

| Studio A – Group Fitness | | | | | | |
|-----------------------------------|---|--|---|--|--|---------------------------------|
| SU | MO | TU | WE | TH | FR | SA |
| Hatha Yoga 8:30 am Claude | Power Pump 6 am Diane | CardioYoPi 9 am Tetyana | Yin Yoga 7 am Deane | Bender Barre 6 am Marie | Total Body 6 am Diane | Yoga Flow 7:30 am Deana |
| | Yoga/ Meditation 7 am La | DanceFit 10 am Julie | Fit for Gold 10 am Lynne | Yogalates 9:30 am Tetyana | Morning Yoga 7 am Lainie | Bender Barre 9 am Marie |
| Hatha Yoga 11:30 am Tetyana | Tai Chi 8:30 am Kathy L. | Chair Yoga 11 am Parmjit | Yin Yoga 11 am Tetyana | Dance Fit 10:30 am Julie | Hatha Yoga 9 am Stacy | Power Pump 10 am Marie |
| | Tai Chi Advanced 9:30-9:55 am Kathy L. | Yoga Flow Stretch 12 pm Parmjit | Stability & Strength 12 pm Lynne | Chair Yoga 12 pm Parmjit | DanceFit 10 am Julie | Chair Yoga 11 am Kathleen |
| | Hatha Yoga 10 am Tetyana | Pilates Fusion 5:00 pm Annie | Qigong for Happiness 2 pm La | H.I.I.T. 5:30 pm Megan T. | Tai Chi 11 am Kathy L. | |
| | Strength & Stability 11:30 am Lynne | Cardio & Weights 6 pm Jan | Be Balanced 3 pm Myles | Easy Yoga/ Meditation 6:30 pm Parmjit | Tai Chi Advanced 12-12:30 pm Kathy L. | |
| | Be Balanced 3 pm Shae | | Body Blast 5 pm Madison | | Balance 3 pm Myles | |
| | Body Blast 5 pm Madison | | | | | |
| | Zumba Step 6 pm Lesia | | | | | |

| Studio C ■ MedEx Studio ■ Sports Arena | | | | | | |
|--|--|----------------------------------|-----------------------------|-----------------------------------|--------------------------------|--------------------------|
| SU | MO | TU | WE | TH | FR | SA |
| | TRX 9 am James | Boot Camp 9:30 am Megan F. | Total Body 6 am Diane | Kettlebell TRX 5 pm Madison | Boot Camp 9:30 am Shae | Tabata 8 am Kathie |
| | Table Pilates 12 pm Lori | Boxing* 9:30 am James | TRX 9 am James | | Table Pilates 10 am Lori | |
| | Small Group* Training 5:30-5:55 pm | Table Pilates 1:30 pm Lori | | | | |
| | | Kettlebell TRX 5 pm James | | | | |

| Studio B – Mind & Body/Spinning | | | | | | |
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| SU | MO | TU | WE | TH | FR | SA |
| Spinning 9 am Jen H. | Reformer Tower* 7 am Mike | Spinning 9 am Jen H. | Reformer Tower* 7 am Mike | Reformer Tower* 7 am Marie | Pilates Reformer* 9:30 am Lynne | Spinning 9 am Megan T. |
| | Reformer Tower* 10:30 am Lynne | | Pilates Reformer* 11 am Lynne | Reformer Tower* 8:30 am Marie | Pilates Reformer* 10:30 am Lynne | Reformer Tower* 10 am Mike |
| | Reformer Tower* 5 pm Mike | | Spinning 5:30 pm Jen H. | Basic Pilates Reformer* 11:30 am Lynne | | Reformer Tower* 11:30 am Marie |
| | Spinning 6 pm Varies | | | Reformer Tower* 5:30 pm Mike | | |

| ■ Lap Pool □ Warm Water Pool | | | | | | |
|---|---|---|---|---|--|--|
| SU | MO | TU | WE | TH | FR | SA |
| Ai Chi 11:15 am Warm Water Naomi | Deeply Fit 9:30 am Lap Pool Meg | Deeply Fit 9:30 am Lap Pool Karen | Deeply Fit 9:30 am Lap Pool Meg | Aqua Strong Boards* 7:45 am Lap Pool Megan | Deeply Fit 9:30 am Lap Pool Varies | Deeply Fit 10:15 am Lap Pool Varies |
| | Aquacise 10:15 am Warm Water Megan | Aquabatas 10:30 am Lap Pool Megan | Aquacise 10:15 am Warm Water Kim | Deeply Fit 9:30 am Lap Pool Amy L | Aquacise 10:15 am Warm Water Carolina | |
| | Aqua Strong Boards* 10:30 am Lap Pool Karen | Cardio Abs Deep 11:30 am Warm Water Sandy | Fluid Moves 11:30 am Warm Water Kim | Deeply Fit 11:30 am Warm Water Amy L | Fluid Moves 11:30 am Warm Water Amy L | |
| Family Swim 2:30-4:30 pm 3 lanes | Fluid Moves 11:30 am Warm Water Amy L | Power Waves 6:30 pm Lap Pool Caroline | Extreme Power 5:30 pm Lap Pool Caroline | Aqua S.M.I.L.E. 5:30 pm Warm Water Caroline | | Family Swim 2:30-4:30 pm 3 lanes |
| | Aqua S.M.I.L.E. 5:30 pm Warm Water Caroline | Family Swim 6:30-8:30 pm 3 lanes | | Deeply Fit 6:30 pm Lap Pool Meg | Family Swim 5:30-7:30 pm 3 lanes | |

