

# GROUP CLASSES

FALL 2020: Updated September 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>5:45 - 6:30 am <b>CYCLE JOURNEY</b> Garrett • Cycle Studio</p>	<p>5:15 - 6:00 am <b>BODY PUMP</b> Madison • Fitness Studio</p>	<p>8:00 - 8:45 am <b>AQUA ARTHRITIS</b> Hannah • Warm Water Pool</p>	<p>5:15 - 6:00 am <b>BODY PUMP</b> Madison • Fitness Studio</p>	<p>8:00 - 8:45 am <b>AQUA ARTHRITIS</b> Kathy • Warm Water Pool</p>	
<p>9:00 - 9:45 am <b>CARDIO SPLASH</b> Hannah • Lap Pool</p>	<p>9:00 - 9:45 am <b>CORE CARDIO BALANCE</b> Rio • Warm Water Pool</p>	<p>9:00 - 9:45 am <b>AQUA ARTHRITIS</b> Hannah • Warm Water Pool</p>	<p>9:00 - 9:45 am <b>CORE CARDIO BALANCE</b> Rio • Warm Water Pool</p>	<p>9:00 - 9:45 am <b>AQUA ARTHRITIS</b> Kathy • Warm Water Pool</p>	<p>9:00 - 9:45 am <b>CYCLE JOURNEY</b> Rio • Cycle Studio</p>
<p>9:30-10:15 am <b>HOOP FIT</b> Rebecca • Fitness Studio</p>	<p>9:30 - 10:15 am <b>PILATES BARRE</b> Rebecca • Fitness Studio</p>	<p>10:00 - 10:45 am <b>AQUA CIRCUITS</b> Hannah • Lap Pool</p>	<p>10:00 - 10:45 am <b>IMPACT FREE AQUA</b> Rio • Lap Pool</p>	<p>9:30 - 10:15 am <b>POWER YOGA</b> Rebecca • Fitness Studio</p>	<p>10:00 - 10:45 am <b>LINE DANCING</b> Sandy • Fitness Studio</p>
<p>10:00 - 10:45 am <b>CORE CARDIO BALANCE</b> Hannah • Warm Water Pool</p>	<p>10:00 - 10:45 am <b>IMPACT FREE AQUA</b> Rio • Lap Pool</p>	<p>10:30 - 11:15 am <b>HEALING YOGA</b> Rebecca • Fitness Studio</p>	<p>10:30 - 11:15 am <b>HEALING YOGA</b> Rebecca • Fitness Studio</p>	<p>10:00 - 10:45 am <b>CARDIO SPLASH</b> Hannah • Lap Pool</p>	<p>10:00 - 10:45 am <b>QIGONG</b> Mike • Mind/Body Studio</p>
<p>10:30 - 11:15 am <b>HEALING YOGA</b> Rebecca • Fitness Studio</p>	<p>11:00 - 11:45 am <b>AQUA ARTHRITIS</b> Rio • Warm Water Pool</p>		<p>11:00 - 11:45 am <b>AQUA ARTHRITIS</b> Rio • Warm Water Pool</p>	<p>10:00 - 10:45 am <b>CORE CARDIO BALANCE</b> Kathy • Warm Water Pool</p>	
				<p>10:30 - 11:15 am <b>PILATES BARRE</b> Rebecca • Fitness Studio</p>	
<p>1:00 - 1:45 pm <b>AQUA ARTHRITIS</b> Hannah • Warm Water Pool</p>	<p>1:00 - 1:45 pm <b>RESTORATIVE MOVEMENT</b> Rebecca • Fitness Studio</p>		<p>1:00 - 1:45 pm <b>RESTORATIVE MOVEMENT</b> Rebecca • Fitness Studio</p>	<p>1:00 - 1:45 pm <b>AQUA ARTHRITIS</b> Hannah • Warm Water Pool</p>	
<p>5:00 - 5:45 pm <b>BODY PUMP</b> Madison • Fitness Studio</p>	<p>7:00 - 7:45 pm <b>CYCLE JOURNEY</b> Rio • Cycle Studio</p>	<p>5:00 - 5:45 pm <b>BODY PUMP</b> Madison • Fitness Studio</p>	<p>6:00 - 6:45 pm <b>AQUA HIIT</b> Hannah • Lap Pool</p>		
<p>6:00 - 6:45 pm <b>ZUMBA</b> Sarah • Fitness Studio</p>		<p>5:30 - 6:15 pm <b>CORE CARDIO BALANCE</b> Hannah • Warm Water Pool</p>	<p>7:00 - 7:45 pm <b>LINE DANCING</b> Sandy • Fitness Studio</p>		
<p>6:30 - 7:15 pm <b>AQUA ARTHRITIS</b> Rio • Warm Water Pool</p>		<p>6:00 - 6:45 pm <b>ZUMBA</b> Sarah • Fitness Studio</p>			
		<p>7:00 - 7:45 pm <b>HEALING YOGA</b> Mike • Fitness Studio</p>			

