

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	Hatha Yoga 10am Tetyana	Chair Yoga 11am Varies	Yin Yoga 11am Tetyana	Dance Fit 10:30am Julie	Hatha Yoga 9am Stacy	Power Pump 10am Marie
	Strength & Stability 11:30am Lynne	Yoga Flow Stretch 12pm Varies	Stability & Strength 12pm Lynne	Chair Yoga 12pm Varies	DanceFit 10am Julie	Chair Yoga 11am Kathleen
	Be Balanced 3pm Shae	Pilates Fusion 5pm Annie	Qigong for Happiness 2pm La	H.I.I.T. 5:30pm Megan T.	Tai Chi 11am Kathy L.	
	<b>BODYPUMP</b> 5pm Madison	Cardio & Weights 6pm Jan	Be Balanced 3pm Myles	Easy Yoga/ Meditation 6:30pm Varies	Tai Chi Advanced 12-12:30pm Kathy L.	
	Zumba Step 6pm Lesia		<b>BODYPUMP</b> 5pm Madison		Balance 3pm Myles	

■ 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 Kathleen	Boxing* 9:30am James	TRX 9am James		Table Pilates 10am Kathleen	
	Small Group* Training 5:30-5:55pm Varies	Kettlebell TRX 5pm James				

**NEW! Les Mills BODYPUMP**

Registration required

At the front desk or in the Member Portal

Instructors may vary.

All classes are 50 minutes unless stated

\*Fee based

Studio B – Mind & Body/Spinning						
SU	MO	TU	WE	TH	FR	SA
Spinning 9am 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* 11am 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* 5pm 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* 7:45am Lap Pool Megan	Deeply Fit 9:30am Lap Pool LaToya	Deeply Fit 10:15am Lap Pool LaToya
	Aquacise 10:15am Warm Water Megan	Aquabatas 10:30am Lap Pool Megan	Aquacise 10:15am Warm Water Kim	Deeply Fit 9:30am Lap Pool Kathy	Aquacise 10:15am Warm Water Caroline	
	Aqua Strong Boards* 10:30am Lap Pool Karen	Dual Depth 11:30am Warm Water Latoya	Fluid Moves 11:30am Warm Water Kim	Aqua Circuits 10:30am Lap Pool Kathy	Aqua Training 10:30am <i>Starts 3/11/25</i> Lap Pool LaToya	
	Fluid Moves 11:30am Warm Water LaToya	Aqua Strong Boards* 1:30-2:45pm Lap Pool Megan	Extreme Power 5:30pm Lap Pool Caroline	Dual Depth 11:30am Warm Water Kathy	Fluid Moves 11:30am Warm Water Caroline	
	Aqua S.M.I.L.E. 5:30pm Warm Water Caroline		Cardio Splash <i>Starts 3/11/25</i> 6:30-7:20pm Warm Water Latoya	Aqua S.M.I.L.E. 5:30pm Warm Water Caroline		
				Deeply Fit 6:30pm Lap Pool Latoya		

## 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.

**BODYPUMP** (3) Total body strength workout that will shape and tone all your major muscle groups fast. The class uses light to moderate hand weights and body bars 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.

**Qigong for Tai Chi** (1, 2) 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*