



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

Ridgefield Parks & Recreation						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aqua Aerobics 8:00 - 9:00 am Diane / Pool	New! Bootcamp 7:30-8:30 am Brian / Gym	Mobility 7:30-8:20 am Emmanuel / Maple	Aqua Aerobics 7:30 - 8:30 am Sally/ Pool		Hydro-Fit Max 8:30 - 9:30 am Bonnie / Pool	Sculpt, Core & Stretch 8:30 - 9:30 am Valerie / CO 1 & 2
	Aqua Aerobics 8:30 - 9:30 am Bonnie / Pool	Hydro-Fit Max 8:30 - 9:30 am Polly/ Pool	Hydro-Fit Max 8:30 - 9:30 am Bonnie/ Pool	Mobility 8:30 –9:30 am Emmanuel / Maple	Hydro-Fit Workout 9:30 - 10:30 am Bonnie / Pool	
	Total Body Conditioning 8:15 - 9:15 am Robin / Pine	Pilates Mat & Barre 8:15 - 9:15 am Susan / Pine	Hydro-Fit Workout 9:30 - 10:30 am Bonnie / Pool	AquaRhythms 8:15 - 9:15 am Susan / Pool	Sculpt & Core 9:30 - 10:30 am Barbara / Pine	Zumba 9:30 - 10:30 am Becky/Valerie / Pine
	AquaRhythms 9:30 - 10:30 am Diane / Pool	HIIT 9:30 - 10:30 am Lauren / CO 1 & 2	Cardio Blast 9:30 - 10:30 am Denise / CO 1 & 2	Cardio Rhythms 9:30 - 10:30 am Susan / Pine	Tabata Boot Camp 9:30 - 10:30 am Denise / CO 1& 2	
	Pilates 9:30-10:30 am Jane / Pine	Zumba 9:30-10:30 am Becky / Pine	Sculpt & Core 9:30 - 10:30 am Barbara / Pine	New! Metcon Plus 9:30 - 10:30 am Pam / CO 1 & 2	Zumba 9:30-10:30 am Naama / Maple	
	Arthritis H2O 12:00 - 1:00 pm Bonnie / Pool	Aqua Aerobics 10:30 -11:30 am Sally / Pool	Arthritis H2O 12:00 - 1:00 pm Bonnie / Pool	Pilates Mat & Barre 10:30-11:30 am Susan / Maple	Arthritis H2O 12:00 - 1:00 pm Bonnie / Pool	
		Sculpt & Sweat 6:00 - 7:00 pm Jeannine / Pine		Aqua Aerobics 10:30-11:30 am Diane / Pool		
	Zumba 5:30 - 6:30 pm Naama / CO 1			New! Bootcamp 6:00-7:00 pm Brian / Gym		

Pool:

Aqua Aerobics - Non-stop movements of cardio and muscle conditioning will keep you burning calories and having fun.

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.

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.

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

New! Bootcamp- Shape up fast with Bootcamp, a super-charged combo of strength and cardio training. A variety of equipment is used in this class including TRX Suspension Trainers, bands, dumbbells, and kettlebells. Boost your metabolism, improve heart and lungs, and tone up fast.

Cardio Blast - Balance your workout routine with flexibility and balance exercises for enhanced sports performance and reduced risk of injury.

Cardio Rhythms - 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.

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.

New! Metcon Plus - Get all the metabolic gains of your day in a fun, energetic, and music-driven class. Metcon Plus is a combination of choreographed and equipment driven exercises that will surely challenge your cardio and strength endurance. Leave your stress at the door, move your body, and enjoy the music. This is the soul-lifting, calorie-burning, and strength building workout you deserve!

Mobility - This class offers muscle activation techniques and calisthenics that will help you feel better, strong, and feel great!

Pilates/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.

Sculpt & Core - 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.

Sculpt, Core & Stretch - A light cardio warmup followed by a weights workout to tone and sculpt all muscle groups. Your muscle tone, posture, balance and strength will improve in this class. Mat work will include abs, bridges, and stretching.

Sculpt & Sweat - Challenge yourself with this total body workout that combines various cardio exercises with strength training. Guaranteed to make you sweat as you burn calories, build strength and increase your endurance. Modifications can be made for all levels of fitness.

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.