



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

Spring Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aqua Aerobics 8:00-9:00 am Diane / Pool	Bootcamp 7:00-8:00 am Brian / Gym	Mobility 7:30-8:20 am Emmanuel / Maple	Aqua Aerobics 7:30-8:30 am Sally / Pool	Aqua Rhythms 8:15-9:15 am Susan / Pool		Sculpt, Core & Stretch 8:30-9:20 am Valerie / Pine
	Total Body Conditioning 8:15-9:15 am Robin / Pine	Pilates, Mat & Barre 8:15-9:15 am Susan / Pine	Hydro-Fit Max 8:30-9:30 am Bonnie / Pool	Mobility 8:30-9:20 am Emmanuel / Gym	Hydro-Fit Max 8:30-9:30 am Bonnie / Pool	
	Aqua Aerobics 8:30-9:30 am Bonnie / Pool	Hydro-Fit Max 8:30-9:30 am Polly / Pool	Pilates 8:30-9:20 am Jane / Pine		Surge Strength 9:30-10:30 am Pam / Maple	Zumba 9:30-10:30 am Valerie / Hilary / Pine
	AquaRhythms 9:30-10:30 am Diane / Pool	Zumba 9:30-10:30 am Becky / Pine	Hydro Fit Workout 9:30-10:30 am Bonnie / Pool		Hydro Fit Workout 9:30-10:30 am Bonnie / Pool	
	Pilates, Mat & Barre 9:30-10:30 am Jane / Pine	HIIT 9:30-10:30 am Lauren / Charter Oak 1 & 2	Cardio Blast 9:30-10:30 am Denise / Charter Oak 1 & 2	Surge Fit 9:30-10:30 am Pam / Charter Oak 1 & 2	Tabata Boot Camp 9:30-10:30 am Denise / Charter Oak 1 & 2	
			Surge Strength 9:30-10:30 am Pam / Pine		Zumba 9:30-10:30 am Naama / Pine	
			Mobility 9:30-10:30 am Emmanuel / Maple	Pilates, Mat & Barre 10:30-11:30 am Susan / 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	Aqua Aerobics 10:30-11:30 am Diane / Pool	Arthritis H2O 12:00-1:00 pm Bonnie / Pool	
	Zumba 5:30-6:30 pm Naama / Pine	Sculpt & Sweat 6:00-7:00 pm Jeannine / Charter Oak 1	Bootcamp 6:00-6:50 pm Brian / Charter Oak 1	TRX/Bootcamp 6:00-7:00 pm Alicia / 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

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.

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

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 & 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 ads, 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.

Surge Fit - Surge Fit is the energizing HIIT workout that will get you results fast! High intensity cardio tracks that push fat burning systems into high gear are intertwined with high-rep strength training tracks that shape and tone your body for maximum results. You'll feel the surge!

New! Surge Strength - Join this targeted, high-rep weight training class set to music you know and love!

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.