

# GROUP FITNESS SCHEDULE: Spring 2023 - Effective 3/27/2023 (\*\* Subject to change)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am	<b>Cycle 45</b> Cycle Studio	<b>Strong &amp; Lean Plus</b> Studio 1	<b>Cycle 45</b> Cycle Studio	<b>BodyPump™</b> Studio 1	<b>REV</b> Studio 1		
7:00am					<b>BodyBalance™</b> Studio 2		
8:00am	<b>Gentle Moves</b> Studio 1	<b>Gentle Yoga</b> Studio 1			<b>Gentle Moves</b> Studio 1		
	<b>Aqua Box</b> Lap Pool	<b>Aqua Sculpt &amp; Tone</b> Lap Pool	<b>Deep Water Athletes</b> Lap Pool	<b>Athletic Aqua</b> Lap Pool			
8:15am						<b>Cycle 60</b> Cycle Studio	
8:30am				<b>Strong &amp; Lean</b> Studio 1		<b>BodyAttack™</b> Studio 1	<b>Yoga Flex</b> Studio 3
8:45am						<b>Barre Burn</b> Studio 3	
9:00am		<b>BodyPump™</b> Studio 1	<b>Cycle 45</b> Cycle Studio	<b>Aqua Rhythm</b> Therapy Pool			<b>Cycle 45</b> Cycle Studio
	<b>Aqua Sculpt &amp; Tone</b> Therapy Pool	<b>BodyVive</b> Studio 3	<b>Aqua Sculpt &amp; Tone</b> Therapy Pool		<b>Aqua Yoga</b> Therapy Pool	<b>AquaZumba™</b> Lap Pool	
9:15am	<b>Combat Boxing Mash-Up</b> Studio 2		<b>Pilates Mat</b> Studio 2	<b>Cycle 45</b> Cycle Studio	<b>Freestyle Step</b> Studio 1		
	<b>Strong &amp; Lean Plus</b> Studio 1				<b>Tabata</b> Sports Factory		
9:30am	<b>Barre Fit</b> Studio 3	<b>HIIT 30</b> Studio 2	<b>REV</b> Studio 1	<b>Cardio Drumming</b> Studio 1		<b>BodyPump™</b> Studio 1	<b>Body Pump™</b> Studio 1
				<b>BodyStep</b> Studio 2		<b>Cycle 45</b> Cycle Studio	<b>BodyCombat™</b> Studio 2
10:00am		<b>Stretched &amp; Mobile</b> Studio 2					
10:15am		<b>Cycle 45</b> Cycle Studio	<b>CX Worx/Core</b> Studio 2		<b>YogaFlex</b> Studio 1		
10:30am	<b>Zumba™</b> Studio 1		<b>Gentle Yoga</b> Studio 1	<b>BodyBalance™</b> Studio 1		<b>Zumba</b> Studio 1	
1:00pm							
5:00pm	<b>Strong &amp; Lean Plus</b> Studio 2				<b>BodyPump™</b> Studio 1		
5:15pm		<b>Tabata</b> Studio 2		<b>Barre Express</b> Studio 3			
5:30pm	<b>BodyAttack™</b> Studio 1	<b>BodyPump™</b> Studio 1	<b>CX Worx/Core</b> Studio 1	<b>BodyPump™</b> Studio 1			
		<b>Cycle 45</b> Cycle Studio					
5:45pm			<b>Cardio Drumming</b> Studio 2				
6:00pm	<b>Yoga</b> Studio 3	<b>Aqua Sculpt &amp; Tone</b> Therapy Pool		<b>Cardio Drumming</b> Studio 2			
	<b>Cycle &amp; Core</b> Cycle Studio / Studio 2			<b>Aqua Sculpt &amp; Tone</b> Therapy Pool			
	<b>Freestyle Step</b> Studio 2			<b>C/S 30</b> Cycle Studio / Studio 1			
6:15pm		<b>BOSU I.T.</b> Studio 2	<b>Tabata</b> Sports Factory				
6:30pm		<b>BodyBalance™</b> Studio 3	<b>Zumba™</b> Studio 1				
			<b>Pure Flow Vinyasa</b> Studio 3				
6:45pm			<b>Athletic Intervals</b> Studio 2				