## LAND CLASSES

### **BODY PUMP**

Challenge every muscle group in this barbell class designed to build strength, tone your body and push you to your limit. All levels welcome.

### **Cycle Journey**

Burn calories and improve athletic performance through varied terrain rides on a stationary bike. Follow the pace of the instructor or set your own pace to meet your personal goals.

### **Healing Yoga**

A safe introduction to basic yoga postures plus breathing and relaxation techniques. Easy-to-follow instruction makes this class suitable for beginners. Ongoing students welcome.

### **Hoop Fit**

Improve core strength, tone stomach, arms, thighs and butt in a low impact, high energy workout that can burn 400-600 calories an hour.

### **Line Dancing**

Learn popular line dances while burning calories. Each dance is choreographed to 3 songs - slow, medium and fast - to challenge your dancing skills and get the heart rate up.

### **Pilates Barre**

A fusion of ballet, Pilates and barre exercises improve core balance, strength and overall flexibility. Feel stronger, taller and more toned.

### **Power Yoga**

An advanced form of yoga focused on strength and core conditioning not recommended for beginner yoga students.

### **Qigong**

Meditation combined with self-healing movements, postures and self-massage techniques help promote mental equanimity, emotional clarity and physical vitality. All fitness levels.

### **Restorative Movement**

Cross train your mind and body with gentle conditioning movements, Tai Chi, Pilates and light stretching. Optional use of a chair, wall or mat. This class helps keep bones and muscles strong to improve range of motion and stability.

### **Zumba® Dance**

Zumba combines high energy and motivating music with unique Latin style moves and combinations. Prepare to burn maximum calories while having the time of your life!

## WATER CLASSES

### **Aqua Arthritis (Warm Water Pool)**

Designed to help manage joint pain and stiffness. Gentle movements improve range of motion, increase flexibility and reduce pain.

### **Aqua Circuits (Lap Pool)**

Get ready for a high-intensity workout as you move from station to station. You'll be glad the water helps cool you off as you kick your fitness level in to overdrive.

### **Aquatic HIIT (Lap Pool)**

Get ready for a high-intensity workout as you move from station-to-station. You'll be glad the water helps to cool you off as you kick your fitness level into over-drive!

### **Cardio SPLASH (Lap Pool)**

This low impact class incorporates unique movements that stimulate all major muscle groups while keeping your heart pumping.

### **Core, Cardio & Balance (Warm Water Pool)**

Low impact cardio and strength exercises improve balance, keep bones and muscles strong and improve cardiovascular health.

### **Impact Free Aqua (Lap Pool)**

Buoyancy belts provide no-impact cardio that's appropriate for all levels but challenging enough for experienced aquatic exercisers.

## WARM WATER POOL AVAILABILITY

**The Warm Water Pool is CLOSED at the following times for Physical Therapy:**

Monday..... 11:00 am – 1:00 pm  
Tuesday..... 1:00 pm – 3:00 pm  
Wednesday..... 3:00 pm – 5:00 pm  
Thursday..... 3:00 pm – 5:00 pm  
Friday..... 11:00 am – 1:00 pm

Pool availability varies during all other club hours and is on a first come, first served basis. Pool capacity will be limited to enforce physical distancing standards.

## LAP POOL AVAILABILITY

Pool availability is limited to one person per lane. Reservations may be made up to 24 hours in advance at the Front Desk or online. See Front Desk for details.