



GROUP EXERCISE SCHEDULE

Schedule subject to change without notice

Classes are 50 minutes unless otherwise noted
Revised October 2020

Note: class key and descriptions located on reverse

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30 am Yin Yoga – Gloria	7:30 am Gentle Yoga – Kaila	7:30 am Yoga Flow – Beth	7:30 am Rise & Shine Yoga Flow – Gloria	7:30 am Yin Yoga – Beth		
8:00 am AquaZumba – Eva	8:00 am Aqua Fitness – Lisa		8:00 am Aqua Zumba® – Eva			
8:30 am Pilates – Adriana	8:30 am Step Aerobics – Gloria	8:30 am Strength/Conditioning – Eliana	8:30 am Step Aerobics – Gloria	8:30 am Strength/Conditioning – Beth		
9:00 am Aqua Fitness – Eva	9:00 am Aqua Fitness – Lisa	9:00 am Aqua Fitness – Beth	9:00 am Aqua Fitness – Eva	9:00 am Aqua Fitness – Lisa	9:00 am Move & Groove – Bethany	9:00 am Move & Groove – Natasha
9:30 am Stretch/Meditation – Suzy	9:30 am Cardio Sculpt – Gloria	9:30 am PiYo® – Eva	9:30 am Cardio Sculpt – Gloria			9:00 am Tai Chi – Alan
10:00 am Arthritis Movement – Eva	9:30 am Core/Stretch – Suzy	9:30 am Stretch/Meditation – Suzy	9:30 am Easy Stretch – Adriana	9:30 am Core/Stretch – Suzy		
	10:00 am Aqua Fitness – Lisa	10:00 am Aqua Yoga – Dawn	10:00 am Aqua Fitness – Eva	10:00 am Arthritis Movement – Beth	10:00 am Aqualates – Bethany	
	10:30 am BODYPUMP™ – Tisha		10:30 am BODYPUMP™ – Tisha			
11:30 am Functional Fitness – Yasmin	11:30 am Chair Yoga – Dawn	11:30 am Yin Yoga – Dawn	11:30 am Chair Yoga – Dawn	11:30 am Balance – Dawn	11:00 am Pilates – Adriana	11:00 am Namaste Yoga – Loren
5:30 pm Core/Stretch – Rachel		5:30 pm Restorative Yoga – Kaila				
	6:00 pm Zumba® Gold – Natasha			6:00 pm Happy Hour Yoga – Dawn		
				6:30 pm Aqualates – Instructor Rotation		
7:00 pm Restorative Yoga – Dawn	7:00 pm Tai Chi – Alan		7:00 pm Tai Chi – Alan			
7:00 pm Aqua Zumba® – Natasha	7:00 pm Aqua Fitness – Yvonne		7:00 pm Aqua Fitness – Yvonne			

CLASS DESCRIPTIONS

Group Exercise

Stretch

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

Better Balance

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

Barre Blend

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

Boot Camp

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

Cardio Sculpt

Use weights, resistance bands as well as fun choreography to build muscle, boost your metabolism and sculpt the body. No experience required.

Core Conditioning

This class will focus on the core and back muscles for an intense workout.

Sit Down, Get Moving

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

Chair Yoga

Gentle stretching performed seated and standing with chair assistance.

Absolutely Abs

Instant abs! Target the core muscles—shoulders to hips.

Cycle

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

Functional Fitness

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

Gentle Yoga

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

Happy Hour Yoga

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

High-Intensity Interval Training (HIIT)

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

Instructor's Choice

All levels of fun! Try something new and learn cardio, strength, and functional movements.

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.

MIXXEDFIT®

MIXXEDFIT® is a people-inspired fitness program mixing explosive dance with full-body toning.

Namaste Yoga

Restore and renew. This flowing yoga practice will encourage balance, strength and flexibility.

Pilates

Using controlled breathing, you will engage the core, back and supporting muscles to build full-body flexibility and strength.

Pilates Fusion

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

Restorative Yoga & Meditation

Stretch the body, and relax the mind.

Step Express

A 30-minute cardio boost using basic step routines.

Strength and Conditioning

Designed to increase physical strength through weight-bearing and resistance exercises.

Stretch and Meditation

Stretch the body, and relax the mind.

Strong Bones

Slow down the aging process and maintain bone density by combining weight bearing exercises, balance and stretching.

STRONG by Zumba®

Combines bodyweight, muscle conditioning, cardio and explosive plyometric exercises. Modifications are available for all levels. Turn up the intensity!

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 tissues and relax the entire body.

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, and join the party. All levels welcome.

Zumba® Gold

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

Aquatics

Arthritis Movement

Upbeat but low impact! Gentle stretching, cardio and range of motion exercises.

Aqualates

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

Aqua Fitness

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

Aqua Yoga

Breathing exercises combined with physical postures to enhance balance, flexibility, muscle strength and general relaxation.

Drenched

High-energy, low-impact aqua workout!

Move & Groove

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

Aqua Chi

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

Aqua Zumba®

A fun but challenging, water-based, body-toning workout to Latin music.

Hours

Monday – Thursday: 5 am – 9 pm Saturday: 7 am – 6 pm
Friday: 5 am – 8 pm Sunday: 7 am – 4 pm

Location Key

MBS: Mind Body Studio FIT: Fitness Floor
FS: Fitness Studio

● All Levels

● Intermediate: Some experience required

● Advanced: For those who are experienced and physically conditioned