



Peggy & Philip B. Crosby
Wellness Center

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

Note: class key and descriptions located on reverse

Classes are 45–50 minutes unless otherwise noted. Revised April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 am Cycle – Jon (Studio A)	6:15 am Express Cycle & Weights – Leslie (Studio A)	5:30 am Cycle – Leslie (Studio A)	6:15 am Express Cycle & Weights – Leslie (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 – Beth (Studio C)	7:30 am Yin Yoga – Beth (Studio C)		
	8:00 am Mat Pilates – Cindy (Studio A)	7:30 am Bootcamp – Julie (Studio B)	8:00 am Mat Pilates – Cindy (Studio A)	8:30 am Cycle – Cindy (Studio A)	8:00 am Power Flow Yoga – Miranda (Studio C)	
8:30 am Mat Pilates – Beth (Studio B)	8:30 am Step Aerobics – Kay (Studio B)	8:30 am Strength/Cond. – Julie (Studio B)	8:30 am Step and Sculpt – Kay (Studio B)	8:30 am Strength/Cond. – Beth (Studio B)		
9:30 am Core/Stretch – KK (Studio A)	9:00 am Cycle – Skip (Studio A)	9:30 am Tone & Stretch – KK (Studio A)	9:00 am Cycle – Cindy (Studio A)	9:30 am Zumba – Pnut (Studio B)	9:00 am Yin Yoga – Kurt (Studio B)	9:00 am Tai Chi – Alan (Studio B)
9:30 am Stretch/Meditation – Erin (Studio B)	9:30 am Cardio Sculpt – Astrid (Studio B)	9:30 am Stretch & Meditation – Miranda (Studio B)	9:30 am Cardio Sculpt – Veronica (Studio B)	9:30 am Core/Stretch – Isabel (Studio A)	9:00 am Spin & Strength – Skip (Studio A)	
	10:30 am Yin Yoga – Kurt (Studio C)		10:30 am Yin Yoga – Kurt (Studio C)		10:15 am Les Mills BODYPUMP™ – Cindy (Studio B)	
10:30 am Fitball – Veronica (Studio B)	10:30 am Les Mills BODYPUMP™ – Jacob (Studio B)	10:30 am Cardio Sculpt – Veronica (Studio B)	10:30 am Les Mills BODYPUMP™ – Jacob (Studio B)	10:30 am Tai Chi – Jamie (Studio B)	10:15 am Restorative Yoga – Skip (Studio C)	
11:30 am Yoga Basics – Becca (Studio A)	11:00 am Kettlebell Crunch – Julie (Studio A)	11:30 am Yin Yoga – Dawn (Studio A)	11:00 am Kettlebell Crunch – Julie (Studio A)	11:30 am Balance – Nicole (Studio B)		11:00 am 75 Min. Slow Flow Yoga – Valeria (Studio A)
11:30 am Functional Fitness – Veronica (Studio B)	11:45 am Chair Yoga – Dawn (Studio B)	11:30 am Functional Fitness – Veronica (Studio B)	11:45 am Chair Yoga – Dawn (Studio B)			
12:30 pm Happy Hips & Hamstrings – Becca (Studio C)	12:30 pm Balance – Dawn (Studio B)	12:30 pm Barre – Isabel (Studio B)	12:30 pm Happy Hips & Hamstrings – Miranda (Studio C)			
12:30 pm Barre – Isabel (Studio B)	1:30 pm Tabata – Julie (Studio B)	12:30 pm Mat Pilates – Elizabeth (Studio C)	12:45 pm Strength Stations – Julie (Studio B)			
12:30 pm Pop Pilates – Veronica (Studio A)	2:00 pm All Levels Yoga – Laura (Studio C)		2:00 pm All Levels Yoga – Miranda (Studio C)	2:00 pm Yoga Flow – Katie (Studio C)		
1:30 pm Balance – Joy (Studio B)	5:00 pm Strength Stations – Isabel (Studio B)	5:00 pm Zumba – Erika (Studio B)		5:00 pm Bootcamp – Julie (Studio B)		
2:00 pm Yoga Flow – Katie (Studio C)		5:30 pm Power Yoga – Nicole (Studio C)	5:30 pm Les Mills BODYPUMP™ – Rachel (Studio B)			
5:30 pm Les Mills BODYPUMP™ – Jacob (Studio B)			5:30 pm Zumba – Pnut (Studio A)	6:00 pm 75 Min. Candlelight Yin Yoga – Kurt (Studio C)		
6:00 pm Spin & Strength – Skip (Studio A)		6:00 pm Spin & Strength – Skip (Studio A)	6:30 pm Tabata – Pnut (Studio A)			
7:00 pm Intermediate Tai Chi – Alan (Studio B)	7:00 pm Yin Yoga – Nicole (Studio C)		7:00 pm Yin Yoga – Skip (Studio C)			
7:00 pm 75 Min. Yin Yoga – Katie (Studio C)	7:00 pm Tai Chi – Alan (Studio B)	7:00 pm Restorative Yoga – Tara (Studio C)	7:00 pm Tai Chi – Alan (Studio B)			

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

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.

Balance Total body workout with a focus on strengthening the core and limbs while amplifying the body's movement through stretch, improving overall balance, posture, muscle tone and mobility.

Barre This class is a unique fusion of ballet, yoga, and Pilates elements. These workouts focus on low-impact, high-intensity movements designed to strengthen your body in ways that few other exercises can.

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.

Cycle Express & Weights Get your day started with this fun no nonsense 30-minute ride. You will be quickly getting your sweat on while riding to music hand-picked to motivate and inspire! Rolling hills, sprints, climbs, rubs, surges and jumps all to the beat of the music for an intense calorie burner workout!

