



GROUP EXERCISE/POOL CLASSES

EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HIIT 5:15-6 AM Becky	CARDIO CROSS TRAINING 5:15-6 AM Becky	MUSCLE UP STRENGTH TRAINING 5:15-6 AM Becky	CARDIO CROSS TRAINING 5:15-6 AM Becky	SHINE DANCE FIT 8:00 Starla	PUMP N' CORE 8:00 Pam S
SHINE DANCE FIT 8:00 Starla	RESTORATIVE YOGA* 8:00 Kristi	SHINE DANCE FIT 8:00 Starla	RESTORATIVE YOGA* 8:00 Kristi	AQUA FIT 8:00 Trish	ZUMBA** 9:00 Theresa & Pam V
AQUA FIT 8:00 Trish	PILATES 9:00 Trish	AQUA FIT 8:00 Trish	PILATES 9:00 Trish	FULL BODY FIT 9:00 Trish	AQUA ZUMBA 9:30 Rhonda
CARDIO KICKER 9:00 Trish	AQUA FIT 9:00 Michelle	AQUA DANCE FIT 9:00 Starla	AQUA FIT 9:00 Michelle	AQUA DANCE FIT 9:00 Starla	VINYASA YOGA 10:00 Jenn
AQUA DANCE FIT 9:00 Starla	BARRE/HIIT 10:00 Starla	STRETCH BAND 9:00 Michelle	BARRE/HIIT 10:00 Starla	SENIOR DRUM 10:00 Kristi	AQUA FIT 10:30 Rhonda
AQUA ARTHRITIS 10:00 Trish	AQUA YOGA 10:00 Kristi	VINYASA YOGA 10:00 Jenn	AQUA YOGA 10:00 Kristi	AQUA ARTHRITIS 10:00 Trish	
MIND, BODY & BALANCE* 11:00 Kristi	SENIOR DRUM* 11:00 Kristi	AQUA ARTHRITIS 10:00 Trish	MUSCLE 360 11:00 Trish	STEP & SCULPT 6:00 Bridgette	
SILVER SNEAKERS CHAIR /ESSENTIALS* 12:00 Kristi	TONE + SCULPT 5:00 Trish	AQUA BOOTCAMP 12:00 Michelle	MIND, BODY & BALANCE* 11:00 Kristi		
	ZUMBA** 6:00 Theresa	YOGA SCULPT* 5:00 Hailee	SENIORS STRONG 12:00 Trish		
HIIT 5:00 Pam S	YOGA FLOW 7:00 Kat	POUND** 6:00 Theresa	VINYASA YOGA 5:00 Jenn		
YOGA SCULPT* 5:00 Hailee		PIYO 6:00 Bridgette	ZUMBA** 6:00 Pam V		
POUND** 6:00 Theresa		RESTORATIVE YOGA* 6:00 Kristi			
PIYO 6:00 Bridgette		CYCLE 7:00 Brent			
RESTORATIVE YOGA* 6:00 Kristi		AQUA FIT 6:30 Rhonda			
CYCLE 7:00 Brent		AQUA ZUMBA 7:30 Rhonda			
AQUA ZUMBA 6:30 Rhonda					
AQUA FIT 7:30 Rhonda					

Class will take
place in the POOL

*Class will take place in Community Rooms
**Class will take place in gymnasium
^Weather dependent
Class Recommended For Seniors

FACILITY HOURS

Monday - Friday
5am - 9pm
Closed 12-12:30
High Risk 12:30 - 1:30

Saturday
6am - 7pm

Sunday
8am - 5pm

CHILD WATCH HOURS

Monday-Friday
- 8am-12pm
Mon-Thurs - 5pm-8pm
Saturday 8am-12pm



GROUP EXERCISE CLASS DESCRIPTIONS

Aqua Fit: An upbeat class that offers a complete cardiovascular workout utilizing water resistance. This traditional style of water aerobics class is low-impact and gentle on your joints, yet strenuous enough to tone and sculpt your muscles. You'll burn calories without even noticing with this fun workout!

Aqua Dance Fit : Aqua Dance embraces the rhythms and movements of a variety of upbeat musical styles creating endless possibilities of fun and energizing workouts. Anyone can join Aqua Dance. No dance background necessary—just a willingness to move and have fun.

Aqua Yoga: a type of yoga in which the asana are performed in water. It is a gentle and low impact activity. Aqua Yoga adapts the posture and principles of yoga, including breathing and mindfulness, to an aquatic environment. It is said to be a particularly relaxing, soothing and restorative form of yoga due to the effect on the body of being in water.

Aqua Zumba: Zumba fitness in the pool! All of your favorite Latin-inspired dance moves but with added resistance from the water. You'll jump, stretch, and move to the beat of the music – all the while pushing your arms and legs through the water.

BARRE®/HIIT: Most barre-based classes use a combination of postures inspired by ballet and other disciplines like yoga and Pilates. The barre is used as a prop to balance while doing exercises that focus on isometric strength training (holding your body still while you contract a specific set of muscles) combined with high reps of small range-of-motion movements.

