

Studio A – Group Fitness						
SU	MO	TU	WE	TH	FR	SA
Les Mills Shapes 9am <i>Claude</i>	Sculpt 6am <i>Diane</i>	Les Mills BODYPUMP 6am <i>Caroline</i>	Yin Yoga 7am <i>Deane</i>	Les Mills Shapes 6am <i>Marie</i>	Total Body 6am <i>Diane</i>	Gentle Yoga 7:30am <i>Deana</i>
Les Mills BODYPUMP 10am <i>Claude</i>	Tai Chi 8:30am <i>Kathy</i>	Cardio YoPi 9am <i>Tetyana</i>	Fit for Gold 10am <i>Lynne</i>	Yogalates 9:30am <i>Tetyana</i>	Morning Yoga 7am <i>Lainie</i>	Les Mills Shapes 9am <i>Marie</i>
Hatha Yoga 11:30am <i>Tetyana</i>	Tai Chi Adv 9:30-9:55am <i>Kathy</i>	Dance Fit 10am <i>Julie</i>	Yin Yoga 11am <i>Tetyana</i>	Dance Fit 10:30am <i>Julie</i>	Hatha Yoga 9am <i>Stacy</i>	Sculpt 10am <i>Marie</i>
	Hatha Yoga 10am <i>Tetyana</i>	Chair Yoga 11am <i>Shashank</i>	Stability & Strength 12pm <i>Lynne</i>	Chair Yoga 12pm <i>Kathleen</i>	Dance Fit 10am <i>Julie</i>	Chair Yoga 11am <i>Kathleen</i>
	Stability & Strength 12pm <i>Lynne</i>	Yoga Flow 12pm <i>Kathleen</i>	Chair Yoga 1pm <i>Kathleen</i>	H.I.I.T. 5:30pm <i>Megan S.</i>	Tai Chi 11am <i>Kathy</i>	
	Be Balanced 3pm <i>Gretchen</i>	Mat Pilates 5pm <i>Annie</i>	Be Balanced 3pm <i>Gretchen</i>	Yin Yoga 6:30pm <i>Kathleen</i>	Tai Chi Adv 12-12:25pm <i>Kathy</i>	
	Les Mills BODYPUMP 5:30pm <i>Shanna</i>	H.I.I.T. 6pm <i>Jan</i>	Les Mills BODYPUMP 5:30pm <i>Shanna</i>			
	Les Mills Shapes 6:30pm <i>Shanna</i>			Les Mills BODYPUMP <i>Registration required at the front desk or in the Member Portal</i>		

■ Studio C ■ MedEx Studio ■ Sports Arena						
SU	MO	TU	WE	TH	FR	SA
	TRX 9am <i>James</i>	Functional Circuit Training 9:30am <i>Megan F.</i>	Total Body 6am <i>Diane</i>		Functional Movement 9am <i>Gretchen</i>	Tabata 8am <i>Kathie</i>
	Table Pilates 12pm <i>Lori</i>	Core & More 10-10:30am <i>Jen</i>	TRX 9am <i>James</i>		Boot Camp 9:30am <i>Shae</i>	
		Kettlebell/TRX 5pm <i>James</i>			Table Pilates 10am <i>Lori</i>	

Studio B – Pilates Reformer/Spinning						
SU	MO	TU	WE	TH	FR	SA
Spinning 9am <i>Jen</i>	Reformer Tower* 7am <i>Mike</i>	Spinning 9am <i>Jen</i>	Reformer Tower* 7am <i>Mike</i>	Reformer Tower* 7am <i>Marie</i>	Pilates Reformer* 9:30am <i>Lynne</i>	Basic Pilates Reformer* 8am <i>Megan S.</i>
Spin Extra Burn 10-10:30am <i>Jen</i>	Reformer Tower* 11am <i>Lynne</i>		Pilates Reformer* 11am <i>Lynne</i>	Reformer Tower* 8:30am <i>Marie</i>	Pilates Reformer* 10:30am <i>Lynne</i>	Spinning 9am <i>Megan S.</i>
	Reformer Tower* 5pm <i>Mike</i>		Spinning 5:30pm <i>Jen</i>	Basic Pilates Reformer* 11:30am <i>Lynne</i>		Reformer Tower* 10am <i>Mike</i>
	Spinning 6:15pm <i>Jane</i>			Reformer Tower* 5pm <i>Mike</i>		Reformer Tower* 11:30am <i>Marie</i>

