

WINTER FITNESS SCHEDULE

(This schedule is subject to change.)

LAND-FITNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUN
LAND FITNESS A.M.	5:45-6:45 am #4 LES MILLS BODYPUMP®	5:30-6:30 am #4 CYCLE	5:45 -6:45 am #4 LES MILLS BODYPUMP®	5:30 -6:30 am #4 CYCLE	5:45 -6:45 am #4 LES MILLS BODYPUMP®	7:00-8:00 am #4 CYCLE	
	8:15-9:15 am #4 INTERVAL AEROBICS	7:30-8:30 am #4 DYNAMIC STRETCH	8:15-9:15 am #4 CYCLE	7:30-8:30 am #4 DYNAMIC STRETCH	8:15 -9:15 am #4 INTERVAL AEROBICS	8:15-9:15 am #4 LES MILLS BODYPUMP®	
	9:30-10:30 am #4 CYCLE	8:45-9:45 am #4 MUSCLE MAKEOVER	9:30-10:30 am #4 ZUMBA	8:45-9:45 am #4 LES MILLS BODYPUMP®	9:30-10:30 am #4 CYCLE	9:45-10:45 am #4 ZUMBA	
	10:40-11:40 am #4 GENTLE YOGA	10:00-11:00 am #4 X-TRAINING	10:45-11:45 am #4 INTERMEDIATE YOGA	10:00-11:00 am #4 X-TRAINING	10:40-11:40 am #4 ZUMBA		
		11:15-12:15 pm #4 ROCK STEADY BOXING Parkinsons	12:00-1:00 PM #4 INTERVAL AEROBICS	11:15-12:15 pm #4 ROCK STEADY BOXING Parkinsons			

LAND FITNESS P.M.	4:50-5:50 pm #4 ZUMBA/STRONG	5:00-6:00 pm #4 CYCLE	5:15-6:15 pm #4 LES MILLS BODYPUMP®	5:00-6:00 pm #4 CYCLE			
	6:00-6:30 pm #4 LES MILLS BODYPUMP®	5:30-6:30 pm #3 ZUMBA	5:30-6:30 pm #3 LES MILLS BODYATTACK	6:15-7:15 pm #4 ZUMBA			
	6:30-7:00 pm #4 CXWORX	6:10-7:10 pm #4 LES MILLS BODYPUMP®	6:30-7:15 pm #4 CYCLE				
	6:45-7:45 pm #3 INTERMEDIATE YOGA	6:45-7:45 pm #3 POWER YOGA	6:45-7:45 pm #3 INTERMEDIATE YOGA				

WATER - FITNESS

WATER FITNESS A.M.	9:00-9:55am SPLASH/HYDRO Large Pool	8:00-8:55 am SPLASH Large Pool	9:00-9:55 am SPLASH/HYDRO Large Pool	8:00-8:55 am SPLASH Large Pool	9:00-9:55 am SPLASH/HYDRO Large Pool		
	9:00-9:55 am ABC AQUA-BANDS Small Pool	9:00-9:55 am ARTHRITIS EXERCISE Small Pool		9:00-10:00 am ARTHRITIS EXERCISE Small Pool	9:00-9:55 am AQUA YOGA Small Pool		
	10:00-10:55 am ZUMBA Large Pool		10:00-10:55 am ZUMBA Large Pool		10:00-10:55 am ZUMBA Large Pool		
	11:05-12:00 pm ARTHRITIS EXERCISE Small Pool		11:05-12:00 pm ARTHRITIS EXERCISE Small Pool		11:05-12:00 pm ARTHRITIS EXERCISE Small Pool		

WATER FITNESS P.M.	12:05-1:00 pm ARTHRITIS EXERCISE Small Pool		12:05-1:00 pm ARTHRITIS EXERCISE Small Pool		12:05-1:00 pm ARTHRITIS EXERCISE Small Pool		
	5:00-6:00 pm AQUACISE Small Pool		5:00-6:00 pm AQUACISE Small Pool				
	6:30-7:30 pm SPLASH Small Pool		6:30-7:30 pm SPLASH Small Pool				

FITNESS CLASSES

BODY ATTACK: Is a sports-inspired cardio workout program for building strength and stamina. This high energy interval training class combines athletic aerobics movements with strength and stabilization exercises.

BODY PUMP: This new class is a mix of aerobics and weight lifting using low weight and high reps. Burn calories, tone and strengthen your entire body to great music and innovative choreography.

CROSS TRAINING (XT): Do you get bored easily? your brain and body will be challenged in this class that includes running, plyometric drills, relay races, sports conditioning and more. *Class is held in gymnasium.

CYCLE: A non-impact cardio workout to get your heart pumping. Cycle, climb and sprint your way to a great workout. Wear comfy workout gear and bring plenty of water.

CXWORX: Exercising muscles around the core. It provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do. It's the glue that holds everything together.

DYNAMIC STRETCH AND STRENGTHEN: Is a class that will incorporate a battery of exercises that will literally stretch and strengthen your entire body, Michael will incorporate exercises from pilates, yoga and functional movement.

INTERVAL AEROBICS: This class incorporates segments of

traditional aerobic dance, kickboxing, strength exercises, ab work and stretching! Have a blast! *Class is held in gymnasium.

MUSCLE MAKEOVER: Ready to sculpt and shape your muscles? Strength training with hand weights, resistance tubes, medicine and stability balls. Create a stronger, healthier you! Please bring a mat to class.

POWER YOGA: Fine tune your yoga skills with our unique 90 minute yoga class. The room will be heated to around 85 degrees relaxing joints and allowing muscles to loosen and stretch to their maximum. Heat, along with the many twists incorporated into the practice, promote detoxification of the body. Breathing techniques used in class will help build lung capacity and calm the mind. This class features all the benefits of an advanced yoga class with arm balances and inversions. Please bring water, a yoga mat and a towel.

YOGA: In this class you will develop both strength and flexibility by using a flowing series of yoga postures and enhanced breathing techniques. By focusing on the present moment we create balance between the mind, body and spirit. Please bring a yoga mat to class.

ZUMBA: Ditch the workout and join the party! Dance your way to health using a combination of merengue, salsa, hip-hop, belly dancing, etc! A great low-impact workout that burns fat and tones your body. Sneakers with little tread work best.

AQUATIC CLASSES

ABC AQUA-BANDS: A huge variety of moves and motions can be performed to help improve strength and flexibility. Perfect resistance tool for water-based fitness and physical therapy. Aqua-band loop comes in three levels of resistance: light, medium and extreme.

AQUACIZE: This class uses the entire pool to tone, strengthen and increase your cardio endurance.

AQUA YOGA: This class is held in the small pool. Students flow through and hold a variety of yoga poses, synchronizing breath to movement. The warm water relaxes the muscles while the water supports balance. This class is designed to assist students in increasing flexibility, improving balance, building strength and calming the mind. Class concludes with a brief free float for relaxation.

AQUA ZUMBA: Dance and splash your way to fitness with this low-impact but challenging water workout. Please wear water shoes and bring a water bottle to class.

HYDRO: The next level in aquatic exercise. Using wave webs, hand buoys, resistance cuffs, and buoyancy cuffs. Increase your endurance while toning and strengthening your body. This class is held in the deep end of the pool.

SPLASH: A basic level aquatic exercise class. Using the natural resistance of water you will improve your flexibility, strength and cardiovascular endurance. A great non-impact workout! Held in the shallow end of the pool (swimmers and non-swimmers welcome).