

GROUP FITNESS SCHEDULE: Fall 2024 - Effective 9/16/2024 (** Subject to change)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am	Cycle 45 Cycle Studio	Strong & Lean Plus Studio 1	Cycle 45 Cycle Studio	BodyPump™ Studio 1	Interval Training Studio 1		
8:00am	Gentle Moves Studio 1	Gentle Yoga Studio 1	Aqua Yoga Therapy Pool		Gentle Moves Studio 1		
	Aqua Box Rec Pool			Athletic Aqua Rec Pool			
8:15am		Aqua Intervals Rec Pool					
8:30am				Strong & Lean Studio 1		BodyAttack™ Studio 1	Yoga Flex Studio 3
						Cycle 45 Cycle Studio	
8:45am						Barre Burn Studio 3	
9:00am	Aqua Sculpt & Tone Therapy Pool	BodyPump™ Studio 1	Cycle 45 Cycle Studio		Aqua Yoga Therapy Pool	AquaZumba™ Rec Pool	Cycle 45 Cycle Studio
			Aqua Sculpt & Tone Therapy Pool				
9:15am	Combat Boxing Mash-Up Studio 2	All Terrian Outside Field	Pilates Mat Studio 2		Tabata Sport Court	BodyBalance™ Studio 2	
	Strong & Lean Plus Studio 1				YogaFlex (60) Studio 1		
	Pilates Studio 3						
9:30am			REV Sport Court	Cardio Drumming Studio 1		BodyPump™ Studio 1	Body Pump™ Studio 1
				BodyStep Studio 2			BodyCombat™ Studio 2
				Cycle 45 Cycle Studio			
10:00am		Reset & Recover Studio 3					
10:15am		Cycle 45 Cycle Studio	CX Worx/Core Studio 2			Zumba™ Studio 2	
10:30am	Zumba™ Studio 1		Gentle Yoga Studio 3	BodyBalance™ Studio 1	Step I.T. Studio 1		
			Line Dancing Studio 1				
11:30am							
4:30pm			Strong & Lean Plus Studio 1				
5:00pm	REV Studio 1				BodyPump™ Studio 1		
5:15pm		Tabata Studio 2					
5:30pm		BodyPump™ Studio 1		BodyPump™ Studio 1			
5:45pm			Core & More Studio 1				
6:00pm	Freestyle Step Studio 2	Aqua Sculpt & Tone Therapy Pool	Drum & Dance Studio 2	Tabata Amped Studio 2			
	Cycle & Core Cycle Studio	Cycle 45 Cycle Studio		Aqua Sculpt & Tone Therapy Pool			
				Cycle / Strength Cycle Studio / Studio 1			
6:15pm							
6:30pm	Hot Yoga Studio 3	BodyBalance™ Studio 3	Barrelates Studio 3		Class Registration is REQUIRED Green text are Mind & Body classes Blue highlighted boxes are aqua classes Yellow highlighted are changes and/or additions		
			Zumba™ Studio 1				
6:45pm							
7:00pm							

GROUP FITNESS CLASS DESCRIPTIONS

Barrelates - 45 Minutes

A full body workout combining Pilates mat and ballet barre. The exercises will tone, lift, strengthen and lengthen your muscles.

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!

Les Mills BODYATTACK™ - 60 Minutes

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.

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

Combat Boxing Mash-Up - 45 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!

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 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!

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!

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!

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

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!

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 fun choreography! Country, pop, hip hop, we will stomp it out to all different genres. Athletic shoes, no boots please!

Step I.T. - 45 Minutes

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

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*

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.

Tabata Amped® - 45 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!

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.

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.

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

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 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 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

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 Interval ☺ ® - 45 Minutes

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

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)