

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

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

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

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

Time Change to Classes  
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.

**Intro to Dance Cardio(1,2)** This is a slower-paced dance workout that targets different muscle groups, helping you build strength and stamina.

**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*