■ Lap Pool ■ Warm Water Pool						
SU	MO	TU	WE	TH	FR	SA
Ai Chi 11:15am <i>Naomi</i>	Aqua Strong Boards* 8:30am <i>Karen</i>	Deeply Fit 9:30am <i>Karen</i>	Deeply Fit 9:30am <i>Meg</i>	Aqua Strong Boards* 7:45am <i>Megan</i>	Deeply Fit 9:30am <i>Deborah</i>	Deeply Fit 10:15am <i>Varies</i>
	Deeply Fit 9:30am <i>Meg</i>	Aquabata 10:30am <i>Megan</i>	Aquacise 10:15am <i>Deborah</i>	Deeply Fit 9:30am <i>Agnes</i>	Aquacise 10:15am <i>Chris</i>	
	Aquacise 10:15am <i>Latoya</i>	Dual Depth 11:30am <i>Latoya</i>	Fluid Moves 11:30am <i>Agnes</i>	Dual Depth 11:30am <i>Agnes</i>	ABS Aqua Combat 10:30am <i>Megan</i>	
	Fluid Moves 11:30am <i>Varies</i>	Beginner Aqua Strong Board* <i>Jane</i>	Extreme Power 5:30pm <i>Caroline</i>	Aquacise 5:30pm <i>Varies</i>	Fluid Moves 11:30am <i>Caroline</i>	
	Aquacise 5:30pm <i>Agnes</i>	AquaHIIT 6:30pm <i>Caroline</i>	Cardio Splash 6:30pm <i>Jill</i>	Deeply Fit 6:30pm <i>Latoya</i>		

## Land Group Fitness

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

**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.

**Core & More (all levels)** focuses on strengthening the core muscles, while also incorporating exercises that benefit other muscle groups and improve overall fitness.

**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.

**Functional Circuit Training (all levels)** Circuit style class that will get your total body moving.

**Functional Movement (all levels)** circuit style class utilizes functional fitness equipment that will improve strength, balance, and mobility through many stages of life. Exercise modifications and progressions will grow with your specific needs to help you maintain your active lifestyle. Come meet upstairs in the functional playground for an energizing weekly workout.

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

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

**LES MILLS 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.

**LES MILLS Shapes (all levels)** A low impact blend of Pilates, sculpt, and power yoga set to modern beats. With small, controlled movements, you sculpt and strengthen all major muscle groups, improve alignment and increase flexibility.

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

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

**Spin Extra Burn (all levels)** A quick 30 min 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.

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## 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.

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

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

**\*Reformer Tower (2,3)** 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 (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.

**Hatha Yoga (all levels)** Slow and relaxed yoga movements.

**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 (all levels)** a group of yoga poses placed orderly in the most intelligent way possible and practiced meet a specific purpose. In most cases, it helps to gain strength, power, balance, stability, and confidence.

**Yogalates (2,3)** A fusion of Yoga and Pilates. Increases flexibility, strengthens core muscles while also creating a sense of inner calm, and overall well-being.

**Yoga Breathwork (all levels)** Integrated Yoga practice blends in key elements of Yoga by raising the awareness of the power of proper breathing, preparing you to take on daily challenges of life and help you enjoy a stress-free life.

**Gentle Yoga (all levels)** Calming practice that emphasizes mindful movement and breath awareness. Designed to promote relaxation and flexibility while reducing stress.

**Morning Yoga (all levels)** Connecting with breath and flow in this dynamic practice. This class is adaptable to fit your needs while creating a deeper connection between mind, body, and breath.

*\*Fee Based: Pilates Reformer*