Cardio Kicker— This is a fairly intense cardio driven workout with 1 min intervals of hard work with 15 sec of rest. This cycle repeats for 4 min with a 90 second recovery. Challenge yourself and build endurance!

Circuit: Similar to Boot Camp this class is an intermediate level class of resistance training and high-intensity cardio exercise stations. It targets strength building and muscular endurance.

Cycle: This journey is designed to provide you with the optimum in fat burning and strength building. The ride will simulate varied terrain using visualization as you tackle rolling hills, sprints, and other drills to give you a great interval workout. This class is for the beginners as well as seasoned cyclists! Comfortable workout clothes (padded bike shorts recommended), bring a water bottle, and a towel.

Full Body Fit: Want an effective full body workout? Join in on this fun strength training class that utilizes dumbbells & your own bodyweight. Targets your core, upper & lower body. Get great results & motivation to take on any day! All fitness levels welcome.

CARDIO CROSS TRAINING: Cross training style HIT (high intensity training) 20- 30 minutes timed workouts with stretching and foam rolling at the end. Perfect for more advance lifters, but modified workouts are available for beginner lifters.

HIIT (high-intensity interval training) is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise (45 sec), followed by short, sometimes active, recovery periods (15 sec) This type of training gets and keeps your heart rate up and burns more fat in less time.

Muscle 360: High intensity total body strength training workout that utilizes barbells to strengthen the whole body. Modifications are made to make this workout functional for everyone from beginner to seasoned enthusiast.

Muscle Up Strength Training: A traditional circuit training class that focuses on strength building exercises for a total body workout.

Mind, Body & Balance: An exercise class focusing on hand-eye coordination, mind-muscle connection and core stability. Focusing on balance to strengthen the body and help with fall prevention.

Pilates®: A mind/body exercise consisting of systematic mat work and equipment-based exercises taught at different levels. The focus is on optimal musculoskeletal performance, strength, flexibility, and endurance without risking injury or creating bulk. The 6 basic principles of Joseph Pilates will be taught which includes breathing, pelvic and rib cage placement, scapular movement and stabilization, and head and cervical placement.

PIYO: is a low-impact exercise that doesn't involve jumping, which lowers your risk of soft-tissue injuries such as sprains, strains, and bruises

Pound®: Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

Pump 'N Core: A barbell workout using high rep sets that will train all your major muscle groups while focusing on proper form. You will improve overall strength and endurance. Body resistance core exercises will be integrated throughout the session.

Restorative Yoga: (Ages 18+) This yoga is a practice that is all about slowing down and opening your body through passive stretching. During long holds of restorative yoga, however, your muscles are allowed to relax deeply. It's a unique feeling because props, rather than your muscles, are used to support your body.

Senior Strong: Come enjoy a class where you will get motivated and positive encouragement, all while receiving the benefits of strength and endurance training. Every exercise will be standing up (no going to the floor exercises) and modifications will be offered.

Shine Dance Fitness™ is a high cardio dance fitness class rooted in Jazz, Ballet and Hip Hop. We use current music and the routines are choreographed to make you feel strong, happy, confident and inspired. This class is guaranteed to energize your soul. All abilities welcome!

Silver Sneakers Chair/Essentrics: a combination strength, and flexibility exercises that incorporates components of Yoga, Tai Chi and Drum exercise for a full body workout that is fun and rejuvenating.

Step & Sculpt: Simple, heart-pumping step aerobics routines combine with portions of strength training intervals to give you a complete cardio and weights workout. This is an excellent class to improve your coordination, cardiovascular endurance, and muscle tone.

Tone + Sculpt: Engage your whole body for this low impact fitness journey. Using dumbbells, resistance bands, stability ball or other equipment & your own body weight to strengthen all major muscle groups. Designed to define, shape, and tone your body.

Vinyasa Yoga: Helps build and maintain strong bones, muscles and connective tissue to maintain a high metabolism, healthy posture and an active and alive body.

Water Arthritis: Designed to work on range of motion, balance, building muscle strength, and reducing pain and stiffness all while utilizing the resistance of the water.

Yoga Flow: In this evening class, we will warm up, flow and build strength while focusing on the breath and postures of yoga. There will be an emphasis on core strength, and balance. Recommended for intermediate to advanced yoga students, but all levels welcome and modifications will be offered to find the right intensity for you! Balance. Breathe. Believe. Join us on the mat, and take the peace you gain back into your life!

Yoga Sculpt is a combination of power yoga, cardio bursts, and core work. Body weight and free weight movements are integrated into beginner-level yoga postures to strengthen your practice and burn calories! Upbeat music keeps you motivated as you target every muscle group so you leave class knowing you put in the work to look and feel your best!

Zumba®: We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Zumba Fitness classes are often called exercise in disguise. Super effective and super fun.