



Group Fitness Classes (FREE to All-Inclusive, Wellness & Lap Swim Members)

Winter Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			AquaZumba 7:30 - 8:30 am Lindy / Pool			
	AquaZumba 8:30 - 9:30 am Lindy / Pool	Hydro-Fit Max 8:30 - 9:30 am Polly / Pool	Hydro-Fit Max 8:30 - 9:30 am Bonnie / Pool	AquaRhythms 8:30 - 9:20 am Susan / Pool	Hydro-Fit Max 8:30 - 9:30 am Bonnie / Pool	Rip It 8:00 - 9:00 am Alicia / Gym
	Total Body Conditioning 9:30 - 10:30 am Robin / Maple	Pilates Mat & Barre 9:00 - 10:00 am Susan / Maple	Cardio Kickboxing 9:15 - 10:15 am Denise / Pine	Metabolic Fitness 9:15 - 10:15 am Christy / Pine	Tabata Boot Camp 9:30 - 10:30 am Denise / Pine	Complete Cardio 8:30 - 9:30 am Jeannine / Maple
	Zumba 9:30 - 10:30 am Roxanne / Pine	HIIT 9:30 - 10:30 am Christy / Pine	Pilates Fusion 9:30 - 10:30 am Christy / Maple	Cardio Rhythms & Barre 9:30 - 10:30 am Susan / Maple	Sculpt, Core & Stretch 9:30 - 10:30 am Barbara / Maple	
	AquaRhythms 9:30 - 10:30 am Susan / Pool	Aqua Aerobics 10:30 - 11:30 am Sally / Pool	Hydro-Fit Workout 9:30 - 10:30 am Bonnie / Pool	Aqua Aerobics 10:30 - 11:30 am Diane / Pool	Hydro-Fit Workout 9:30 - 10:30 am Bonnie / Pool	Zumba 9:30- 10:30 am Lindy / Pine
		Baton Twirling (ages 6-13) ages 6-9: 4:45 - 5:30 pm ages 10-13: 5:15 - 6:00 pm Susan / Maple		Pilates Mat & Barre 10:30 - 11:30 am Susan / Maple		
	Arthritis H2O Exercise 12:00 - 1:00 pm Bonnie / Pool	Deep H2O Run 6:30 - 7:30 pm Susan / Pool	Arthritis H2O Exercise 12:00 - 1:00 pm Bonnie / Pool	Zumbatomic (ages 8-12) 4:45 - 5:30 pm Roxanne / Maple	Arthritis H2O Exercise 12:00 - 1:00 pm Bonnie / Pool	
	Cardio Kickboxing 7:00 - 8:00 pm Elizabeth / Pine	New! Strong 7:30 - 8:30 pm Lindy / Pine		Deep H2O Run 6:30 - 7:30 pm Susan / Pool		

Pool:

Aqua Aerobics - This is a great workout for all ages with minimal stress to the joints. This class incorporates shallow and deep water aerobics with upper/lower body stretching and toning. There's no need to swim. We will use flotation belts and/or noodles for deep water exercises.

AquaRhythms - Fast-paced, non-stop, rhythmic cardio workout utilizing shallow and deep water. Strengthen your core, stretch, tighten and tone every inch of your body without breaking a sweat – all to a fusion of inspiring world music.

AquaZumba - Known as the Zumba® “pool party.” A hybrid between water aerobics and traditional Zumba®. The AquaZumba class blends together a safe and challenging workout that's cardio conditioning, body toning, and most of all, exhilarating.

Arthritis H2O Exercise - A recreational water exercise program for persons with arthritis, lupus, fibromyalgia or any other degenerative joint disease. Specially designed exercises that can help improve flexibility.

Deep H2O Run - This class is perfect if you're training for a triathlon, marathon or you just want to cross-train with the best zero-gravity, 360 degree total body tone up. This intensive class includes cardio, drills, sprints, and core strengthening. All levels are welcome.

Hydro-Fit Max - Take your water workout to the max. A variety of exercises with minimum stress to your joints will tighten your core, tone your muscles and the cardio portion will leave you full of energy. Deep and shallow ends of the pool are used.

Hydro-Fit Workout - By using aqua-jogger buoyancy, resistance gear and by taking advantage of the unique properties of the water, participants get a great workout with no impact on the joints. The resistance quality of the water and gear also allows increased cardiovascular and strength simultaneously. All fitness equipment is provided.

Land

Cardio Kickboxing - This class will challenge your body, blast away fat, build strength, improve coordination, and increase your confidence. You will be punching, kicking, and doing plyometrics to increase cardiac muscle and endurance.

Cardio Rhythms & Barre - A flowing low to no impact total body workout with an international flair. Move to a fusion of world music and sample cardio dance exercise from all 7 continents. Core strengthening, Pilates, ab section, and barre stretch are included.

Complete Cardio - Begin your weekend with this energized workout. A variety of fun cardio work will keep you moving and motivated.

High Intensity Interval Training (HIIT) - Supercharge your fitness, boost your metabolism, burn off that extra fat with a blow torch, and enable yourself to start reaching those fitness goals.

Metabolic Fitness - Challenge your agility, muscle stabilization, and endurance. Test your stamina with box jumps, burpees, tuck jumps, plyometrics, and mountain climbers.

Pilates Fusion - Based on the pilates principles of control, centering, breathing, fluid movement, concentration, and precision, this barefoot, full-body sculpt workout improves mobility, flexibility, strength, and balance. It is excellent cross-training for athletes and participants of all fitness levels. Use the barre, stability ball, bands, light weights, and body weight to challenge the entire body.

Pilates Mat & Barre - Build core strength, flexibility, and balance. Exercises flow from floor to standing to barre, lengthening and toning your muscles and abs, elongating the spine, and improving posture. All levels are welcome.

Rip It - This class will improve your agility, speed, endurance, and core strength using challenging moves. It includes TRX, cardio, drills, sprints, and core conditioning.

Sculpt, Core & Stretch - Tone your muscles to burn more calories. It's a total body sculpting class with special attention to your core muscles followed by a thorough head to toe stretch.

Strong - **New!** Fitness enthusiasts and students looking for a more challenging, high intensity interval training workout - this class is for you! The music is crafted to drive the intensity in a challenging progression that provides a total body workout. The result? A group fitness experience like no other.

Tabata Boot Camp - Burn fat, build lean muscle mass, and increase your metabolism for 24 hours post workout by alternating bouts of high intensity resistance training with short bouts of rest. This high energy HIIT format will conclude with 15 minutes of stretching.

Total Body Conditioning - This strength-based class uses various fitness equipment including stability balls, bands, tubes, and dumbbells. Participants will challenge their stability, balance, strength, and flexibility. All levels are welcome.

Zumba® - This classes fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away.