



# GROUP EXERCISE/POOL CLASSES

## EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MUSCLE UP STRENGTH TRAINING</b> 5:15-6 AM Becky	<b>HIIT</b> 5:15-6 AM Becky	<b>MUSCLE UP STRENGTH TRAINING</b> 5:15-6 AM Becky	<b>HIIT</b> 5:15-6 AM Becky	<b>SHINE DANCE FIT</b> 8:00 Starla	<b>PUMP N' CORE</b> 8:00 Pam S
<b>SHINE DANCE FIT</b> 8:00 Starla	<b>RESTORATIVE YOGA</b> 8:00 Kristi	<b>SHINE DANCE FIT</b> 8:00 Starla	<b>RESTORATIVE YOGA</b> 8:00 Kristi	<b>AQUA FIT</b> 8:00 Trish	<b>ZUMBA**</b> 9:00 Theresa & Pam V
<b>AQUA FIT</b> 8:00 Trish	<b>SILVER POWER*</b> (ends 8/17) 8:15 Michelle	<b>AQUA FIT</b> 8:00 Trish	<b>SILVER POWER*</b> (ends 8/19) 8:15 Michelle	<b>GENTLE YOGA*</b> 8:15 Kristi	<b>AQUA ZUMBA</b> 9:30 Rhonda
<b>DRUM FIT*</b> 8:15 Kristi	<b>PILATES</b> 9:00 Trish	<b>MOBILITY+*</b> (ends 8/18) 8:15 Michelle	<b>PILATES</b> 9:00 Trish	<b>FULL BODY FIT</b> 9:00 Trish	<b>VINYASA YOGA</b> 10:00 Jenn
<b>CARDIO KICKER</b> 9:00 Trish	<b>AQUA FIT (ends 8/17)</b> 9:00 Michelle	<b>AQUA DANCE FIT</b> 9:00 Starla	<b>AQUA FIT (ends 8/19)</b> 9:00 Michelle	<b>AQUA DANCE FIT</b> 9:00 Starla	<b>AQUA FIT</b> 10:30 Rhonda
<b>AQUA DANCE FIT</b> 9:00 Starla	<b>KIDS FIT (ends 8/17)</b> 10:00 Jacob L.	<b>STRETCH BAND (ends 8/18)</b> 9:00 Michelle	<b>KIDS FIT (ends 8/12)</b> 10:00 Jacob L.	<b>AQUA ARTHRITIS</b> 10:00 Trish	
<b>AQUA ARTHRITIS</b> 10:00 Trish	<b>AQUA YOGA</b> 10:00 Kristi	<b>VINYASA YOGA</b> 10:00 Jenn	<b>AQUA YOGA</b> 10:00 Kristi	<b>STEP &amp; SCULPT</b> 6:00 Bridgette	
<b>MIND, BODY &amp; BALANCE</b> 11:00 Kristi	<b>SENIOR DRUM</b> 11:00 Kristi	<b>AQUA ARTHRITIS</b> 10:00 Trish	<b>MUSCLE 360</b> 11:00 Trish		
<b>SILVER SNEAKERS CHAIR /ESSENTIALS</b> 12:00 Kristi	<b>TONE + SCULPT</b> 5:00 Trish	<b>AQUA BOOTCAMP (ends 8/18)</b> 12:00 Michelle	<b>SENIORS STRONG</b> 12:00 Trish		
	<b>ZUMBA**</b> 6:00 Theresa	<b>YOGA SCULPT*</b> 5:00 Hailee	<b>MIND, BODY &amp; BALANCE</b> 1:00 Kristi		
<b>HIIT</b> 5:00 Pam S	<b>YOGA FLOW</b> 7:00 Kat	<b>POUND**</b> 6:00 Theresa	<b>VINYASA YOGA</b> 5:00 Jenn		
<b>YOGA SCULPT*</b> 5:00 Hailee		<b>PiYO</b> 6:00 Bridgette	<b>CARDIO DRUM*</b> 5:15 Kristi		
<b>POUND**</b> 6:00 Theresa		<b>RESTORATIVE YOGA*</b> 6:00 Kristi	<b>ZUMBA**</b> 6:00 Pam V		
<b>PiYO</b> 6:00 Bridgette		<b>STEP &amp; SCULPT</b> 7:00 Bridgette			
<b>RESTORATIVE YOGA*</b> 6:00 Kristi		<b>AQUA FIT</b> 6:30 Rhonda			
<b>AQUA ZUMBA</b> 6:30 Rhonda		<b>AQUA ZUMBA</b> 7:30 Rhonda			
<b>AQUA FIT</b> 7:30 Rhonda					

### FACILITY HOURS

Monday - Friday  
5am - 9pm

Saturday  
6am - 7pm

Sunday  
8am - 5pm

### CHILD WATCH HOURS

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

Saturday 8am—12pm



Class designed for 9-12 years of age

Last Class on 8/17/21

Class will take  
place in the POOL

**Clay County Seniors**—class in  
the Community Rooms

\*Class will take place in Community Rooms

\*\*Class will take place in gymnasium

Class Recommended For Seniors

## 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.

**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 Drum**—It brings together drumsticks and an exercise ball to create one of the most fun workouts you'll ever do. Using the exercise ball and the floor as your drum, and mixing in fun moves, cardio drumming turns keeping a rhythm into a fun cardio workout.

**HIIT**—High intensity interval training— form of interval training, a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods.

**Kids Fit**—A class designed for 9-12 year olds that will introduce a variety of fitness activities including speed & agility, cardiovascular conditioning, strength training and core fitness.

**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 Drum**—Combining drumsticks and an exercise ball to blend rhythmical movements to music that gives you a cardiovascular workout while building muscular strength. It's so much fun you won't even know you're exercising!

**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.

### Clay County Seniors Classes:

**Drum Fit**—Dance to Cardio Music

**Silver Power**—Strength training using dumbbells and resistance bands

**Mobility+** - Cardio movement focusing on mobility, balance and range of movement

**Gently Yoga**—Mat based Yoga