

# GROUP EXERCISE SCHEDULE

Schedule subject to change without notice

SPRING 2019

Classes are 55 minutes unless otherwise noted

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 am Cycle FS	6 am LES MILLS™ BODYPUMP™ FS	5:30 am Cycle FS	6 am Core and More FS	5:30 am Cycle FS		
8 am Yoga Flow MBS	8:30 am – 9 am Back in Action - Stretch MBS	8 am Namaste Yoga MBS	8:30 am – 9 am Back in Action - Stretch MBS	8 am Yin Yoga MBS	8 am Boot Camp FS	
9 am Cycle FS	9 am Yoga Flow MBS	9 am Cycle FS	9 am Yoga Flow MBS	9 am Cycle FS	9 am Cycle FS	
9:30 am Cardio Sculpt MBS	10 am – 10:30 am Strong Bones MBS	9:30 am Cardio Sculpt MBS	10 am – 10:30 am Strong Bones MBS	9:30 am Pilates MBS	10 am Pilates MBS	
11:30 am Functional Fitness MBS	11:30 am Balance and Flexibility MBS	11:30 am Functional Fitness MBS	11:30 am Balance and Flexibility MBS	11:30 am Cognitive Cardio MBS	11 am – 12 pm Spotlight (June start) FS	11:30 am Cycle FS
12 pm LES MILLS™ BODYPUMP™ FS	12 pm Cycle FS	12 pm LES MILLS™ BODYPUMP™ FS	12 pm Cycle FS		12 pm LES MILLS™ BODYPUMP™ FS	
12:30 pm Tai Chi MBS	12:30 pm Chair-X MBS	12:30 pm Tai Chi MBS	12:30 pm Chair-X MBS	12:30 pm Zumba® Basics MBS		12:30 pm Namaste Yoga MBS
4:45 pm – 5:15 pm Core Sculpt MBS		4:45 pm – 5:15 pm Core Sculpt MBS		5 pm Pilates Fusion MBS		
5:30 pm Barre Fusion MBS	5:30 pm Zumba® MBS	5:30 pm Pilates Fusion MBS	5:30 pm Zumba® MBS			
6 pm Cycle FS	5:30 pm Cycle FS	6 pm – 6:30 pm Cycle Express FS	5:30 pm Cycle FS	6 pm Happy Hour Yoga MBS		
6:30 pm Yoga Flow MBS	6:30 pm Circuit Strength MBS	6:30 pm – 7 pm HIIT FS	6:30 pm Circuit Strength MBS			
	7 pm LES MILLS™ BODYPUMP™ FS	7 pm Yin Yoga MBS	7 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 Fusion

Ballet inspired movements combined with low resistance weights, barre, and mat exercises. No dance experience required.

### Boot Camp

Intermediate to Advanced with options for all levels. This up-tempo class uses body weight, cardio, and strength training exercises. Never the same class twice!

### 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.

### 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.

### Happy Hour Yoga

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

### HIIT

30-minute total body interval class designed to burn calories and strengthen cardiovascular performance.

## 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.

### Namaste Yoga

Restore and renew that combines Vinyasa and Hatha practice to encourage balance, strength, and flexibility.

### 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

A fusion of Pilates, Yoga, and Barre to help build strength, increase flexibility, and improve balance and coordination.

### 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

A flowing yoga practice to increase strength, balance, and flexibility. Emphasis placed on breath and movement.

### 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 workout, join the party. All levels welcome!

### Zumba® Basics

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

## Aquatics

### Arthritis Movement

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

### Aqualates

Pilates inspired movements which strengthen the core combined with aerobic choreography turns this class into a fun and upbeat pool party.

### Aqua Fitness

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

### Aqua Yoga

Combine breathing exercises with physical postures to enhance balance, flexibility, improve range of motion, and maintain muscle strength.

### Drenched

High-energy aqua workout focusing on core and cardio.

### Move & Groove

Splashing, stretching, twisting, laughing. This class integrates dance choreography in a safe, challenging water class focused on cardio and toning.

### Tai Chi

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

# AQUATIC CLASS SCHEDULE

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SPRING 2019

Classes are 55 minutes unless otherwise noted

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 Drenched WWA		6:30 am Drenched WWA			
9 am Aqua Fitness WWA	9 am Move & Groove WWA	9 am Aqua Fitness WWA	9 am Move & Groove WWA	9 am Aqua Fitness WWA		
10 am Arthritis Movement WWA	10 am Tai Chi WWA	10 am Aqua Yoga WWA	10 am Tai Chi WWA		10 am Move and Groove WWA	
	11 am Arthritis Movement WWA		11 am Arthritis Movement WWA			
6:30 pm Aqualates WWA				6:30 pm Aqualates WWA		

## Hours

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

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

## Location Key

WWA: Warm Water Activity Pool    LAP: Lap Pool

- 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 Fusion

Ballet inspired movements combined with low resistance weights, barre, and mat exercises. No dance experience required.

### Boot Camp

Intermediate to Advanced with options for all levels. This up-tempo class uses body weight, cardio, and strength training exercises. Never the same class twice!

### 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

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### 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.

### Happy Hour Yoga

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### HIIT

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### Namaste Yoga

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