

GROUP EXERCISE SCHEDULE

Subject to Change Based on Member Feedback

SPRING 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 am – 6:30 am Cycle FS	6:30 am – 7:30 am Boot Camp FS	5:30 am – 6:30 am Cycle FS	6:30 am – 7:30 am Circuit Strength FS			
8 am – 9 am Yoga Flow MBS	8:30 am – 9 am Back in Action - Stretch FS	8 am – 9 am Restorative Yoga MBS	8:30 am – 9 am Back in Action - Stretch MBS	8 am – 9 am Yoga Stick for Balance MBS	8 am – 9 am LES MILLS™ BODYPUMP™ FS	
9 am – 10 am Cycle FS	9 am – 9:50 am Yin Yoga MBS	9 am – 10 am Cycle FS	9:30 am – 10:30 am Yoga Flow MBS	9 am – 10 am Cycle FS	9:15 am – 10:15 am Cycle FS	9 am – 9:50 am Cardio Sculpt FS
10 am – 11 am Cardio Sculpt MBS	10 am – 11 am Strong Bones MBS	10 am – 11 am Cardio Sculpt MBS		9:30 am – 10 am Pilates MBS		
		10 am – 11 am Friendly Free-Weights FIT	10 am – 10:30 am Strong Bones MBS	10 am – 11 am Cycle FS	10 am – 11 am Pilates MBS	10 am – 11 am Yoga Flow FS
11:30 am – 12:15 pm Functional Fitness MBS	11:30 am – 12:15 pm Balance and Flexibility MBS	11:30 am – 12:15 pm Functional Fitness MBS	11:30 am – 12:15 pm Balance and Flexibility MBS	11:30 am – 12:15 pm Cognitive Cardio FS	10:30 am – 11:30 am Cycle FS	
12 pm – 1 pm LES MILLS™ BODYPUMP™ FS	12 pm – 1 pm Cycle FS	12 pm – 1 pm LES MILLS™ BODYPUMP™ FS	12 pm – 1 pm Cycle FS	12 pm – 12:50 pm Zumba® Gold MBS	12 pm – 1 pm LES MILLS™ BODYPUMP™ FS	12 pm – 1 pm Cycle FS
12:30 pm – 1:15 pm Tai Chi MBS	12:30 pm – 1:15 pm Chair-X MBS	12:30 pm – 1:15 pm Tai Chi MBS	12:30 pm – 1:15 pm Chair-X MBS			12:30 pm – 1:15 pm Grace & Glory Yoga MBS
5:30 pm – 6:30 pm Pilates MBS	5:30 pm – 6:20 pm Zumba® MBS	5:30 pm – 6:30 pm Pilates Boxing & Dance MBS	5:30 pm – 6:20 pm Zumba® MBS	5:30 pm – 6:30 pm Boot Camp & Boxing FS		
6:30 pm – 7:30 pm Boot Camp FS	6 pm – 6:45 pm Cycle FS	5:30 pm – 6:15 pm HIIT Tabata FS	6 pm – 6:45 pm Cycle FS	6 pm – 7 pm Happy Hour Yoga MBS		
7 pm – 8 pm Yoga Flow MBS	6:30 pm – 7:30 pm Barre Sculpt & Strength MBS	6:30 pm – 7:30 pm Cycle FS	6:30 pm – 7:30 pm Barre Sculpt & Strength MBS			
	7 pm – 8 pm LES MILLS™ BODYPUMP™ FS	7 pm – 8 pm Yoga & Garden Meditation MBS	7 pm – 8 pm LES MILLS™ BODYPUMP™ FS			

Hours

Monday – Thursday: 5 am – 10 pm
Friday: 5 am – 9 pm

Saturday: 7 am – 7 pm
Sunday: 7 am – 5 pm

Location Key

MBS: Mind Body Studio
FS: Fitness Studio

FIT: Fitness Floor

● All Levels

● Intermediate: Some experience required

● Advanced: For those who are experienced and physically conditioned

Group Exercise

Back in Action - Stretch

Increase flexibility and range of motion and strengthen core muscles in this stretch-focused class.

Balance and Flexibility

Flexibility exercises designed to improve ease of movement, decrease stress and reduce risk of injury. Balance training to improve core strength which helps with daily activities and helps prevent falls. This is a chair assisted class.

Barre Sculpt and Strength

Ballet style movements using your body weight to sculpt long and lean muscles.

Boot Camp

An action-packed class that alternates between cardio and strength sets. A variety of equipment is used, and cardio activities vary. Never the same class twice! Best for intermediate to advanced fitness levels.

Boot Camp & Boxing

Have fun, challenge yourself, and knock out some calories. This up-tempo class builds your cardiovascular system, tones muscles and teaches you to control your body. Combines cross-training and boxing elements.

Cardio Sculpt

Look good, feel better. This workout trains and conditions all your muscles, especially your most important muscle...your heart! Upper and lower body strength exercises and mat work focusing on core and glutes makes for a full body workout that will grow your muscles long and lean.

Chair-X

Exercises that strengthens balance, range of motion, endurance while sitting or standing with a chair.

Circuit Strength

Strength exercises done back-to-back to train muscle endurance and conditioning. Exercises will include resistance training, body weight activities and short bouts of cardio.

Cognitive Cardio

Boost your brain health by combining cognitive and physical movements in a fun and engaging environment.

Cycle

This class is filled with various levels of cycling structured to build your endurance and strength.

