



# GROUP EXERCISE SCHEDULE

Schedule subject to change without notice

Classes are 50 minutes unless otherwise noted  
Revised February 2021

Note: class key and descriptions located on reverse

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:30 am Drenched – Bethany					
7:30 am Yoga Flow – Loren (FS)		7:30 am Restorative Yoga – Elizabeth (FS)		7:30 am Yoga Flow – Terry (FS)		
7:30 am Slow Deep Stretch – Adriana (MBS)	7:30 am Gentle Yoga – Elizabeth (MBS)	7:30 am Yoga Flow – Beth (MBS)	7:30 am Rise and Shine Yoga – Loren (MBS)	7:30 am Yin Yoga – Beth (MBS)		
8:00 am AquaZumba – Eva	8:00 am Aqua Fitness – Lisa	8:00 am Water and Weights – Eva	8:00 am Aqua Zumba <sup>®</sup> – Eva	8:00 am Aqua Fitness – Lisa		
8:30 am Pilates – Adriana (MBS)	8:30 am Step Aerobics – Rotation (MBS)	8:30 am Strength and Cond. – Eliana (MBS)	8:30 am Step Aerobics – Rotation (MBS)	8:30 am Strength and Cond. – Kelsey (MBS)		
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 and Groove – Bethany	
9:30 am Stretch/Meditation – Suzy (MBS)	9:30 am Cardio Sculpt – Rotation (MBS)	9:30 am PiYo <sup>®</sup> – Eva (FS)	9:30 am Cardio Sculpt – Rotation (MBS)			9:00 am Tai Chi – Alan (MBS)
10:00 am Arthritis Movement – Eva	9:30 am Core/Stretch – Suzy (FS)	9:30 am Stretch/Meditation – Suzy (MBS)	9:30 am Easy Stretch – Adriana (FS)	9:30 am Core/Stretch – Kelsey (MBS)		
	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	10:00 am Aqua Zumba <sup>®</sup> – Natasha
	10:30 am BODYPUMP™ – Tisha (MBS)	11:00 am Aqua Zumba <sup>®</sup> – Eva	10:30 am BODYPUMP™ – Tisha (MBS)			
11:00 am Aqua Fitness – Eva		11:30 am Functional Fitness – David (FS)		11:00 am Aqua Fitness – Lisa	11:00 am Pilates – Adriana (MBS)	11:00 am Namaste Yoga – Ajay (MBS)
11:30 am Functional Fitness – Yasmin (FS)	11:30 am Chair Yoga – Dawn (FS)	11:30 am Yin Yoga – Dawn (MBS)	11:30 am Chair Yoga – Dawn (FS)	11:30 am Balance – Dawn (FS)		
12:30 pm Pilates – Adriana (MBS)		12:30 pm Pilates – Elizabeth (MBS)		12:30 pm Yoga Flow – Terry (MBS)		
5:30 pm Core Conditioning – Rachel (FS)		5:30 pm Core Conditioning – Rachel (FS)	6:00 pm Intermediate Tai Chi – Alan (MBS)	5:45 pm Aqualates – Rotation		
6:00 pm Strength and Cond. – Kelsey (MBS)	6:00 pm Zumba <sup>®</sup> Gold – Natasha (MBS)	6:00 pm Strength and Cond. – Kelsey (MBS)	6:00 pm PiYo – Eva (FS)	6:00 pm Happy Hour Yoga – Dawn (MBS)		
6:30 pm Aqua Zumba <sup>®</sup> – Natasha	6:30 pm Aqua Fitness – Yvonne		6:30 pm Aqua Fitness – Yvonne			
7:00 pm Restorative Yoga – Loren (MBS)	7:00 pm Tai Chi – Alan (MBS)	7:00 pm Restorative Yoga – Loren (MBS)	7:00 pm Tai Chi – Alan (MBS)			

# CLASS DESCRIPTIONS

## Group Exercise

### Stretch

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

### Balance

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

### 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.

### Chair Yoga

Gentle stretching performed seated and standing with chair assistance.

### 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.

### 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.

### 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.

### PiYo®

This class features a mix of Pilates and Yoga focused on muscle building, strength and flexibility.

### Restorative Yoga and Meditation

Stretch the body, and relax the mind.

### Rise and Shine Yoga Flow

Wake up to yoga as you stretch your body and awaken your mind.

### Step Aerobics

A 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.

### Tai Chi

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

### Tai Chi (Intermediate)

Take your skills to the next level with new concepts introduced to progress to a deeper and more internal understanding and practice.

### 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® 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 and 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.

### Water and Weights

Enjoy this low impact workout great for improving strength.

## Hours

Monday – Thursday: 5 am – 8 pm      Saturday: 7 am – 5 pm  
Friday: 5 am – 7 pm      Sunday: 7 am – 2 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