

## GROUP FITNESS SCHEDULE: Fall 2024 - Effective 11/4/2024 (\*\* 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>Interval Training</b> Studio 1		
8:00am	<b>Gentle Moves</b> Studio 1	<b>Gentle Yoga</b> Studio 1	<b>Aqua Yoga</b> Therapy Pool		<b>Gentle Moves</b> Studio 1		
	<b>Aqua Box</b> Lap Pool			<b>Athletic Aqua</b> Lap Pool			
8:15am		<b>Aqua Intervals</b> Lap Pool					
8:30am				<b>Strong &amp; Lean</b> Studio 1		<b>BodyAttack™</b> Studio 1	
						<b>Cycle 45</b> Cycle Studio	
8:45am						<b>Barre Burn</b> Studio 3	
9:00am	<b>Aqua Sculpt &amp; Tone</b> Therapy Pool	<b>BodyPump™</b> Studio 1	<b>Cycle 45</b> Cycle Studio		<b>Aqua Yoga</b> Therapy Pool	<b>AquaZumba™</b> Lap Pool	<b>Cycle 45</b> Cycle Studio
			<b>Aqua Sculpt &amp; Tone</b> Therapy Pool				
9:15am	<b>Combat Boxing Mash-Up</b> Studio 2	<b>Studio Circ-IT</b> Studio 2	<b>Pilates Mat</b> Studio 2		<b>Tabata</b> Sport Court	<b>BodyBalance™</b> Studio 2	
	<b>Strong &amp; Lean Plus</b> Studio 1				<b>YogaFlex (60)</b> Studio 1		
	<b>Pilates Mat</b> Studio 3						
9:30am		<b>Cardio Barre</b> Studio 3	<b>REV</b> Sport Court	<b>Cardio Drumming</b> Studio 1		<b>BodyPump™</b> Studio 1	<b>Body Pump™</b> Studio 1
				<b>BodyStep</b> Studio 2			<b>BodyCombat™</b> Studio 2
				<b>Cycle 45</b> Cycle Studio			<b>Yoga Flex</b> Studio 3
10:15am		<b>Cycle 45</b> Cycle Studio	<b>CX Worx/Core</b> Studio 2			<b>Zumba™</b> Studio 2	
		<b>Reset &amp; Recover</b> Studio 2					
10:30am	<b>Zumba™</b> Studio 1		<b>Gentle Yoga</b> Studio 3	<b>BodyBalance™</b> Studio 1	<b>Step I.T.</b> Studio 1		
			<b>Line Dancing</b> Studio 1				
4:30pm			<b>Strong &amp; Lean Plus</b> Studio 1				
5:00pm	<b>REV</b> Studio 1				<b>BodyPump™</b> Studio 1		
5:15pm		<b>Tabata</b> Studio 2					
5:30pm		<b>BodyPump™</b> Studio 1		<b>BodyPump™</b> Studio 1			
5:45pm			<b>Core &amp; More</b> Studio 1				
6:00pm	<b>Freestyle Step</b> Studio 2	<b>Aqua Sculpt &amp; Tone</b> Therapy Pool	<b>Drum &amp; Dance</b> Studio 2	<b>Tabata Amped</b> Studio 2			
	<b>Cycle &amp; Core</b> Cycle Studio			<b>Aqua Sculpt &amp; Tone</b> Therapy Pool	<b>Class Registration is REQUIRED</b> Green text are Mind & Body classes Blue highlighted boxes are aqua classes		
				<b>Cycle / Strength</b> Cycle Studio / Studio 1			
6:30pm	<b>Hot Yoga</b> Studio 3	<b>BodyBalance™</b> Studio 3	<b>Zumba™</b> Studio 1				

# GROUP FITNESS CLASS DESCRIPTIONS

## **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!

## **BODYATTACK™ (Les Mills)** - 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.

## **BODYPUMP™ (Les Mills)** - 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.

## **Cardio Barre** - 45 Minutes

A full-body, low-impact workout that combines traditional barre exercises with bursts of cardio. This class will tone, strengthen, and lengthen your muscles and give you a great cardio 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!

## **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!

## **Core & More** - 30 Minutes

Strengthen your core and more with this functional approach to core training. Multi-planar compound movements will target all components of your core and more!

## **Cycle/Strength** - 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!

## **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*

## **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.

*30-Minute Core 30 offered – Saturday 8:30 AM*

## **Drum & Dance** - 45 Minutes

Meet cardio drumming's funky friend, drum & dance. The fun of drumming blended with upbeat dance moves for a workout that will get your heart pumping and leave you breathless and smiling!

## **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.

## **Interval Training** - 45 Minutes

Interval training utilizing different timing protocols and different focus points—core, strength, cardio. A great way to get a fun, full body workout.

## **Line Dancing** - 30 Minutes

Low impact, easy to learn moves blended together for a fun choreography! Country, pop, hip hop, we will stomp it out to all different genres. Athletic shoes, no boots please.

## **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!

*\*30 Minute Class available as Rev 30*

## **Step I.I.** - 45 Minutes

Step Interval Training—a blend of step patterns and strength work for a complete workout!

## **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!

## **Studio Circ-II** - 45 Minutes

An intermediate to advanced circuit class utilizing stations, intervals and different training tools to challenge your strength, cardio and balance skills.

## **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.

## **Tabata Amped** - 30 Minutes

Short warm up and cool down with 24 minutes of continuous Tabata timed sets in between. Maximize your time and your fitness with this 30-minute workout!

## **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

### **BODYBALANCE™ (Les Mills) @** - 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.

## **Hot Yoga** - 60 Minutes

Hot yoga is a mind, body and breath practice done in a heated room. It is a series of poses that connect with flow at a moderate to advanced level class that helps improve both your physical and mental health. Not recommended for heart patients, or if you are prone to overheating/heat intolerant.

## **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.*

## **Reset & Recover** - 45 Minutes

Designed to promote flexibility and mobility, increasing both functionality and range of motion—factors often overlooked but imperative to fitness and daily life. Reset your body to healthier ranges of motion and improved function using rollers, trigger balls and stretches. Feel the difference!

## **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.

## AQUA CLASSES

### **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*

### **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.*

### **Aqua Interval @** - 45 Minutes

Layer your aqua workout with cardio, strength, and mobility intervals to give you a fun and complete water class experience!

### **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*