

March Fitness & Aquatics Schedule

Group Fitness Class Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Yoga Sculpt 6-7am Fitness Studio Audrey	Line Dancing 7:30-8:30am Multipurpose Room Sharon	SilverSneakers 7:30-8:15am Fitness Studio Kristina	Kroc Cycle 6-7am Cycle Room Alfredo	Strength Training 6-7am Fitness Studio Genesis	Kroc Cycle 9:30-10:15am Cycle Room
SilverSneakers 7:30-8:15am Fitness Studio Kristina	Yoga Flow 7:45-8:45am Fitness Studio Genevieve	Active Adults 8:30-9:30am Fitness Studio Kristina	Line Dancing 7:30-8:30am Multipurpose Room Sharon	SilverSneakers 7:30-8:15am Fitness Studio Sharon	
Active Adults 8:30-9:30am Fitness Studio Kristina	POUND 9-9:45am Fitness Studio Zonia	Zumba 10-11am Fitness Studio Gina	Yoga Flow 7:45-8:45am Fitness Studio Audrey	Active Adults 8:30-9:30am Fitness Studio Sharon	
Zumba 10-11am Fitness Studio Gina	Zumba 10-11am Fitness Studio Zonia	Strength Training 5:30-6:15pm Boxing Gym Alfredo	POUND 9-9:45am Fitness Studio Zonia	Zumba 10-11am Fitness Studio Nikki	
NEW Barre 11:30-12pm Fitness Studio Audrey	POUND 11:30-12pm Fitness Studio Zonia	Zumba 6-7pm Fitness Studio Gina	Zumba 10-11am Fitness Studio Zonia	P90X Live! 5:30-6:15pm Fitness Studio Angela	
Power Yoga 5:30-6:15pm Boxing Gym Audrey	Bang 6-7pm Fitness Studio Nikki	Kroc Cycle 6:15-7pm Cycle Room Mark	Kroc Cycle 11:30-12pm Cycle Room Chelsea/Gina	Yoga Sculpt 6:30-7:30pm Fitness Studio Genevieve	
Commit Dance 6-7pm Fitness Studio Gina	Kroc Cycle 6:15-7pm Cycle Area Alfredo	Active Recovery 7:15-7:45pm Fitness Studio Alfredo	Line Dancing 5:15-6:15pm Multipurpose Room A Sharon		
Kroc Cycle 6:15-7pm Cycle Area Alfredo	Strength Training 7:15-8pm Fitness Studio Alfredo		Commit Dance 6-7pm Fitness Studio Stacey		
Strength Training 7:15-8pm Fitness Studio Alfredo			Power Yoga 7:15-8pm Fitness Studio Audrey		

Aquatic Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Silversneaker Splash 8-8:45am Lap Lanes Audrey	Aqua HIIT 8-8:45am Lap Lanes Kristina	Water Aerobics 8-8:45am Lap Lanes Janeth	Aqua HIIT 8-8:45am Lap Lanes Kristina	Silversneaker Splash 8-8:45am Lap Lanes Janeth	
Aqua Yoga 9-9:45am Leisure Pool Audrey	Aqua Yoga 9-9:45am Leisure Pool Audrey	Upstream 9-9:45am Leisure Pool Janeth	Aqua Yoga 9-9:45am Leisure Pool Audrey	Aqua Yoga 9-9:45am Leisure Pool Janeth	
			Water Aerobics 5:45-6:30pm Lap Lanes Janeth		

Class Descriptions



Aquatics

Aqua HIIT

A fun, shallow water fast-paced workout that is high intensity yet low in impact. This class uses timed intervals of all out individual effort followed by active recovery periods to provide the same cardiovascular conditioning, core strength, and mobility benefits of High Intensity Interval Training land based class by using the dynamic properties of the water.

Aqua Yoga

Develop strength and balance with this relaxing form of aquatic bodywork. Aqua Yoga is a low impact water bodywork performing Yoga poses in warm water. Aqua Yoga helps you develop strength, static balance and range of motion. This is accomplished in coordination with diaphragmatic breathing and long exhalations.

Silversneakers® Splash

A fun, shallow-water exercise class that uses a signature splash-board to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers. The pool provides many benefits when used for aerobic exercise and resistance training..