**WANT THIS SCHEDULE ON YOUR PHONE?  
OPEN YOUR SMARTPHONE CAMERA AND SCAN ME**



**Class Registration is REQUIRED**  
 Green text are Mind & Body classes  
 Blue highlighted boxes are aqua classes  
 Yellow highlighted are changes and/or additions



## GROUP FITNESS CLASS DESCRIPTIONS

### **Athletic Intervals**® - 45 Minutes

Tap into your inner athlete in this drill based whole agility, and cardio fitness. You don't have to play sports to train like an athlete!

### **Barre Fit**® - 60 Minutes

Full body workout with an emphasis on toning, strengthening and lengthening each major muscle group. Traditional barre exercises will target arms, legs, glutes and core to promote overall muscle control and stability.

### **Barre Burn**® - 45 Minutes

Barre burn is a next level barre class that will have your muscles shaking & your body changing! This class is guaranteed to show you new muscles that your body will feel the next day! Combining Pilates & isometric training, you will love the results!

### **Barre Express**® - 45 Minutes

Short on time? 45-minute full body workout to lengthen, sculpt and tone all muscles groups.

### **Les Mills BODYATTACK™**® - 60 Minutes (Monday) or 45 Minutes (Saturday)

The sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises.

### **Combat Boxing Mash-Up** - 60 Minutes

This class uses boxing tracks to build speed and power, along with conditioning tracks for endurance. Then finish off with some challenging core work using weights and bands to complete your workout!

### **Les Mills BODYPUMP™**® - 60 Minutes

The "original" barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, you will get a total body workout. *Registration Required-40 spots*  
*BodyPump45 is an express format, 45 minutes*

### **BodyStep**® - 45 Minutes

Basic stepping is at the heart of this step aerobic workout designed to tone your butt and thighs. You can expect upbeat stepping, squats, lunges, pushups, burpees and more for a fun, uplifting, full body workout.

### **BodyVive**® - 45 Minutes

A full body workout for the whole muscular system, starting with a warm up, progressing into upper and lower body and core exercises and finishing with restorative stretching. Simple but effective movements help improve strength, endurance and posture while burning calories!

### **BOSU I.T.**® - 45 Minutes

Interval training utilizing the BOSU for strength, cardio and core intervals. 45 minutes of various exercises incorporating both sides of the BOSU for a fun AND challenging workout.

### **Cardio Drumming**® - 45 Minutes

Two drumsticks, a ball and some awesome tunes are the foundation for this fun, whole body workout. Join the party as we squat, lunge, dance, and drum our way through a variety of upbeat songs that will have your toes tapping and leave you wanting more!

### **C/S 30**® - 60 Minutes

Check both your cardio and strength boxes with this class: 30 minutes of cycling followed by 30 minutes of strength training for an action packed, complete workout!

### **CX Worx/Core**® - 45 Minutes

An intense core workout designed to build strength, stability and endurance in the muscles that support your core. More than just an ab workout, it includes exercises that utilize bands, weight plates and body weight exercises.

### **Cycling**® 45 - 45 Minutes

This indoor cycling class takes you on the road, flats, hills and sprint drills will improve your overall fitness even in the "off season."  
*Registration Required – 25 spots.*  
*Registration opens 36 hours in advance.*  
*Saturday's Cycle 60 is a full hour*

### **Freestyle Step**® - 45 Minutes

Not too basic and not too extreme—just right. Intermediate step patterns provide just the right amount of flavor to your cardio workout!

### **Gentle Moves**® ☺ ♿ - 45 Minutes

This class incorporates balance, toning, flexibility and cardio with very little joint impact. There will be the option to use a chair. This is also a wheelchair friendly workout class.

### **HIIT 30**® - 30 Minutes

High intensity intervals designed to bring out your beast mode! HIIT it hard and fast and be on your way in 30 minutes!

