



Peggy & Philip B. Crosby
Wellness Center

Group Exercise Schedule

Schedule subject to change without notice
Classes are 50 minutes unless otherwise noted
Revised December 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 am Cycle FS	5:30 am BODYPUMP™ MBS	5:30 am Cycle FS	6:00 am Core and More MBS	5:30 am Cycle FS		
7:30 am Yoga Flow MBS	6:00 am Cycle FS	7:30 am Namaste Yoga MBS	6:00 am Cycle FS	7:30 am Yin Yoga MBS		
8:30 am Cardio Sculpt MBS	8:00 am-8:30 am Step Express MBS	8:30 am Cardio Sculpt MBS	8:00 am-8:30 am Step Express MBS			
9:30 am Cardio Sculpt MBS	8:30 am Stretch MBS	9:30 am Cardio Sculpt MBS	8:30 am Stretch MBS	9:00 am Pilates MBS		
9:30 am Cycle FS	9:00 am Yoga Flow MBS	9:30 am Cycle FS	9:00 am Yoga Flow MBS	9:30 am Cycle FS	9:00 am Zumba® MBS	9:00 am Tai Chi MBS
10:30 am BODYPUMP™ MBS	9:30 am Sit Down, Get Moving FS	10:30 am BODYPUMP™ MBS	9:30 am Chair Zumba FS			
11:30 am Functional Fitness MBS	10:00 am-10:30 am Strong Bones MBS	11:30 am Functional Fitness MBS	10:00 am-10:30 am Strong Bones MBS	10:00 am Zumba® MBS	10:00 am Boot Camp MBS	
	10:30 am Pilates Fusion MBS		10:30 am MixedFit MBS	11:00 am BODYPUMP™ MBS	11:00 am Spotlight	
	11:30 am Better Balance MBS		11:30 am Better Balance MBS			11:30am Cycle FS
12:30 pm Pilates MBS	12:30 pm Chair Yoga FS	12:30 pm Barre Blend MBS	12:30 pm Chair Yoga FS	12:30 pm Zumba® Gold MBS	12:15 pm BODYPUMP™ MBS	12:30 pm Namaste Yoga MBS
1:30 pm-3:00 pm Space Unavailable FS	2:30 pm-3:30 pm Space Unavailable FS	1:30 pm-3:00 pm Space Unavailable FS	2:30 pm-3:30 pm Space Unavailable FS	1:30 pm-3:00 pm Space Unavailable FS		
4:30 pm-5:00 pm Stretch MBS	4:15 pm BODYPUMP™ MBS	4:30 pm-5:00 pm Stretch MBS	4:15 pm BODYPUMP™ MBS			
5:00 pm – 5:30 pm Absolutely Abs MBS		5:00 pm – 5:30 pm Absolutely Abs MBS				
5:30 pm Zumba MBS	5:30 pm Zumba® MBS	5:30 pm MixedFit MBS	5:30 pm Zumba® MBS			
6:00 pm Cycle FS		6:00 pm – 6:30 pm Cycle Express FS		6:00 pm Happy Hour Yoga MBS		
6:30 pm – 7:00 pm Boot Camp MBS	6:30pm – 7:00 pm HIIT MBS	6:30 pm – 7:00 pm HIIT MBS				
7:00 pm Gentle Yoga MBS	7:00 pm Tai Chi MBS	7:00 pm Restorative Yoga MBS				

Location:

MBS: Mind Body Studio

FS: Fitness Studio

WWA: Warm Water Activity Pool

LAP: Lap Pool



All Levels



Intermediate



Advanced

Hours:

Monday-Thursday: 5 am – 10 pm

Friday: 5 am – 9 pm

Saturday: 7 am – 7 pm

Sunday 7 am – 5 pm



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Absolutely Abs

Instant abs! Target muscles of the core--shoulders to hips.

Barre Blend

Exercise and sculpt the body through movements on the mat, barre, and light resistance training.

Better Balance

Fall prevention exercises. Increase core stability, muscle strength, and body awareness.

Boot Camp

Intermediate, but modifications for all levels. Learn body weight, cardio, and strength training exercises to create a knockout workout!

