







# GROUP EXERCISE SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 a m		Spin Judylynn		Spin Kristen		Spin Alan	
		Cross Training Melissa 	Ult. Conditioning Joel 	Cross Training Heidi 	Ult. Conditioning Stephen 	Cross Training Joel 	
6:30 a m			Aqua Sport Heidi (45min) 		Aqua Fusion Heidi (45min) 		
7:00 a m		Hydro Therapy Joel 				Hydro Therapy Joel 	
8:00 a m	Cross Training Christo/Steve 	Cross Training Christo 	Definitions Soraya	Insanity Max Brian (45min)	Definitions Paula	Cross Training Christo 	BodyPump Judylynn
		Yoga Flow Kristen		Aqua Jogging Paula 			
9:00 a m	Beyond Barre Lourdes	BodyPump Kristen	PowerHour Jeremy 	BodyPump Brian	Spin Karen	BodyPump Karen	
	Spin Alan						
9:15 a m			30/30 Spin and Strength Allison		PowerHour Allison 		Insanity Max Brian (45min) 
9:30 a m			Beyond Barre Nicole		Beyond Barre Nicole		Yoga Flow Elizabeth
10:00 a m	BodyPump Crystal					Mat Pilates Lisa	
10:15 a m		Yoga Flow Kirsten		Yoga Flow Elizabeth			
6:00 p m		BodyPump Judylynn	Spin Judylynn	Insanity Max & Stretch Christo (45min) 	BodyPump Crystal		
				RAQ THE BARRE® Soraya			
6:30 p m		Mat Pilates Lisa					

All classes will be held in the Main Studio unless otherwise noted.



- Pool



- Basketball Courts



- Sports Performance Room

For more information on FITNESS, please reach out to our Fitness Director, Melissa Huntington at [melissahkcm@gmail.com](mailto:melissahkcm@gmail.com)

## **BEYOND BARRE**

A unique body transforming workout that incorporates body sculpting, fat burning and muscle lengthening. Light weights will be used to tone the arms. Abdominal work will narrow the waist and barre work will sculpt the thighs and lift the seat.

## **BODYPUMP™**

A barbell class that strengthens your entire body. Designed to improve strength and endurance, this workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music and your choice of weight inspire you to get the results you came for – and fast!

## **CROSS TRAINING**

Find your inner athlete during these workouts with an emphasis on strength, quickness, stamina and balance in a group training format. This training will also lead to long-term joint protection, injury prevention and increased metabolism.

## **DEFINITIONS**

Muscle conditioning for the entire body - this class utilizes light and heavy weights as well as additional props to target major muscle groups with the added benefit of deep core conditioning and stretching.

## **INSANITY MAX**

A high intensity class where you will work to your max in every move and every minute, so you can torch MAX calories, burn MAX fat, and achieve MAX muscle definition. It's a battle between your body and your mind to see how far you're willing to go for insane results.

## **INSANITY MAX & STRETCH**

Sweat like never before. Push your limits and your body will adapt. Insane workout Insane results. 30' with a stretch at the end for a total of 45'.

## **MAT PILATES**

An artful, non-impact form of exercise based on the methods pioneered by Joseph Pilates. Breathing techniques are used to aid in developing abdominal strength and stabilization through a series of controlled movements. Come see why this has become one of the most popular forms of exercise today. This class is appropriate for all ages and fitness levels.

## **ULTIMATE CONDITIONING**

An intense cardiovascular, core and strength training workout. The cardiovascular training will be high intensity, high impact. The strength training portion will focus on sculpting and toning muscles as well as core conditioning.

## **Power Hour**

Power Hour uses a variety of equipment and exercises to keep workouts interesting & challenging. This workout combines moderate/high intensity cardio and weight training which strengthens, conditions, tones and defines muscles providing the ultimate training class.

## **AQUA FUSION**

This aqua class utilizes aqua bells to provide a low impact workout using drag resistance training. Resistance is created while carrying out a variety of exercise tempo's to target a full body workout, keeping joints healthy and reducing the risk of injury. Working opposing muscle groups is the goal to help achieve muscle balance and symmetry.

## **AQUA JOGGING**

Learn how to use the The AquaJogger® buoyancy belt to improve fitness without impact and weight bearing limitations. The AquaJogger® buoyancy belt comfortably suspends you at shoulder level in deep water allowing you to breathe normally and move freely while performing a wide variety of water exercises. Includes a general intro to water fitness and the various equipment used. Participants should be comfortable in deep water. Appropriate for adults of all ages and fitness levels.

## **AQUA SPORT**

This moderate to high intensity deep water class will use a variety of exercises to enhance cardiovascular while strengthening and toning muscles. Participants must be comfortable in deep water.

## **HYDRO THERAPY TRAINING**

Enjoy a full body, low impact work out with Joel St. Cyr. This class will concentrate on cardiovascular training and full range of motion full-body muscular training. Class will be held in the shallow end of the pool.

## **RAQ THE BARRE**

Tone and condition your entire body from top to toe with a cardio core barre method designed to improve torso and hip flexibility. Using a variety of fitness props, a full barre series, and mat exercises, this class will pay special attention to developing muscle balance and enhancing your posture.

## **SPIN**

### **SPIN**

60 minute cardiovascular workout on a stationary bike in a group setting. Spinning has a reputation for intensity but all classes are designed for beginners, hard-core cyclists and everyone in between. Instructors motivate riders and guide them to adapt their workout to their own experience and skill level.

### **30/30 - Spin & Strength**

Want the best of both worlds? Here you go! 30 minutes of heart pumping cycle, followed by 30 minutes of strength training. This 30-minute Spin and a 30-minute strength session uses dumbbells, resistance bands, body weight & more.

## **Yoga**

### **YOGA FLOW**

An all levels, Vinyasa style class that will link breath to movement in an athletic workout, with focus on strengthening and restoring the body and mind.