

# Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
5a		Kinesis® Express 5:30a-6:00a Wil		Kinesis® Express 5:30a-6:00a Wil	
7a	Yoga 7:00a-7:45a Kayla		Yoga 7:00a-7:45a Kayla		
8a	Water Fitness 7:45a-8:30a Jen	Water Fitness 7:45a-8:30a Jen	Water Fitness 7:45a-8:30a Deanna	Water Fitness 7:45a-8:30a Jen	Water Fitness 7:45a-8:30a Donna
9a					Mat Pilates 9:00a-10:00a Donna
10a	Fit for Life 10:00a-10:45a Carly	Functional Kinesis® 10:00a-10:45a Wil	Fit for Life 10:00a-10:45a Carly	Functional Kinesis® 10:00a-10:45a Wil	Fit for Life 10:00a-10:45a Carly
	Stress Free 10:00a-10:45a Kimberlie		Stress Free 10:00a-10:45a Deanna		Stress Free 10:00a-10:45a Donna
11a	Strength for Life 11:00a-11:45a Wil	Rizzmic® 11:00a-11:45a Kadeardra	Active Recovery 11:00a-11:45a Carly	Rizzmic® 11:00a-11:45a Kadeardra	Strength for Life 11:00a-11:45a Jim
	Water Fitness 11:00a-11:45a Kimberlie		Water Fitness 11:00a-11:45a Deanna		Water Fitness 11:00a-11:45a Donna
12p	Rizzmic® 12:00p-12:45p Kadeardra	Aqua Zumba® 12:00p-1:00p Cristina	Kinesis® 12:00p-12:45p Carly		
	Kinesis® 12:00p-12:45p Carly				
4p			Mat Pilates 4:00p-5:00p Donna	Rizzmic® 4:00p-4:45p Kadeardra	Mat Pilates 4:00p-5:00p Donna
			Aqua Endurance 4:30p-5:15p Deanna		Aqua Endurance 4:30p-5:15p Deanna
5p	Mat Pilates 5:00p-6:00p Donna	Functional Kinesis® 5:00p-5:45p Cassidy	Mat Pilates 5:00p-6:00p Donna	Functional Kinesis® 5:00p-5:45p Cassidy	Facility Hours: M-F: 5:30a-8p Sat & Sun: 7a-1p
	Water Fitness 5:30p-6:15p Kimberlie	Aqua Core 5:15p-6:00p Deanna	Water Fitness 5:30p-6:15p Kimberlie	Aqua Core 5:15p-6:00p Deanna	
6p	Water Fitness 6:15p-7:00p Kimberlie		Water Fitness 6:15p-7:00p Kimberlie		Yoga 9:30a-10:30a Nancy

# Specialty Classes

Tuesday	Wednesday	Thursday
Prenatal Water Fitness 6:15p-7:00p Deanna	Neuro Tango 2:00p-3:00p Gabby	Yoga for Parkinson's 1:00p-2:30p Peter
		Prenatal Water Fitness 6:15p-7:00p Deanna

## Class Descriptions

**Active Recovery:** Focused on injury prevention, range of motion, and flexibility. Active recovery is a great way to balance your training program with a blend of stretching, foam rolling, balance, and corrective exercises.

**Aqua Core:** This class utilizes the buoyancy and resistive properties of water. This class focuses on recruiting core muscles to aid in balance and posture as well as trunk strength and stability in an interval format.

**Aqua Endurance:** Get more out of your aquatic workout with this engaging endurance class. The buoyancy of the water provides support allowing an all-encompassing workout. The class improves cardio-respiratory fitness, muscle strength, and endurance.

**Aqua Zumba®:** This class blends the Zumba® philosophy with water resistance which means there is less impact on your joints during this class so you can really let loose! Water creates natural resistance, which means every step is challenging and helps tone your muscles.

**Kinesis® Series:** This class focuses on the basics of fitness, including strength, balance and flexibility. Participants will rotate through stations, developing a foundation of fitness that will be progressed through each session.

**Fit for Life Series:** This class series focuses on the basics of fitness, including cardio, strength, balance and flexibility. Each class is different as it uses both the Gym and the Group Fitness Studio.

**Mat Pilates:** Mat Pilates incorporates posture and breath with challenging exercises, allowing you to improve core strength and muscular alignment.

**Rizzmic®:** This class uses the most beloved music and dance styles from the last century of American culture to create a high intensity dance fitness experience unlike any other. Seamlessly blending fitness with truly stylized dance, Rizzmic hits each big craze on the map; bringing a variety of movement into a focused American theme.

**Strength and Conditioning:** This class focuses on development of functional movement. Key components of this class are strength, mobility, and stability development. Our exercise specialist work with you to development correct movement patterns and avoid injury!

**Stress Free:** This very low impact class provides an opportunity for individuals with compromised neurological or orthopedic systems to exercise with the benefits of buoyancy, hydrostatic pressure and warm water.

**Yoga:** This class takes you through a sequence of poses, flowing from one to the next, incorporating variety with each class. This empowering class will ensure that you are performing each posture safely and correctly.

**Water Fitness:** This is invigorating workout combines aerobic conditioning with muscular endurance, utilizing properties of the water for resistance and buoyancy. A workout for a variety of fitness levels.