

# FALL FITNESS SCHEDULE

(This schedule is subject to change.)  
(LAND AND WATER FALL CLASSES BEGIN NOVEMBER)

## LAND FITNESS - AM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUN
5:45-6:45am #4 <b>LES MILLS BODYPUMP®</b>	5:30-6:30am #4 <b>CYCLE</b>	5:45-6:45am #4 <b>LES MILLS BODYPUMP®</b>	5:30-6:30am #4 <b>CYCLE</b>	5:45-6:45am #4 <b>LES MILLS BODYPUMP®</b>	7:00-8:00 am #4 <b>CYCLE &amp; MORE</b>	
8:15-9:15am #4 <b>INTERVAL AEROBICS</b>	7:30-8:30am #4 <b>DYNAMIC STRETCH</b>	8:30-9:30am #4 <b>INTERVAL AEROBICS</b>	7:30-8:30am #4 <b>DYNAMIC STRETCH</b>	8:15-9:15am #4 <b>INTERVAL AEROBICS</b>	8:15-9:15 am #4 <b>LES MILLS BODYPUMP®</b>	
	8:45-9:45am #4 <b>MUSCLE MAKEOVER</b>		8:45-9:45am #4 <b>BODYPUMP® / WEIGHTS</b>	9:00-10:00am #3/Gym <b>ZUMBA</b>	9:00-10:00 am #3 <b>ZUMBA</b>	
9:30-10:30am #4 <b>CYCLE</b>	9:00-10:00am GYM <b>X-TRAINING</b>		9:00-10:00am GYM <b>X-TRAINING</b>	9:30-10:30am #4 <b>CYCLE</b>		
9:30-10:30am #3 <b>BARRE</b>						9:00-10:00 am #3 <b>BODYFLOW / YOGA</b>
10:40-11:40am #4 <b>GENTLE YOGA</b>		10:40-11:40am #4 <b>BEGINNERS/ INTERMEDIATE YOGA</b>		10:40-11:40am #4 <b>GENTLE YOGA</b>		
	11:15-12:15pm #4 <b>Parkinsons \$</b>		11:15-12:15pm #4 <b>Parkinsons \$</b>			

## LAND FITNESS - PM

5:15-6:15 pm #3 <b>ZUMBA</b>	5:30-6:30pm #3 <b>ZUMBA</b>	5:15-6:15pm #4 <b>LES MILLS BODYPUMP®</b>	5:30-6:30pm #4 <b>ZUMBA</b>			
6:20-7:20pm #3 <b>CYCLE</b>	6:00-7:00am #4 <b>BARRE</b>	6:30-7:15pm #4 <b>BEGINNER CYCLE</b>				
6:00-6:30pm #4 <b>LES MILLS BODYPUMP®</b>						
6:30-7:00pm #4 <b>LES MILLS CORE</b>	6:40-7:40pm #3 <b>POWER YOGA</b>	6:40-7:40pm #3 <b>BEGINNERS/ INTERMEDIATE YOGA</b>				

## WATER FITNESS - AM

9:00-9:55am <b>HYDRO/SPLASH</b> Large Pool	8:00-8:55am <b>SPLASH</b> Large Pool	9:00-9:55am <b>HYDRO/SPLASH</b> Large Pool	8:00-8:55am <b>SPLASH</b> Large Pool	9:00-9:55am <b>HYDRO/SPLASH</b> Large Pool		
9:00-9:55am <b>ABC AQUA-BANDS</b> Small Pool	9:00-9:55am <b>ARTHRITIS EXERCISE</b> Small Pool	10:00-11:00am <b>HITT</b> Large Pool	9:00-9:55am <b>ARTHRITIS EXERCISE</b> Small Pool	9:00-9:55am <b>AQUA YOGA</b> Small Pool		
10:00-10:55am <b>ZUMBA</b> Large Pool		10:00-10:55am <b>ZUMBA</b> Large Pool		10:00-10:55am <b>ZUMBA</b> Large Pool		
11:00-12:00pm <b>ARTHRITIS EXERCISE</b> Small Pool		11:00-12:00pm <b>ARTHRITIS EXERCISE</b> Small Pool		11:30-12:30pm <b>ARTHRITIS EXERCISE</b> Small Pool		

## WATER FITNESS - PM

12:00-1:00pm <b>ARTHRITIS EXERCISE</b> Small Pool		12:00-1:00pm <b>ARTHRITIS EXERCISE</b> Small Pool		12:30-1:30pm <b>ARTHRITIS EXERCISE</b> Small Pool		
5:00-6:00pm <b>AQUACISE</b> Small Pool		5:00-6:00pm <b>AQUACISE</b> Small Pool		5:00-6:00pm <b>AQUACISE</b> Small Pool		
6:00-7:00pm <b>SPLASH</b> Small Pool		6:00-7:00pm <b>SPLASH</b> Small Pool		6:00-7:00pm <b>SPLASH</b> Small Pool		

# FITNESS CLASSES

**BARRE:** It is low impact, high intensity class working on your strength, flexibility, and muscle endurance. Utilizing the movements of ballet, yoga and Pilates – the goal is to focus on certain parts of your body to strengthen and tone your glutes, abs, arms and legs – while increasing flexibility and overall strength.

**BEGINNER/INTERMEDIATE YOGA:** Practice focuses on synchronization of breath with the flow of movement and concludes with meditative relaxation. This class is designed to increase flexibility, balance, strength, and mental calmness. Suitable for beginners as well as experienced students with options offered for the various poses and flows.

**BODYFLOW®:** Fuses Yoga, Tai Chi, and Pilates in a workout that builds flexibility, balance, and strength and leaves you feeling centered and calm.

**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.

**CYCLE AND MORE:** This is a hybrid mix designed to torch calories, and tone your full body! This class is ideal if you are not looking for a high impact but looking to burn serious calories.

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

**GENTLE YOGA:** It is a basic quiet-mind. All poses are done on the mat with emphasis on breathing. Appropriate for all ages, levels especially for beginners. These classes are ideal for people with minor injuries or restricted movements.

**INTERVAL AEROBICS:** This class incorporates segments of traditional aerobic dance, kickboxing, strength exercises, ab work and stretching! Have a blast!

**LESMILLS 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.

**LESMILLS CORE:** 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.

**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:** This class is based on traditional yoga but more intense, and moves through yoga poses at a faster pace to boost up cardio and flexibility. Holding poses for a longer time to build strength. Power yoga is a full-body workout and will definitely makes you sweat! Advanced yoga poses will be introduced, but are optional for students to try them.

**ZUMBA FITNESS:** An energizing way to burn fat and tone muscles. It uses combinations of fast and slow rhythms with Latin and other music from around the world. Salsa, cumbia, merengue, hip hop, belly dancing, flamenco, and calypso are just a few rhythms you could experience in a typical Zumba class.

# 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.

**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.

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

**ARTHRITIS EXERCISE:** Structured exercise program in the warm

water under the supervision of qualified instructors. Increased flexibility of body joints and greater comfort for arthritis sufferers. No swimming ability necessary. Easy access steps and a pool lift are available. **Some restrictions may apply due to joint replacement and surgeries.**

**HIIT:** This class will be held in the deep end of the large pool. There are floatation belts available to use during the class. Core strengthening, cardio and range of motion exercises will be stressed to help you reach your fitness goal.

**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).