:30-9:15am Pilates & More Mary Jo K. | | 8:45-9:45am Gentle Flow Yoga Bethany |
| 9:15-10:00am Full Body Strength Pam | 9:30-10:30am Zumba Stacy | 9:15-10:00am Full Body Strength Carol | 9:30-10:30am Zumba Stacy | | 10:00-11:00am Kickboxing Pat |
| | | | 9:15-10:00am Cycling Erin | | |
| 10:05-10:50am Young at Heart Stacy | | 10:05-10:50am Young at Heart Erin | | 10:05-10:50am Young at Heart Stacy | 10:00-11:00am Cycling Greg |
| 12:00-1:00pm Body Craft Fusion Kim | 12:00-12:45pm Cycling Greg | 12:05-1:05pm Body Pump Mary Jo S. | 12:00-12:45pm Cycling Greg | 12:05-1:05pm Body Pump Katie | |
| 5:30-6:20pm Zumba Nicolle | | 5:30-6:20pm Body Balance Tiffany | | | |
| 5:30-6:25pm Beginners Cycling Greg | 5:30-6:30pm Gentle Flow Yoga Bethany | 5:30-6:30pm Cycling Greg | 5:30-6:30pm Zumba Nicolle | | |
| 6:30-7:20pm Body Pump Mary Jo | 6:40-7:40pm Kickboxing Pat | | 6:40-7:40pm Kickboxing 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 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) |
| 9:15-10:00am Water Fitness Member Led (LP) | 9:15-9:50am Water Bike Linda (LP) | 9:15-10:00am Water Fitness Member Led (LP) | 9:15-9:50am Water Bike Linda (LP) | 9:15-10:00am Water Fitness Member Led (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) | |
| | | | | | |
| 5:15-6:00pm Water Boot Camp Michelle (LP) | 5:15-6:00pm Water Boot Camp 101 Michelle (LP) | 5:15-6:00pm Water Boot Camp Michelle (LP) | | | |

CLASS DESCRIPTIONS

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|----------------------------|---|
| 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. |
| Gentle Flow Yoga | 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. |
| 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. |