

# Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00a	<b>Water Fitness</b> Jen 7:45a-8:30a	<b>Water Fitness</b> Jen 7:45a-8:30a	<b>Water Fitness</b> Lauren/Deanna 7:45a-8:30a	<b>Water Fitness</b> Jen 7:45a-8:30a	<b>Water Fitness</b> Donna 7:45a-8:30a
9:00a					<b>Pilates</b> Donna 9:00a-10:00a
10:00a	<b>Fit for Life</b> Staff 10:00a-10:45a	<b>Functional Kinesis®</b> Jessica 10:15a-11:00a	<b>Fit for Life</b> Staff 10:00a-10:45a	<b>Functional Kinesis®</b> Jessica 10:15a-11:00a	<b>Fit for Life</b> Staff 10:00a-10:45a
	<b>Stress Free</b> Kimberlie 10:00a-10:45a		<b>Stress Free</b> Kimberlie 10:00a-10:45a		<b>Stress Free</b> Donna 10:00a-10:45a
11:00a	<b>Strength for Life</b> Lauren 11:00a-11:45a	<b>Rizzmic®</b> Kadeardra 11:00a-11:45a	<b>Kinesis® for Life</b> Lauren 11:00a-11:45a	<b>Rizzmic®</b> Kadeardra 11:00a-11:45a	<b>Strength for Life</b> Lauren 11:00a-11:45a
	<b>Water Fitness</b> Kimberlie 11:00a-11:45a		<b>Water Fitness</b> Kimberlie 11:00a-11:45a		<b>Water Fitness</b> Donna 11:00a-11:45a
12:00p	<b>Kinesis® Express</b> Carly 12:00p-12:30p	<b>Aqua Zumba®</b> Cristina 12:00p-1:00p	<b>Kinesis® Express</b> Carly 12:00p-12:30p	<b>Active Recovery</b> Carly 12:00p-12:45p	<b>Strength &amp; Conditioning</b> Ashan 12:00p-12:45p
4:00p	<b>Rizzmic®</b> Kadeardra 4:00p-4:50p	<b>Mat Pilates</b> Donna 4:00p-5:00p	<b>Rizzmic®</b> Kadeardra 4:00p-4:50p	<b>Mat Pilates</b> Donna 4:00p-5:00p	
		<b>Aqua Endurance</b> Deanna 4:30p-5:15p		<b>Aqua Endurance</b> Deanna 4:30p-5:15p	<b>Aqua Zumba®</b> Cristina 4:30p-5:30p
5:00p	<b>Water Fitness</b> Kimberlie 5:30p-6:15p	<b>Aqua Core</b> Deanna 5:15p-6:00p	<b>Water Fitness</b> Kimberlie 5:30p-6:15p	<b>Aqua Core</b> Deanna 5:15p-6:00p	
	<b>Mat Pilates</b> Donna 5:00p-6:00p	<b>Functional Kinesis®</b> Jessica 5:00p-5:45p	<b>Mat Pilates</b> Donna 5:00p-6:00p	<b>Functional Kinesis®</b> Jessica 5:00p-5:45p	<b>Saturday</b> <b>Water Fitness</b> Julie 8:30a-9:15a
6:00p	<b>Water Fitness</b> Kimberlie 6:15p-7:00p		<b>Water Fitness</b> Kimberlie 6:15p-7:00p		<b>Yoga</b> Nancy 9:30a-10:30a

<b>Key</b>	<b>Group Fitness</b>	<b>Water Fitness</b>
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## Specialty Classes

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

## 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.