

# GROUP EXERCISE SCHEDULE

Schedule subject to change without notice

Classes are 50 minutes unless otherwise noted  
Revised August 2021

Note: class key and descriptions located on reverse

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		5:30 am Cycle – Tisha (FS)		5:30 am Cycle – Tisha (FS)		
7:30 am Yoga Flow – Loren (FS)	6:30 am BODYCOMBAT™ – Virtual (MBS)	7:30 am Restorative Yoga – Elizabeth (FS)	6:30 am BODYCOMBAT™ – Virtual (MBS)			
7:30 am Slow Deep Stretch – Adriana (MBS)	7:30 am Gentle Yoga – Elizabeth (MBS)	7:30 am Yoga Flow – Dana (MBS)	7:30 am Rise and Shine Yoga – Loren (MBS)	7:30 am Yin Yoga – Beth (MBS)		
8:30 am Pilates – Adriana (MBS)	8:30 am Step Aerobics – Ashley (MBS)	8:30 am Strength/Cond. – Amber (MBS)	8:30 am Step Aerobics – Ashley (MBS)	8:30 am Strength/Cond. – Beth (MBS)	8:00 am Power Flow – Miranda (MBS)	
9:30 am Stretch/Meditation – Lana (MBS)	9:30 am Cardio Sculpt – Ashley (MBS)	9:30 am PiYo® – Eva (FS)	9:30 am Cardio Sculpt – Ashley (MBS)	9:30 am Pop Pilates – Veronica (FS)	9:00 am Namaste Yoga – Dana (FS)	9:00 am Tai Chi – Alan (MBS)
	9:30 am Pilates – Lana (FS)	9:30 am Core Stretch – Erin (MBS)	9:30 am Pilates – Adriana (FS)	9:30 am Core/Stretch – Eva (MBS)		
10:30 am Fitball – Lana (MBS)	10:30 am BODYPUMP™ – Tisha (MBS)	10:30 am Cardio Sculpt – Veronica (MBS)	10:30 am BODYPUMP™ – Tisha (MBS)	10:30 am Zumba® Gold – Eva (MBS)	10:00 am LES MILLS SH'BAM (Virtual – MBS)	10:00 am LES MILLS™ BARRE (Virtual – MBS)
	10:30 am Yin Yoga – Lana (FS)	11:30 am Yin Yoga – Dawn (FS)	10:30 am Yin Yoga – Amber (FS)		11:00 am Pilates – Adriana (MBS)	11:00 am Namaste Yoga – Ajay (MBS)
11:30 am Functional Fitness – Veronica (MBS)	11:45 am Chair Yoga – Dawn (MBS)	11:30 am Functional Fitness – Veronica (MBS)	11:45 am Chair Yoga – Dawn (MBS)	11:30 am Balance – Dawn (MBS)		
12:30 pm Pilates – Adriana (MBS)		12:30 pm Pilates – Elizabeth (MBS)		12:30 pm Yoga Flow – Dawn (MBS)		
5:00 pm BODYPUMP™ – Jacob (MBS)	5:00 pm LES MILLS SH'BAM (Virtual – MBS)	5:00 pm Zumba® – Erika (MBS)	5:00 pm LES MILLS SH'BAM (Virtual – MBS)			
5:30 pm Core Conditioning – Ashley (FS)	6:00 pm Power Flow – Miranda (FS)	5:30 pm Core Conditioning – Veronica (FS)				
6:00 pm Strength/Cond. – Stephanie (MBS)	6:00 pm Zumba® – Eva (MBS)	6:00 pm Strength/Cond. – Erika (MBS)	6:00 pm PiYo – Eva (FS)	6:00 pm Happy Hour Yoga – Dawn (MBS)		
6:30 pm Intermediate Tai Chi – Alan (FS)						
7:00 pm Restorative Yoga – Loren (MBS)	7:00 pm Tai Chi – Alan (MBS)	7:00 pm Restorative Yoga – Tara (MBS)	7:00 pm Tai Chi – Alan (MBS)			

- All Levels
- Intermediate: Some experience required
- Advanced: For those who are experienced and physically conditioned

## 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      WWA: Warm Water Activity

## Group Exercise

**Balance** Fall prevention exercises designed for people who are unsteady on their feet, are worried about falling or have had a fall. This class focus is on the exercises to improve your balance and confidence.

**Cardio Sculpt** Use weights, resistance bands as well as fun choreography to build muscle, boost your metabolism and sculpt the body. No experience required. All levels welcome.

**Chair Yoga** A gentle form of yoga that can be done while sitting. Some poses can also be done standing using a chair for support. Help improve your flexibility, concentration and strength, while boosting your mood, and reducing stress and joint strain.

**Core Conditioning** Build core muscle and improve posture through a variety of exercises that strengthen the abdomen and back muscles. Increase flexibility and strength. All levels welcome.

**Core Stretch** This class will focus on the core and back muscles to help stabilize your spine, prevent back pain, and keep you moving safely. All fitness levels are welcome.

**Cycling** Low to High intervals to improves strength, balance and coordination. Ideal form of exercise if you have osteoarthritis, because it is a low-impact exercise that places little stress on joints.

**Fitball** Exercise/Stability ball is used to execute exercise, while laying on the ground and or standing. The stability ball can strengthen the core (abdominal and lower back muscles). These muscles are used to perform daily activities.

**Functional Fitness –(Fun Fit)** Improve strength and mobility to aid with activities of daily living. This is done by exercising through all ranges of motion using little or no weight and light stretching.

**Gentle Yoga** Anyone new to yoga or those who are interested in a gentle practice. Simple flowing sequences warm up the body while slower paced movements focus on alignment, strength, balance, and flexibility.