Instructors may vary.
All classes are 50 minutes unless stated
*Fee based

Land Group Fitness

Be Balanced (1) Train the muscles you need to improve your balance and increase core strength.

Bender Barre (2,3) Uses the barre and a variety of equipment in a body-sculpting circuit.

Boot Camp (2,3) Total body workout improves strength and cardiovascular fitness using intervals.

Cardio & Weights (2,3) A little cardio mixed with weights to challenge all fitness parameters.

Dance Fit (2,3) Low and high intensity dance class choreographed to a variety of music.

Fit for Gold (1) Designed specifically for those in their "Golden Years". Cardio and weight training to improve strength and endurance.

H.I.I.T. (2,3) High Intensity Interval Training focusing on functional compound movements for full body training.

Body Blast (3) Total body strength workout that will shape and tone all your major muscle groups fast. The class uses light to moderate hand weights with high repetition.

Power Pump (2,3) Uses hand weights and body bars to tone and strengthen major muscle groups.

Spinning (2,3) Indoor cycling class combining cardiovascular, endurance and strength training for an ultimate calorie burning session.

Kettlebell (2,3) Kettlebell training includes dynamic moves that target endurance, strength, balance, and cardio endurance.

TRX (all levels) Cardio and resistance workout using suspended strap, all the while engaging your core.

Strength & Stability (2,3) Use hand weights and dynamic movements to increase strength and improve balance. Challenges all major muscle groups.

Tabata (2,3) High intensity interval workout. Exercises change every four minutes.

Total Body (2,3) Intense muscular endurance exercises utilizing a variety of equipment.

Zumba (2,3) Low and high intensity dance fitness choreographed to Latin-inspired music.

Zumba Step (2,3) combines the awesome toning and strengthening power of Step aerobics, with the fun fitness-party that only Zumba® brings to the dance floor.

Mind Body – Pilates, Tai Chi & Yoga

***Basic Pilates Reformer (all levels)** A Pilates Reformer workout for beginner students and for people with health/mobility concerns.

***Pilates Reformer (2,3)** Exercises on the reformer machine promote length, strength, flexibility and balance.

***Reformer Tower (all levels)** Reformer using tower and trapeze.

Table Pilates (1) For those who may struggle to get on the floor, this class utilizes a raised table in place of the mat while performing modified Pilates exercises.

Tai Chi (all levels) Easy to learn basic moves to improve balance and reduce the risk of falling. (Standing majority of class)

Tai Chi Advance (2,3) For advanced students to learn Tai Chi forms with a sword or a fan. It is by invitation only from the instructor.

Cardio YoPi (2,3) Yoga and Pilates combined with light cardio improves flexibility, core strength, & increases cardiovascular endurance.

Chair Yoga (all levels) Gentle yoga done mostly from a seated position. Improves musculoskeletal fitness, flexibility & sense of well-being.

Easy Yoga & Meditation (all levels) Gentle yoga for strength and range of motion.

Hatha Yoga Slow and relaxed yoga movements.

Hatha (2,3) Yoga postures and breathing. Poses flow from standing to seated and combine breath work to enhance the mind-body connection.

Yin Yoga (all levels) Poses are held longer to benefit tight muscles and target deep connective tissue.

Qigong for Health & Happiness (all levels) The use of simple poses, breathing techniques, and guided meditation to unlock stagnate energy and promote a healthy a flow of qi (Chee).

Yoga Flow Stretch (1,2) Gentle yoga poses combined with stretching.

Yogalates (all levels) A fusion of Yoga and Pilates. Increases flexibility, strengthens core muscles while also creating a sense of inner calm, and overall well-being.

Pilates

Pilates Fusion (all levels) Pilates Fusion is a mat Pilates class that **Strengthen your core, sculpt your muscles, and increase flexibility with a fusion of practices.**

**Fee Based: Pilates Reformer*