

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	Fit for Gold 10am Lynne	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	Yin Yoga 11am Tetyana	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	Stability & Strength 12pm Lynne	Chair Yoga 12pm Parmjit	DanceFit 10am Julie	Chair Yoga 11am Kathleen
	Hatha Yoga 10am Tetyana	Chair/Mat Pilates 1:30pm Lori	Qigong for Happiness 1pm La	H.I.I.T. 5:30pm Megan T.	Tai Chi 11am Kathy L.	
	Strength & Stability 11:30am Lynne	Zumba 5:15pm Carolina	Be Balanced 3pm Myles	Easy Yoga/ Meditation 6:30pm Parmjit	Tai Chi Advanced 12-12:30pm Kathy L.	
	Be Balanced 3pm Shae	Cardio & Weights 6:15pm Jan	Hatha Yoga 6pm Annie		Balance 3pm Myles	
	Body Blast 5pm Madison					
	Zumba Step 6pm Lesia					

■ Studio C ■ MedEx Studio ■ Sports Arena						
SU	MO	TU	WE	TH	FR	SA
	TRX 9am Sports Arena James	Bootcamp 9:30am Sports Arena Megan F.	Total Body 6am Sports Arena Diane	Kettlebells 5-5:25pm Studio C Madison	Bootcamp 9:30am Sports Arena Shae	Tabata 8am Sports Arena Kathie
	Table Pilates 12pm MedEx Studio Lori	Kettlebells 5-5:25pm Studio C James	TRX 9am Sports Arena James	TRX 5:30-5:55pm Studio C Madison	Table Pilates 10am MedEx Studio Lori	
		TRX 5:30-5:55pm Studio C 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* 9am Lynne	Reformer Tower* 8:30am Marie		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	Deeply Fit 9:30am Lap Pool	Deeply Fit 9:30am Lap Pool	Deeply Fit 9:30am Lap Pool	Aqua Strong Boards* 7:45 am Lap Pool	Deeply Fit 9:30am Lap Pool	Deeply Fit 10:15am Lap Pool
	Aquacise 10:15am Warm Water	Aquabatas 10:30am Lap Pool	Aquacise 10:15am Warm Water	Deeply Fit 9:30am Lap Pool	Aquacise 10:15am Warm Water	
	Aqua Strong Boards* 10:30am Lap Pool	Cardio Abs Deep 11:30am Warm Water	Fluid Moves 11:30am Warm Water	Deeply Fit 11:30am Warm Water	Fluid Moves 11:30am Warm Water	
	Fluid Moves 11:30am Warm Water	Power Waves 6:30pm Lap Pool	Extreme Power 5:30pm Lap Pool	Aqua S.M.I.L.E. 5:30pm Warm Water		
	Aqua S.M.I.L.E. 5:30pm Warm Water			Deeply Fit 6:30pm Lap Pool		

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.

Cardiac Rehab Transition (1) For those transitioning out of cardiac rehab that are looking for guidance and progression on the fitness floor with the assistance of a trained Fitness Coach.

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 Pump (3) Total body strength workout that will shape and tone all your major muscle groups. The ideal workout for anyone looking to get lean, toned and fit – 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.

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.

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

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

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.

Chair/Gentle Mat Pilates (1) This class utilizes a chair and standing at a bar to perform basic Pilates exercises. Gentle mat exercises are an option as well for those able to get up and down from the floor.

Table Mat 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.

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. Benefits include improved musculoskeletal fitness, flexibility & sense of well-being.

Easy Yoga & Meditation (all levels) Gentle yoga for strength and range of motion. Rejuvenating meditation at the end of class.

Gentle Hatha (all levels) Slow and relaxed 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 complete and comprehensive fusion of Yoga and Pilates. A mat-based class designed to increase flexibility, strength, and control of core muscles while also creating a sense of inner calm, and overall well-being.

**Fee Based: Pilates Reformer*