

Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00a	Water Fitness Jen 7:45a-8:30a	Water Fitness Jen 7:45a-8:30a	Water Fitness Lauren/Deanna 7:45a-8:30a	Water Fitness Jen 7:45a-8:30a	Water Fitness Donna 7:45a-8:30a
9:00a					Pilates Donna 9:00a-10:00a
10:00a	Fit for Life Carly 10:00a-10:45a	Functional Kinesis® Lauren 10:00a-10:45a	Fit for Life Carly 10:00a-10:45a	Functional Kinesis® Lauren 10:00a-10:45a	Fit for Life Lauren 10:00a-10:45a
	Stress Free Kimberlie 10:00a-10:45a		Stress Free Deanna 10:00a-10:45a		Stress Free Donna 10:00a-10:45a
11:00a	Strength for Life Lauren 11:00a-11:45a	Rizzmic® Kadeardra 11:00a-11:45a	Active Recovery Carly 11:00a-11:45a	Rizzmic® Kadeardra 11:00a-11:45a	Strength for Life Jim 11:00a-11:45a
	Water Fitness Kimberlie 11:00a-11:45a		Water Fitness Deanna 11:00a-11:45a		Water Fitness Donna 11:00a-11:45a
12:00p	Rizzmic® Kadeardra 12:00-12:45p	Aqua Zumba® Cristina 12:00p-1:00p			Strength & Conditioning Ashan 12:00p-12:45p
4:00p		Mat Pilates Donna 4:00p-5:00p		Mat Pilates Donna 4:00p-5:00p	Aqua Zumba® Cristina 4:30p-5:30p
		Aqua Endurance Deanna 4:30p-5:15p	Rizzmic® Kadeardra 4:00p-4:45p	Aqua Endurance Deanna 4:30p-5:15p	
5:00p	Water Fitness Kimberlie 5:30p-6:15p	Aqua Core Deanna 5:15p-6:00p	Water Fitness Kimberlie 5:30p-6:15p	Aqua Core Deanna 5:15p-6:00p	
	Mat Pilates Donna 5:00p-6:00p	Functional Kinesis® Eli 5:00p-5:45p	Mat Pilates Donna 5:00p-6:00p	Functional Kinesis® Eli 5:00p-5:45p	Saturday
6:00p	Water Fitness Kimberlie 6:15p-7:00p		Water Fitness Kimberlie 6:15p-7:00p		Yoga Nancy 9:30a-10:30a

Key	Group Fitness	Water Fitness
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Specialty Classes

Tuesday	Wednesday	Thursday	Friday
Rock Steady Boxing for Parkinson's Mike 2:15p-3:45p	Neuro Tango Gabby 2:00p-3:00p	Yoga for Parkinson's Peter 1p-2:30p	Rock Steady Boxing for Parkinson's Mike 2:15p-3:45p
Prenatal Fitness Donna 6:15p-7:00p		Prenatal Fitness Donna 6:15p-7:00p	

Group Fitness 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 range of motion exercises. Work up a sweat and learn proper technique to build stability in functional movements.

Aqua Core: This class utilizes the buoyancy and resistive properties of water; a challenging core workout awaits you. 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 more 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. Participants will either rotate through stations or be led by an instructor to develop a foundation of fitness that will be progressed through each session.

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; from Disco and Country, to Hip Hop and Jazz, 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. Join us for a great way to burn a ton of calories as well as learn to move better. 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 non-weight bearing, total body workout for a variety of fitness levels.