Cycle 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.

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

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.

75 Min. Slow Flow 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.

Power Yoga Power yoga, which is also known as Vinyasa yoga, is a fast-paced style of yoga that's focused on building strength and endurance. It is also an excellent form of yoga for burning calories.

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.

Spin and Strength This invigorating head-to-toe combination class emphasizes cycling drills for cardiovascular training followed by a resistance workout for upper and lower body strength.

Step Aerobics 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.

Strength Stations Fast-paced class where participants will complete a series of exercises at different stations for 30- to 90-second intervals. Functional resistance and cardiovascular training are combined for a full-body workout.

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.

Tone and Stretch You will utilize the major muscle groups of the upper and lower body and well as the core. We will work on strengthening exercises that will leave you feeling toned and balanced. The class ends with a 15 minute stretch focused on both flexibility and relaxation. All fitness levels welcome!

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 Basics This class is designed for beginners and experienced students. You will focus on foundational postures that help improve balanced alignment. This class will also include breathing practice, meditation, deep relaxation, and basic yoga teachings.

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.

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

Note: class key and descriptions located on reverse

Classes are 45 minutes unless otherwise noted
Revised April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:30 am Drenched – Bethany (WWA)		6:30 am Drenched – Pnut (WWA)			
8:00 am Aqua Fitness – Cindy (WWA)	8:00 am Aqua Fitness – Pnut (WWA)	8:00 am Aqua Fitness – Cindy (WWA)	8:00 am Aqua Fitness – Pnut (WWA)	8:00 am Aqua Fitness – Bethany (WWA)	8:00 am Splash – Cindy (WWA)	
9:00 am Aqua Fitness – Isabel (WWA)	9:00 am Aqua Fitness – Pnut (WWA)	9:00 am Taquata – Cindy (WWA)	9:00 am Aqua Fitness – Megan (WWA)	9:00 am Aqua Fitness – Megan (WWA)	9:00 am Taquata – Cindy (WWA)	
10:00 am Aqua Arthritis Movement – Isabel (WWA)	10:30 am Aqua Fitness – Astrid (WWA)	10:00 am Aqua Yoga – Dawn (WWA)	10:00 am H2O Sculpt – Isabel (WWA)	10:00 am Aqua Arthritis Movement – Beth (WWA)		
11:00 am Aqua Zumba – Eneida (WWA)		11:00 am Aqua Arthritis – Isabel (WWA)		11:00 am Aqua Fitness – Pnut (WWA)		
6:30 pm Aqua Fitness – Yvonne (WWA)	6:30 pm Aqua Fitness – Nick (WWA)	5:30 pm H2O Kickboxing – Pnut (WWA)				
		6:30 pm Aqua Zumba® – Pnut (WWA)	6:30 pm Taquata – Isabel (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

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

Aqua Zumba Come join the party with Aqua Zumba®! Aqua Zumba® combines some of the traditional elements of aqua fitness classes (such as jumping jacks and cross-country skiing) with the upbeat, Latin-infused dance moves and music!

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.

H2O Kickboxing In this shallow-end class, you will punch and kick your way to greater endurance, strength and empowerment. This union of aquatic exercise and martial-arts style training will give you the cardio challenge you're looking for, while learning hand and kick techniques in a safe and low-impact environment

H2O Sculpt Dive into a refreshing blend of toning movements and dynamic Aqua Tabata intervals that sculpt and energize your body.

Splash High intensity aqua class utilizing a variety of pool equipment and explosive movements.

Taquata Imagine the invigorating fusion of Tabata interval training with the refreshing properties of water. In this high-intensity interval training (HIIT) workout conducted in shallow water, you'll experience a dynamic routine that combines simplicity with intensity.



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

Classes are 50 minutes unless otherwise noted

Revised April 2024

Note: class key and descriptions located on reverse

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:30 am Foundations (Veronica) Studio C		8:30 am Reformers (Veronica) Studio C	8:30 am Reformers (Veronica) Studio C		
9:30 am Reformers (Beth) Studio C	9:30 am Reformers (Veronica) Studio C	9:30 am Reformer 101 Demo (Veronica) Studio C	9:30 am Reformers (Beth) Studio C	9:30 am Reformers (Veronica) Studio C	9:00 am Reformers (Hale) Studio C	
11:00 am Reformers (Erin) Studio C		11:00 am Reformers (Beth) Studio C		11:00 am Reformers (Beth) Studio C		
5:00 pm Reformers (Hannah) Studio C	5:30 pm Reformers (Skip) Studio C		5:00 pm Dynamic Flow (Loren) Studio C			
6:00 pm Dynamic Flow (Hannah) Studio C			6:00 pm Reformers (Loren) Studio C			

Pilates

Dynamic Flow dynamic movements that will work your entire body with the Reformer, High intensity, low impact, core, muscular strength, and endurance designed for the intermediate to advanced.

Foundations An excellent Foundation is the key to all Pilates techniques. To build it, we must first understand how to align and support the three natural curves of the spine, "neutral spine". In this class you can expect a full body, strength balancing experience. Strong, precise movements will link the mind, body and breath.

Reformers This workout is designed to work the deepest abdominal muscles while dramatically sculpting your legs, glutes, arms and back.

Reformer Flow A series of movements that flow smoothly from one to the next, with an emphasis on controlled, precise movements and alignment. It is designed to improve strength, flexibility, balance, and coordination, as well as promote a mind-body connection.

Reformer 101 Demo This is a short and sweet complimentary intro session to teach the basics of the Reformer Pilates machine. You'll leave feeling confident and ready to step into an open class. (Sign up required).