Upstream

Stride your way to a healthy lifestyle as you exercise in the currents of our lazy river. Improve posture, balance, fitness, muscular strength and flexibility.

Dance Fitness

Bang

Freedom Bang™ is an urban-inspired fitness group exercise class using specially-designed weighted gloves. A fusion of boxing, HIIT, hip hop, world dance and body-weight training-this class will take your workout to a whole new level.

NEW Barre

Barre combines fundamental classical ballet movements with traditional fitness exercises. This low impact workout is ballet inspired that infuses ballet, aerobics and yoga. This class will incorporate light hand weights, resistance bands and small exercise balls. Barre sculpts and transforms the entire physique while increasing flexibility, decreasing fat, and slims the body's overall shape.

Line Dancing

With a mixture of classic and Top 40 popular music, Line Dancing is a unique and fun dance class with a repeated sequence of steps. Line dancing is a great way to get moving for all levels of fitness that will have you laughing and smiling through-out the class.

COMMIT Dance Fitness

A dynamic, fun-filled HIIT(High Intensity Interval Training)-style dance workout. Each routine focuses on essential fitness elements performed to a variety of popular music, from all over the world, that will inspire everyone to get moving. COMMIT Dance introduces a variety of dance styles from the latest trends to oldies and international music.

Zumba®

ZUMBA® is a fusion of Latin and International music creating a dynamic and hypnotic rhythm with easy to follow moves. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Mind & Body

Power Yoga

Expand your practice and open up in this dynamic and challenging flow class which is designed to push your flexibility and advance your training by moving rapidly through traditional poses. Learn about the power of proper alignment, breathing, and the benefits it can provide.

Yoga Flow

One of the most popular contemporary styles of yoga, Yoga Flow focuses on stringing poses together, with each movement focused on synchronizing with your breathing. Move past daily distractions, gain greater mental focus, and recharge in this class designed to bring heightened awareness through flowing sequences and poses. Suitable for all fitness levels.

Yoga Sculpt

Yoga sculpt is a full body, high energy, cardio-infused, upbeat workout. Traditional yoga poses made more challenging with the optional use of hand weights and body weight. You'll get your heart pumping, your blood flowing and will leave feeling energized. With ways to modify and advance each move, this yoga workout is definitely for everyone.

Strength & Conditioning

Active Adults

A class designed for active adults to provide a full body workout and with low-impact cardio. Using handheld weights, resistance bands and a ball, upper-body strength will be developed while standing. A chair is available for standing support.

Active Recovery

Active Recovery using a foam roller, dynamic stretching, and joint mobility exercises this 30 minute class will keep trigger points and scar tissue broken up within the muscle and fascia. This class will increase the function and motion of muscles, reducing pain and allowing greater flexibility.

HIIT

A total body workout with fun and ever changing aerobic and strength movements. This interval-based class combines full-body strength training with high-intensity cardio bursts designed to tone your body, improve your endurance and clear your mind! Modifications for all fitness levels are provided.

Kroc Cycle

Enhance your cardio with this group exercise session geared towards helping you get lean and relieve stress. This class utilizes stationary bicycles and focuses on strength, endurance, intervals, high intensity and recovery. Suitable for all fitness levels.

POUND®

Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! You become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements, using Ripstix® (lightly weighted drumsticks).

P90X Live!®

P90X LIVE helps you build lean muscle and condition your entire body by working your upper body, lower body, and core in different ways every time. Each workout targets your chest, back, shoulders, and arms with weights, bands, or body weight, while strengthening your legs and glutes with power moves, plyometrics, and more.

Silversneakers®

Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, resistance bands and a SilverSneakers ball are provided for resistance. A chair is used for seated exercises and standing support.

Strength Training

Come join us for a full body resistance class designed to increase lean muscle, improve structural strength, decrease body fat and increase endurance.

Fitness Center Policies

Members ages 12-15 may use the cardio and weight equipment after completing the Teen Fit orientation and must be accompanied by an adult age 18+ at all times. To utilize the indoor track members under the age of 16 must be accompanied by an adult 18+. No one under the age of 12 is allowed in the fitness center unless participating in a youth program.

All drop-in classes are included with a Gold members, \$4 for Silver members, and \$5 for guests. Must be Age 16 or up to attend group fitness classes.

Classes are subject to change without notice | rev. 02.24.20