

GROUP EXERCISE



Effective February 9, 2019

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30am	Spin Judylynn	Ult. Conditioning Kristen [S]	Spin Tom	HIIT & Stretch Kristen	Spin Kristen/Alan		
	Cross Training David		Cross Training Allison [S]		Cross Training David [S]		
8:00am	20-20-20 Lourdes	Cross Training Allie [S]	20-20-20 Lourdes	Total Body Boxing Jim [S]	RX60 David	Spin Carole	Cross Training David/Kristen [S]
	Cross Training Allie	Vinyasa Flow Yoga Chere			Zumba Toning Lourdes	BodyPump Brian	
		Aqua Sport Soraya			Aqua Fit Wendy	Aqua Fit Wendy	
9:00am	Spin Tom	Spin Katie	Spin Karen	Spin Katie	Spin Karen	HIIT Brian [S] (30)	Spin Alan/Kristin
	RX60 Kristen	Muscle Conditioning Soraya	Beyond Barre Lourdes [P]	Muscle Conditioning Allison	Cardio Strength Soraya		Beyond Barre Lourdes [P]
	Flow & Restore Yoga Ali			Aqua Sport Jim			
9:30am		Total Body Boxing Doug [S]			HIIT & Stretch Christo [S]	Fluid Yoga Rachel	
		Beyond Barre Nicole [P]				Total Body Boxing Doug	
10:00am	BodyPump Julie	HIIT & Stretch Karen	BodyPump Julie	Vinyasa Flow Yoga Rachel	Vinyasa Flow Yoga Chris		BodyPump Kali
	Mat Pilates Susan [P]		Mat Pilates Susan	Beyond Barre Nicole [P]	Mat Pilates Susan		
	Senior Swim Karen				Senior Swim Soraya		
11:30am			Young at Heart Julie S. (45)				
4:00pm	Family Bootcamp Lourdes	Kids Bootcamp Heidi [S] <i>ages 8-12</i>	Little Kids Bootcamp Jack <i>ages 5-7</i>	Kids Bootcamp Heidi [S] <i>ages 8-12</i>			
5:30pm							
6:00pm	BodyPump Kristen	Cross Training Christo	Cardio Core Barre Soraya [P]	BodyPump Kristin			
			HIIT & Stretch Christo [S]				
6:30pm	Mat Pilates Kelly [P]	Spin Carole		Spin Tom			
7:00pm		Vinyasa Flow Yoga Chere					
7:15pm				Spa Yoga Ali (75)			

All classes will be held in the Group Exercise Studio unless otherwise noted:
 () = Class length
 [S] = Sports Performance Room
 [F] = Fitness Floor
 [P] = Pilates Studio
 = Pool
 \$ = Fee for non members

GROUP EXERCISE CLASSES

20-20-20 (or 3 workouts in one!)

This fitness class combines 20 minutes of cardio with 20 minutes of strength training followed by 20 minutes of core/balance with stretching.

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!

CARDIO CORE BARRE

Maintaining all the perks from your traditional barre exercises, plus deep core belly dance inspired cardio movements infused into the workout to burn more calories and build kinesthetic awareness. Learn "how" to use your core muscles in space as you create long, lean muscles, build stamina, and perfect your posture.

CARDIO STRENGTH

Easy to follow foot patterns to get your heart rate up with muscle conditioning to tone your body. Various props will be used.

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.

HIIT

This high intensity interval training class will produce maximum results in minimum time. 30 minutes.

HIIT & STRETCH

30 minutes of high-intensity intervals followed by 30 minutes of lengthening through gentle yoga stretches.

MUSCLE CONDITIONING

Define your muscles and condition your body and mind to a stronger you. This conditioning class is designed to improve your muscular strength and endurance utilizing a variety of resistance equipment such as tubing, free weights and medicine balls.

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.

PILATES INTERMEDIATE MAT:

This class builds on the basic mat sequence offering more challenging moves for the proficient student. Building blocks are shown for the more difficult moves. Students must be familiar with basic mat.

RX60

Prescription for progress! We have bundled your complete fitness workout into 90 or 60 minutes. Start with a dynamic warm up followed by challenging core and balance work, power moves, strength training, cardiovascular and end with stretching and you have a formula for success for any fitness goal. All levels and all abilities.

TOTAL BODY BOXING

A fitness boxing class that will build your strength, power and confidence. Punch, kick and sweat your way to a leaner, meaner you! Work your way around the circuit of 3-minute drills at your own level. Stations of the circuit will focus on full body conditioning with an emphasis on boxing skills and techniques. All fitness levels are welcome.

YOUNG AT HEART

Help protect joints, increase energy and make everyday life more comfortable. This class will focus on functional fitness movements, balance, core strength, endurance and multi-joint flexibility.

Participants have the option to meet for a lunch special after class in the Ice House Restaurant.

ZUMBA

A high energy, low impact, sizzling selection of dance and fitness moves choreographed to great Latin music. Easy for everyone to pick up, this class is a major calorie burner and tons of fun!

SWIM

AQUA FIT

This moderately paced class utilizes the shallow and deep ends of the pool and a variety of pool equipment to offer a more traditional aerobics class. Class is comprised of a warm up, simple choreography moves, and varied strength and toning sequences resulting in a complete body workout

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."

SENIOR SWIM

Senior Swim is a shallow water workout with [gentle] low impact cardio movements as well as full body conditioning exercises. Benefits include an enhanced sense of overall body awareness and balance training, all in a safe aqua environment.

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.

YOGA

FLOW & RESTORE YOGA

Sthira Sukham is the yoga concept of finding balance between effort and ease. Find your balance in this 60-minute class. First heat up the body with a vinyasa flow focusing on strength and flexibility, then calm body and mind thru a sequence of restorative poses ending with a blissful savasana. Elements of SPA Yoga such as soothing music, aromatherapy and hands on assists are incorporated throughout the class for an added sensory experience. All levels welcome.

FLUID YOGA

Fluid Yoga is a dynamic Vinyasa Flow. Fluid Yoga places attention in a mindful way on breath and movement. It incorporates organic and intuitive flows while emphasizing continual movement throughout the mindful practice to build endurance, flexibility, strength and a clear mind. Fluid will both challenge and evolve your practice if you come with an open mind and mindful approach.

VINYASA FLOW

This invigorating power yoga based full body workout has a strong focus on the core that will leave you energized and stress free. Moderately heated room (75 degrees); towel and water bottle recommended. All levels welcome.

KIDS

FAMILY BOOTCAMP MONDAYS all ages

The entire family is invited! This high energy class is designed to provide a safe, fun and effective workout for all ages! (Parents MUST be in attendance the entire class. This is about families training together.)

KIDS BOOTCAMP ages 7-12

Pull, push, run and jump - anything goes in this fun class designed to enhance children's strength, agility and balance.

KIDS BOOTCAMP ages 5-6

Designed for children to associate fitness with fun, this high energy class will emphasize fitness games in a positive and motivating environment. Held in the Group Exercise Studio.