

# GROUP EXERCISE SCHEDULE

Schedule subject to change without notice

## Hours

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

Classes are 45-50 minutes unless otherwise noted  
Revised March 2023

Note: class key and descriptions located on reverse

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 am Cycle – Jon (Studio A)	6:30 am Cycle – Wendy (Studio A)	5:30 am Cycle – Leslie (Studio A)	6:30 am Cycle – Wendy (Studio A)	5:30 am Cycle – Leslie (Studio A)		
7:30 am Yoga Flow – Becca (Studio C)	7:30 am Gentle Yoga – Elizabeth (Studio C)	7:30 am Restorative Yoga – Elizabeth (Studio C)	7:30 am Rise and Shine Yoga – Loren (Studio C)	7:30 am Yin Yoga – Beth (Studio C)		
8:30 am Mat Pilates – Beth (Studio B)	8:00 am Mat Pilates – Meghan (Studio A)	7:30 am Bootcamp – Julie (Studio B)	8:00 am Mat Pilates – Meghan (Studio A)		8:00 am Power Flow Yoga– Miranda (Studio C)	
9:30 am Core/Stretch – KK (Studio A)	8:30 am Step Aerobics – Ashley (Studio B)	8:30 am Strength/Cond. – Julie (Studio B)	8:30 am Step and Sculpt – Wendy (Studio B)	8:30 am Strength/Cond. – Beth (Studio B)		
9:30 am Stretch/Meditation – Veronica (Studio B)	9:00 am Cycle – Katie (Studio A)	9:30 am Pop Pilates – Veronica (Studio A)	9:00 am Cycle – Katie (Studio A)	9:30 am Mixed Fit – Jill (Studio B)		9:00 am Tai Chi – Alan (Studio B)
10:30 am Mixed Fit – Jill (Studio A)	9:30 am Cardio Sculpt – Ashley (Studio B)	9:30 am Stretch & Meditation – Miranda (Studio B)	9:30 am Cardio Sculpt – Ashley (Studio B)	9:30 am Core/Stretch – Isabel (Studio A)		
10:30 am Fitball – Veronica (Studio B)	10:30 am Yin Yoga – Ashley (Studio C)	10:30 am Cycle – Bill (Studio A)	10:30 am Yin Yoga – Kurt (Studio C)	10:30 am Tango Fitness – Isabel (Studio B)	10:30 am Spin & Strength – Skip (Studio A)	10:00 am Les Mills Barre™ – (Virtual) (Studio B)
11:30 am Yoga Basics – Becca (Studio A)	10:30 am Les Mills BODYPUMP™ – Jacob (Studio B)	10:30 am Cardio Sculpt – Veronica (Studio B)	10:30 am Les Mills BODYPUMP™ – Tisha (Studio B)			11:00 am Namaste Yoga–Instrs. Rotate (Studio C)
11:30 am Functional Fitness – Veronica (Studio B)	11:00 am Kettlebell Crunch – Julie (Studio A)	11:30 am Yin Yoga – Dawn (Studio A)	11:45 am Chair Yoga – Dawn (Studio B)	11:30 am Balance – Nicole (Studio B)		
12:30 pm Happy Hips & Hamstrings – Becca (Studio C)	11:45 am Chair Yoga – Dawn (Studio B)	11:30 am Functional Fitness – Veronica (Studio B)		12:00 pm Cycle – Bill (Studio A)		
12:30 pm Barre – Tracy (Studio B)	12:30 pm Balance – Dawn (Studio B)	12:30 pm Barre – Tracy (Studio B)	12:30 pm Happy Hips & Hamstrings – Miranda (Studio C)	12:30 pm Yoga Flow – Becca (Studio C)		
12:30 pm Pilates Fusion – Veronica (Studio A)		12:30 pm Mat Pilates – Elizabeth (Studio C)				
2:00 pm Yoga Flow – Katie (Studio C)	2:00 pm All Levels Yoga – Nicole (Studio C)	2:00 pm Yoga Flow – Miranda (Studio C)	4:30 pm Next Level Balance – Dawn (Studio B)	2:00 pm Yoga Flow – Katie (Studio C)		
5:00 pm Les Mills BODYPUMP™ – Jacob (Studio B)	5:00 pm Total Body Tone – KK (Studio B)	5:00 pm Zumba® – Erika (Studio B)	5:30 pm Les Mills BODYPUMP™ – Rachel (Studio B)	5:00 pm Bootcamp – Julie (Studio B)		
6:00 pm Strength/Cond. – Wendy (Studio B)	5:30 pm Spin & Strength– Skip (Studio A)	5:30 pm Power Yoga – Nicole (Studio C)	5:30 pm Dance Fit – Jill (Studio A)	6:00 pm 90 Min. Candlelight Yoga – Instructors Rotate (Studio C)		
7:00 pm Intermediate Tai Chi – Alan (Studio B)	6:00 pm Dancefit – Stephanie (Studio B)	6:00 pm Strength/Cond. – Erika (Studio B)	7:00 pm Yin Yoga – Skip (Studio C)			
7:00 pm Restorative Yoga – Katie (Studio C)	7:00 pm Yin Yoga – Nicole (Studio C)	7:00 pm Tango Fitness – Isabel (Studio B)	7:00 pm Tai Chi – Alan (Studio B)			
	7:00 pm Tai Chi – Alan (Studio B)	7:00 pm Restorative Yoga – Tara (Studio C)				

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

Location Key    FIT: Fitness Floor    WWA: Warm Water Activity

## Group Exercise

**All Levels Yoga** Slow-paced flow with a focus on the foundations of postures. The class has a combination of mobility, strength, and alignment drills that enhance any level.