### **REV**® - 45 Minutes

Resistance, Endurance and Variety. A combination class that brings athletic cardio moves together with strength training. The variety will challenge you and keep you coming back for more!

### **RPM**® - 45 Minutes

With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. Fun & low impact!

### **Sprint**™® - 30 Minutes

High Intensity Interval Training utilizing the indoor bike to achieve fast results. This style of training pushes your physical and mental limits.

### **Strong and Lean Plus**® - 45 Minutes

Not your traditional strength training...get strong and lean with alternative training techniques and tools with a sprinkle of cardio and core thrown in to cover all your bases! Change the way you train!

### **Tabata**® - 45 Minutes

Interval Training using the Tabata protocol. A blend of strength, core and cardio with something for everyone! It will truly challenge you to move to your next level of fitness and performance.

### **Zumba™**® - 60 Minutes

The Zumba™ program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Ditch the workout, join the party!

## MIND & BODY FORMATS

### **Les Mills BodyBalance™**® - 60 Minutes

The Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. (Formerly known as BodyFlow)

### **Gentle Yoga**® ☺ - 45 Minutes

A gentle approach to Yoga designed for all ages, body types and physical abilities. Improve strength, endurance, flexibility, and balance, while promoting mindfulness and focused awareness.

### **Pilates Mat**® - 45 Minutes

Your mind is the coach and your muscles are the team! We will be stretching and strengthening every muscle from your fingertips to your toes. This format also incorporates exercises designed to improve posture, flexibility and balance.  
*Registration Required – 18 spots.*

### **YogaFlex**® - 60 Minutes

This innovative class is a unique blend of Ashtanga and Hatha Yoga, combined to improve core strength, flexibility, posture, stability and coordination.

### **Pure Flow Vinyasa**® - 60 Minutes

In this pure flow vinyasa practice, you will experience a strong sequence of postures linking with your breath. Deep relaxation, dharma (a little yogic philosophy), yogic breathing and rest is integrated into each class.

### **Stretched and Mobile** - 45 Minutes

A 45-minute session designed to promote both flexibility and mobility, increasing both functionality and range of motion. Factors often overlooked, but important to every fitness routine.

### **Yoga**® - 60 Minutes

Get ready to flow! This class is catered to all levels showing intensity and modifications. Variety of yoga poses will be practiced connecting mind, body and breath. The class will help on balance, flexibility, strength and focus.

## AQUA CLASSES

### **Aqua Rhythm**® - 45 Minutes

Feel the rhythm of the water, your body and the music in this fun for all fitness levels class! Enjoy a great workout using equipment and the motion of the water set to some of your favorite songs

### **Aqua Sculpt & Tone**® - 45 Minutes

Familiar strength and conditioning exercises in the water. Reshape your body and improve flexibility and balance with or without equipment. This class stays within the recommended *American Arthritis Foundation* water exercises.  
*Registration Required – 25 spots*

### **Aqua Yoga**® - 45 Minutes

This class is for all fitness levels! Enjoy Yoga poses in the warmer water to help develop strength, static balance and range of motion.  
*Registration Required – 25 spots*

### **Aqua Zumba**™® - 45 Minutes

The "pool party" workout for all ages. Fusing Latin-inspired dance moves and fitness with Latin rhythms, you will Cumbia, Salsa and Merengue your way to good health.  
*Registration Required – 25 spots*

### **Aqua Box**® - 45 Minutes

Think kickboxing meets water – all the intensity with none of the impact! Kicks, blocks, and punch combinations designed to improve your strength, flexibility, and cardiovascular conditioning.  
*Registration Required – 25 spots.*

### **Deep Water Athletes**® - 45 Minutes

The perfect way to cross train! Challenge your strength and core in the deep end, floatation belts provided,  
*Registration Required – 12 spots*

### **Athletic Aqua**® - 45 Minutes

A combination of cardio and strength, using the water and other tools to add intensity and resistance. Tap into our inner athlete!  
*Registration Required – 25 spots*