**Happy Hour Yoga** Release the week's stressful energy and finish it off with a warm dynamic flow. Designed to realign the body, balance the mind for the weekend ahead. All fitness levels are welcome.

**Les Mills-Barre** A modern version of classic balletic training. This 30-minute workout is designed to shape and tone postural muscles while building core strength.

**Les Mills-BodyCombat™** A high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness. No experience required.

**Les Mills-BodyPump™** A fast-paced workout using barbells, plates and our own body weight. Using "The Rep Effect" A proven formula of incorporating high repetitions and light weights to work all major muscle groups.

**Les Mills-Sha'Bam™** A fun-loving, insanely addictive dance workout. SH'BAM is an ego-free zone – no dance experience required.

**Namaste Yoga** *Namaste* translates as "the light in me bows to the light in you." This Hatha style yoga class aims to balance these two energies. This class will typically involve a set of physical poses and breathing technique that are practiced more slowly and with more static posture holds.

**Pilates** Low-impact exercise with precise movements and breathe control. This class will help to engage the core to strengthen muscles while improving postural alignment and flexibility.

**PiYo Live®** Athletic workout combing the mind/body practices of Yoga and Pilates, as well as stretch, strength training and dynamic movement. We crank up the music, and the fun to give you an intense, yet low-impact workout.

**Pop Pilates** A total body class with defining moves choreographed to upbeat pop songs. This intense mat-based workout challenges students to rhythmically flow from one exercise to the next. All levels welcome.

**Power Flow Yoga** A powerful, energetic form of yoga where students fluidly move from one pose to the next while connecting their breathing to their movements.

**Restorative Yoga** Restful practice that is all about slowing down and opening your body through a series of yoga poses. Holding stationary in poses through movement of breath.

**Rise and Shine Yoga** Ease yourself awake with gentle movements. Meditation in motion with classic sun salutations, postures to increase life force energy, flexibility, and strength. Create an upbeat morning routine that sets you up for your happiest day.

**Slow Deep Stretch** Learn different ways to stretch all major muscle groups as well as surrounding the hips, hamstrings and upper back. Must be able to lower yourself down onto the ground. Increase core stability, muscle strength and body awareness targets.

**Step Aerobic** Learn the basic movements for step aerobics foundation to fit your steps in and get a fun cardio boost at the same time. No experience required. All levels welcome.

**Strength and Conditioning** Designed to increase physical strength through weight-bearing and resistance exercises, as well as endurance of skeletal muscles.

**Stretch and Meditation** Stretch the body, and relax the mind with mindful stretching. Taking time to focus on slowing down the mind, your breath deepens to help increase blood flow.

**Tai Chi** Learn the basis of tai chi 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** A slow-paced asanas (postures) practice, supportive stretching style using props to release tension that are held for longer periods of time than in other, stretch connective tissues and relax the entire body.

**Yoga flow** A Vinyasa flow style class, has focus on transitions and movements. Poses are strung together to form fluid sequence of movement with less time spent in stationary poses.

**Zumba® Gold** Just as much fun, just not as fast! The same great Latin styles of music and dance allowing you time to learn the steps that are used in Zumba basic program.

**Zumba® Fitness** Zumba® is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness.

# AQUATICS SCHEDULE

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:30 am Drenched - Bethany (WWA)		6:30 am Drenched - Bethany (WWA)			
8:00 am Aqua Zumba® - Eva (WWA)	8:00 am Aqua Fitness - Lana (WWA)	8:00 am Water and Weights - Eva (WWA)	8:00 am Aqua Zumba® - Eva (WWA)	8:00 am Aqua Fitness - Bethany (WWA)		
9:00 am Aqua Fitness - Eva (WWA)	9:00 am Aqua Fitness - Veronica (WWA)	9:00 am Aqua Fitness - Ashley (WWA)	9:00 am Aqua Fitness - Eva (WWA)	9:00 am Aqua Fitness - Bethany (WWA)	9:00 am Drenched - Rotation (WWA)	
10:00 am Aqua Arthritis Movement - Eva (WWA)	10:00 am Aqua Fitness - Veronica (WWA)	10:00 am Aqua Yoga - Dawn (WWA)	10:00 am Aqua Fitness - Eva (WWA)	10:00 am Arthritis Movement - Beth (WWA)	10:00 am Aqua Fitness - Rotation (WWA)	
11:00 am Aqua Fitness - Eva (WWA)		11:00 am Aqua Zumba® - Eva (WWA)		11:00 am Aqua Fitness - Veronica (WWA)		
				5:45 pm Aqualates - Rotation (WWA)		
6:30 pm Aqua Zumba® - Natasha (WWA)	6:30 pm Aqua Fitness - Yvonne (WWA)		6:30 pm Aqua Fitness - Yvonne (WWA)			

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## Aquatics

**Aqualates** Fun challenging and low impact “water Pilates” will strengthen the back and abdominal muscles. Using body-toning choreography to strengthen the core, help coordination, mobility, endurance, and balance.

**Aqua Arthritis Movement** All level, low impact class using movements to help reduce pain and stiffness in joints while restoring muscle strength with full range of motion, balance and coordination.

**Aqua Fitness** Challenge yourself in a low to high-impact class where water resistance improves strength and stamina. No experience required. All levels welcome. Use of equipment optional.

**Aqua Move and Groove** Come on, let’s do the twist! This cardio style class will have you splashing and laughing your way into a great day. All levels welcome.

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

**Aqua Zumba®** Join the pool party! Fun challenging, water-based, Body-toning workout to Latin music. No Dance experience necessary. Bring water.

**Drenched** Incorporating HIIT and Tabatas moves to ignite calorie burn to start your day. Interval training workout til you’re *drenched* by the end of class.

**Water and Weights** End of week High-energy impact workout using weights and or noodles equipment for added strength and endurance.