



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

Group Fitness Classes						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Aqua Aerobics</b> 7:30 - 8:30 am Diane / Pool		<b>Mobility, Core &amp; Strength</b> 7:00 - 7:50 am Emmanuel / Charter Oak 1 & 2	<b>Aqua Aerobics</b> 7:30 - 8:30 am Sally / Pool	<b>Mobility, Core &amp; Strength</b> 8:00 - 8:50 am Emmanuel / Charter Oak 1 & 2	<b>Hydro-Fit Max</b> 8:30 - 9:30 am Bonnie / Pool	
	<b>AquaRhythms</b> 8:30 - 9:30 am Bonnie / Pool	<b>Hydro-Fit Max</b> 8:15 - 9:15 am Polly / Pool	<b>Hydro-Fit Max</b> 8:30 - 9:30 am Bonnie / Pool	<b>AquaRhythms</b> 8:15 - 9:15 am Susan / Pool	<b>Sculpt &amp; Core</b> 9:30 - 10:30 am Barbara / Pine	<b>Complete Cardio</b> 8:30 - 9:30 am Jeannine / Charter Oak 1 & 2
	<b>Total Body Conditioning</b> 8:30 - 9:30 am Robin / Pine	<b>Pilates Mat &amp; Barre</b> 8:15 - 9:15 am Susan / Pine	<b>Cardio Blast</b> 9:30 - 10:30 am Denise / Charter Oak 1 & 2	<b>Cardio Rhythms</b> 9:30 - 10:30 am Susan / Maple	<b>Tabata Boot Camp</b> 9:30 - 10:30 am Denise / Charter Oak 1 & 2	<b>Zumba</b> 9:30 - 10:30 am Valerie or Becky / Pine
	<b>Aqua Aerobics</b> 9:30 - 10:30 am Diane / Pool	<b>HIIT</b> 9:30 - 10:30 am Lindy / Charter Oak 1 & 2	<b>Hydro-Fit Workout</b> 9:30 - 10:30 am Bonnie / Pool	<b>Metabolic Fit</b> 9:30 - 10:30 am Kristen / Charter Oak 1 & 2	<b>Hydro-Fit Workout</b> 9:30 - 10:30 am Bonnie / Pool	
		<b>Zumba</b> 9:30 - 10:30 am Becky / Pine	<b>Sculpt &amp; Core</b> 9:30 - 10:30 am Barbara / Pine	<b>Pilates Mat &amp; Barre</b> 10:30 - 11:30 am Susan / Maple		
		<b>Aqua Aerobics</b> 10:30 - 11:30 am Sally / Pool		<b>Aqua Aerobics</b> 10:30 - 11:30 am Diane / Pool		
	<b>Arthritis H2O Exercise</b> 12:00 - 1:00 pm Bonnie / Pool	<b>H2O Run</b> 6:30 - 7:30 pm Diane or Susan / Pool	<b>Arthritis H2O Exercise</b> 12:00 - 1:00 pm Bonnie / Pool		<b>Arthritis H2O Exercise</b> 12:00 - 1:00 pm Bonnie / Pool	
	<b>Zumba</b> 6:30 - 7:30 pm Ashley / Pine	<b>Sculpt &amp; Sweat</b> 6:30 - 7:30 pm Jeannine / Charter Oak 1				

## Pool:

**Aqua Aerobics** - When you're crunched for time, this energized workout is ideal. 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.

**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.

**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 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.

**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.

**Mobility, Core & Strength** - Follow Coach Emmanuel through 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** - 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. When we have more space in the gymnasium, it's Sculpt & Core. When the class is not in the gymnasium, it's Sculpt.

**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.