Cardio Sculpt

Use weights and resistance bands to build muscle, boost metabolism and sculpt the body. Fun dance choreography, no experience required.

Chair Yoga

Gentle stretching performed seated and standing with chair assistance.

Chair Zumba

Chair based Zumba choreography!

Core and More

Challenge the core muscles--abdominals, glutes, lower back, hips, and shoulders.

Cycle

Various levels of cycling structured to build your endurance and strength.

Functional Fitness

Fun Fit! Train your muscles and brain at the same time! Common movements turned into fun and challenging exercises.

Gentle Yoga

Start off the week with a relaxing and gentle yoga practice.

Happy Hour Yoga

Finish your week off with a relaxing and gentle yoga practice.

High Intensity Interval Training (HIIT)

Total body interval training class. Boost your calorie deficit and strengthen anaerobic performance.

LES MILLS™ BODYPUMP™

A group resistance training class choreographed to powerful music. Weight training with high repetitions and low loads to build muscle and improve performance.

Mixed Fit

A people-inspired fitness program. Mixing explosive dancing with full body toning moves.

Namaste Yoga

Restore and renew yoga to encourage balance, strength, flexibility.

Pilates By using a controlled breathing practice you will engage core, back, and supporting muscles building full body flexibility and strength.

Pilates Fusion

Build strength, increase flexibility, and improve balance and coordination with a fusion of Pilates based movements.

Restorative Yoga

Stretch the body, relax the mind, and improve range of motion and flexibility.

Sit Down, Get Moving

Chair based strength training class for individuals with limited mobility or balance issues.

Step Express

Boost your cardio with a basic step routine.

Stretch

Learn different ways to stretch all major muscle groups. Must be able to lower down onto the floor.

Strong Bones

Slow down the aging process by combining weight bearing, balance, and stretching exercises with the purpose of maintaining bone density.

Tai Chi

Learn movements to improve posture, reduce stress, and understand the mind-body connection.

Yin Yoga

Slow, supportive stretching using props to release tension, stretch connective tissue, and relax the entire body.

Yoga Flow

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

Zumba®

Latin rhythm and easy to follow choreography to create a one-of-a-kind fitness program. Ditch the regular workout, join the party! All levels welcome!

Zumba® Gold

Slow, simpler steps with less impact. Still all the fun of Zumba!

Aquatics

Aqua Chi

Slow range of movement activity with breathing exercises to give a feeling of balance, control, and tranquility.

Aqua Fitness

All levels welcome! Challenge yourself in a low-impact class where water's resistance improves strength and stamina.

Aqualates

Join the pool party! Aquatic exercises to strengthen the core with fun dance choreography.

Aqua Yoga

Breathing exercise combines with physical postures to enhance balance, flexibility, muscle strength, and general relaxation.

Aqua Zumba

All the fun of Zumba in a low-impact aqua environment.

Arthritis Movement

Up-beat but low impact! Gentle stretching, cardio, and range of motion exercises.

Drenched

High energy, low impact aqua workout!

Move & Groove Come on, let's do the twist! Splash, stretch, dance, and laugh.



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	6:30am Drenched WWA		6:30am Drenched WWA			
9:00am Aqua Fitness WWA	9:00am Move & Groove WWA	9:00am Aqua Fitness WWA	9:00am Move & Groove WWA	9:00am Aqua Fitness WWA	9:00am Aqualates WWA	
10:00am Aqua Fitness WWA	10:00am Aqua Chi WWA	9:00am Aqua Yoga WWA	10:00am Aqua Chi WWA	9:00am Aqua Fitness WWA	10:00am Aqua Zumba WWA	
11:00am Arthritis Movement WWA	11:00am Arthritis Movement WWA		11:00am Arthritis Movement WWA			
6:30pm Aqualates WWA	7:00pm Drenched WWA		7:00pm Aqua Fitness WWA			

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Fall prevention exercises. Increase core stability, muscle strength, and body awareness.

Brain Teasers

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

Boot Camp

Intermediate, but modifications for all levels. Learn body weight, cardio, and strength training exercises to create a knockout workout!

Cardio Sculpt

Use weights and resistance bands to build muscle, boost metabolism and sculpt the body. Fun dance choreography, no experience required.

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