**Next Level Balance** Balance next level adds challenges to the basic balance class. Balls, weights and blocks may be used. Perfect for those confident in basic balance and want to add more to building core balance and gait.

**Bootcamp** Full body strength training workout using bodyweight, dumbbells, kettlebells, etc. There are various forms of cardio always mixed in.

**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 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 improve 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 Hips & Hamstrings** Yoga class designed to help stretch, release and mobilize your hips and hamstrings. Slow flow moving practice.

**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™ 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.

**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.

**Mat 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.

**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.

**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.

**Step & Sculpt** Learn the basic movements for step aerobics foundation. Weights optional to add a strength component.

**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.

**Tango Fitness** This class promises to raise your heart rate with grace and elegance, activating the main postural muscles, using tango footwork to develop a good proprioception and balance.

**Total Body Tone** Low-impact, weight lifting class. Work all major muscle groups and focus on excellent form for a safe and effective workout.

**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® 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.

**Dance Fit** A dance inspired fitness class that incorporates various dance moves and muscle conditioning to create a fun cardio and strength workout.

**Kick and Core** High energy workout that combines Martial arts techniques with fast paced cardio followed by a full core workout utilizing bands, balls and the mat.

**Kettlebell Krunch** Strength based total body workout using a kettlebell. Exercises performed to help strengthen, improve core stability, fat burn and tone muscles.

# AQUATICS SCHEDULE

Schedule subject to change without notice

## Hours

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

Classes are 45 minutes unless otherwise noted

Revised March 2023

Note: class key and descriptions located on reverse

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:30 am Drenched – Nick (WWA)		6:30 am Drenched – Nick (WWA)			
8:00 am Aqua Fitness – Jill (WWA)	8:00 am Aqua Fitness – Wendy(WWA)	8:00 am Aqua Fitness – Jill (WWA)	8:00 am Aqua Fitness – Jill (WWA)	8:00 am Aqua Fitness – Isabel (WWA)	8:00 am Aqua Fitness – Nick (WWA)	
9:00 am Aqua Fitness – Jill (WWA)	9:00 am Aqua Fitness – Wendy (WWA)	9:00 am H2O Workout – Jill (WWA)	9:00 am Aqua Fitness – Jill (WWA)	9:00 am Aqua Fitness – Bethany (WWA)	9:00 am Aqua Party – Nick (WWA)	
10:00 am Aqua Arthritis Movement – Wendy (WWA)	10:00 am Aqua Fitness – Veronica (WWA)	10:00 am Aqua Yoga – Dawn (WWA)	10:00 am H2O Workout – Wendy (WWA)	10:00 am Aqua Arthritis Movement – Beth (WWA)		
11:00 am H2O Groove – Wendy (WWA)				11:00 am Aqua Fitness – Veronica (WWA)		
		5:30 pm H2O Kickboxing – Astrid (WWA)				
6:30 pm Aqua Fitness – Yvonne (WWA)	6:30 pm Aqua Fitness – Nick (WWA)	6:30 pm Taquata – Astrid (WWA)	6:30 pm Aqua Fitness – Jill (WWA)			

## Physical Therapy Warm Water Activity Pool Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00 - 1:00 pm 3:00 - 4:00 pm	12:00 - 1:00 pm 1:00 - 2:00 pm	12:00 - 1:00 pm 3:00 - 4:00 pm	12:00 - 1:00 pm 1:00 - 2:00 pm	12:30 - 1:30 pm 3:00 - 4:00 pm		

Members are able to utilize the WWA pool during Physical Therapy.

## Aquatics

**H2O Groove** This high-energy aquatic workout will give participants all the benefits of a challenging, fun, body-toning workout in the water.

**H2O Workout** Come join the challenge. Enjoy moving the water with dumbbells, noodles (optional) lots of cardio activity - with timed high energizing intervals. Lots of resistance, building power and strength. Low impact to high intensity. All levels welcome, with lots of modifications. Great music to 'make you want to dance and keep movin'!

**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 Party** 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.

**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.



# PILATES REFORMER SCHEDULE

Schedule subject to change without notice

## Hours

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

Note: class key and descriptions located on reverse

Classes are 50 minutes unless otherwise noted  
 Revised March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 am Reformers (Loren) Studio C	8:30 am Beginners Reformers (Veronica) Studio C	8:30 am Reformers (Elizabeth) Studio C	8:30 am Reformers (Ashley) Studio C	8:30 am Reformers (Veronica) Studio C		
9:30 am Reformers (Loren) Studio C	9:30 am Reformers (Meghan) Studio C	9:30 am Reformers (Elizabeth) Studio C	9:30 am Reformers (Meghan) Studio C	9:30 am Reformers (Veronica) Studio C	9:00 am Reformers (Instructor Rotation) Studio C	
11:00 am Reformers (Ashley) Studio C	12:30 pm Reformers (Meghan) Studio C	11:00 am Reformers (Beth) Studio C		11:00 am Reformers (Beth) Studio C		
6:00 pm Reformers (Loren) Studio C	6:00 pm Reformers (Meghan) Studio C		6:00 pm Reformers (Loren) Studio C			