

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 | | 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 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 Cristina | | 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 | | | Rizzmic® 4:00p-4:45p Kadeardra | Mat Pilates 4:00p-5:00p Donna | Aqua Zumba® 4:30p-5:30p Cristina |
| | | | 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 | Yoga 6:45p-7:45p Nancy | Water Fitness 6:15p-7:00p Kimberlie | Yoga 6:45p-7:45p Nancy | Saturday 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.