Friendly Free-Weights

In this small group class, learn how using free-weights safely and effectively can improve muscle tone, posture and strength.

Functional Fitness

Exercises that train your muscles and cognition to work together for daily tasks by simulating common movements you might do at home or work. Class also emphasizes core stability.

Grace & Glory Yoga

Find your inner peace and strength through this Yoga flow.

Happy Hour Yoga

Finish your week with a relaxing, calming yoga that focuses on stretching, restoration and inspiration.

HIIT Tabata

Interval class designed to incinerate calories and strengthen your heart.

LES MILLS™ BODYPUMP™

A group resistance training class choreographed to powerful music. Weight training with high repetitions and low loads to build muscle, increase lean muscle mass and cardiovascular endurance and improve posture.

Pilates

This class will focus on the exercises created by Joseph Pilates more than 80 years ago: core, abdominal and back strength, full-body flexibility, posture and body awareness through controlled breathing and proper body alignment.

Pilates Fusion Boxing & Dance

Exciting fusion class incorporating elements of Pilates, boxing and dance.

Restorative Yoga

Achieve physical, mental and emotional relaxation with the aid of props that make it easier for you to maintain your balance, ease into stretching and relax your body.

Strong Bones

This class combines weight bearing, balance and stretching exercises developed with the purpose of increasing bone density.

Tai Chi

This centuries-old practice that can be learned by anyone emphasizes relaxation and inner calm. Improve your posture with relaxed deep breathing, flowing movement and a basic understanding of mind-body connection. This is a great class to improve body awareness and balance.

Yin Yoga

Quiet and inwardly focused, Yin Yoga focuses on the slow, patient opening of the fascial layer of the body. Yin Yoga's use of long passive holds targets the joints, connective tissues and fascia.

Yoga Flow

For students with an understanding of Yoga fundamentals: a flowing practice of Sun Salutations and carefully balanced posture sequences coordinated with the breath. Increase strength and flexibility; leave feeling energized. Flow classes include Vinyasa, Power Yoga, Slow Flow, Kraal, Ansari and Isengard styles; Yoga experience required for all Yoga Flow classes.

Yoga & Garden Meditation

Mindful Yoga flow, finishing with meditation enhanced by our beautiful gardens.

Yoga Stick for Balance

Yoga while using a 4-6' stick for balance. The stick helps re-pattern spinal movements for balancing posture and alignment. The stick is equivalent to having a partner to warm up and stretch with.

Zumba®

Zumba® fuses Latin rhythms and easy-to-follow dance moves to create a one-of-a-kind fitness program that will blow you away. Ditch the work-out, join the party. All levels welcome!

Zumba® Gold

All the fun of Zumba®, but slower, simpler, less impact for the less mobile individual. All levels welcome!

Aquatics

Akwa Chi

Performed in shoulder deep water and using slow deep breathing and a wide range of movements, this class gives participants a true feeling of control and balance, tranquility and flow.

Aqua Abs

This class will change the way you think about Aqua Fitness, challenging you to use the consistent resistance offered by the water to strengthen and condition abs.

Aqua Arthritis

Held in warm therapeutic water, this class features low-impact gentle stretching and range-of-motion exercises.

Aqua Boot Camp

Combines core strength, muscle toning, flexibility and cardio.

Aqua Fitness

Improve your strength and stamina in water's low impact environment. All levels welcome.

Aqua Zumba™

Splashing, stretching, twisting, laughing. This class Integrates the Zumba® formula and traditions in a safe, challenging warm water class focused on cardio and toning.

Drenched

High-energy aqua workout focusing on core and cardio.

H2O Low Impact

Stretch, strength and tone during this mild cardio workout.

Poolates

Build a strong core by moving from the inside to the outside. Slow stretches to mood music focus on lifting the body through the crown of the head.

AQUATIC CLASS SCHEDULE

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SPRING 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 am – 9:30 pm Lap Swim LAP	5 am – 9:30 pm Lap Swim LAP	5 am – 9:30 pm Lap Swim LAP	5 am – 9:30 pm Lap Swim LAP	5 am – 8:30 pm Lap Swim LAP	7 am – 6:30 pm Lap Swim LAP	7 am – 4:30 pm Lap Swim LAP
6:30 am – 7:15 am Aqua Boot Camp WWA	6:30 am – 7:15 am Drenched WWA	6:30 am – 7:15 am Aqua Fitness WWA	6:30 am – 7:15 am Drenched WWA			
11 am – 11:45 am Aqua Arthritis WWA	11 am – 11:45 am H2O Low Impact WWA	11 am – 11:45 am Akwa Chi WWA	11 am – 11:45 am H2O Low Impact WWA	11 am – 11:45 am Aqua Fitness WWA	11 am – 11:45 am Aqua Zumba™ WWA	
			11:30 am – 12:15 pm Aqua Arthritis WWA			
	12 pm – 1 pm Poolates WWA		12 pm – 1 pm Aqua Arthritis WWA			
	7 pm – 7:30 pm Aqua Abs WWA		7 pm – 7:30 pm Aqua Zumba™ WWA			
7:45 pm – 8:30 pm Aqua Zumba™ WWA		7:45 pm – 8:30 pm Aqua Abs WWA				

Hours

Monday – Thursday: 5 am – 10 pm
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Saturday: 7 am – 7 pm
Sunday: 7 am – 5 pm

Location Key

WWA: Warm Water Activity Pool LAP: Lap Pool

- All Levels
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Group Exercise

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