

Group Fitness Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15AM-6:15AM CYCLING Cycle Studio Janet W.	5:15AM-6:15AM TBC Studio 2 Kari S.	5:15AM-6:00AM TOTAL BURN Studio 2 Kathy S.	5:15AM-6:15AM BARBELL STRENGTH Studio 2 Janet W.	5:15AM-6:15AM TBC Studio 2 Alissa M.	8:30AM-9:30AM CYCLING Cycle Studio Craig G.	9:30AM-10:30AM DEFINITION Studio 2 Julio G.
5:15AM-6:15AM BARBELL STRENGTH Studio 2 Lori S.		5:15AM-6:15AM CYCLING Cycle Studio Craig G.		5:15AM-6:15AM CYCLING Cycle Studio Chad M.	8:30AM-9:30AM STEP INTERVAL Studio 2 Alissa M.	10:45AM-11:45AM YOGA (Fam) Studio 1 Kim R.
8:15AM-9:00AM STEP INTERVAL Studio 2 Heidi S.		5:15AM-7:30AM TRIATHLON TRAINING \$ Pool/Cycle Studio Tri Racers		9:15AM-10:15AM BARBELL STRENGTH Studio 2 Wendy V.	8:30AM-9:30AM DYNAMIC FOR WOMEN Functional Area Julio G.	
9:15AM-10:15AM BARBELL STRENGTH Studio 2 Heidi S.	9:15AM-10:15AM TBC Studio 2 Renni S.	9:15AM-10:15AM CYCLING Cycling Studio Wendy V.	9:15AM-10:00AM TOTAL BURN Studio 2 Trevor M.	10:30AM-11:30AM YOGA Studio 1 Amy S.	9:45AM-10:45AM ZUMBA Studio 1 Maya S.	
9:15AM-10:15AM YOGA Studio 1 Amy S.	9:15AM-10:15AM Pilates Studio 1 Deb R.	9:15AM-10:15AM YOGA Studio 1 Sandi E.	10:00AM-10:30AM DEFINITION Studio 2 Trevor M.	11:30AM-12:00PM MINDFULNESS MEDITATION Studio 1 Catherine F.	9:45AM-11:00AM TBC EXTREME Studio 2 Heidi S.	
11:00AM-11:45AM LOW INTENSITY Studio 2 Julie S.	11:30AM-12:00PM DEFINITION Studio 2 Renni S.	9:15AM-10:15AM ZUMBA Studio 2 Faith O.	11:30AM-12:00PM DEFINITION Studio 2 Rebecca I.		10:30AM-11:15AM DYNAMIC JUNIOR \$ Functional Area Wucely A.	
12:00PM-12:45PM PILATES Studio 1 Julie S.	12:00PM-12:30PM PERFECT ABS (Fam) Studio 2 Renni S.	11:00AM-11:45AM ZUMBA (Low Impact, Fam) Studio 2 Ashlie V.	12:00PM-12:45PM YOGA Studio 2 Rebecca I.			
		11:45AM-12:15PM PERFECT GLUTES Studio 2 Renni S.				
4:45PM-5:45PM TOTAL BODY KICKBOXING Studio 1 Tanna B.	4:45PM-5:15PM PERFECT GLUTES Studio 2 Wendy V.	4:45PM-5:45PM TBC Studio 2 Wendy V.	5:15PM-5:45PM DEFINITION Studio 2 Shelly N.			
4:45PM-5:45PM BARBELL STRENGTH Studio 2 Wendy V.	5:15PM-5:45PM PERFECT ARMS Studio 2 Wendy V.	6:00PM-7:00PM ZUMBA Studio 1 Aaron R.	5:45PM-6:15PM PERFECT ABS (Fam) Studio 2 Shelly N.			
6:00PM-7:00PM ZUMBA Studio 1 Aaron R.	5:45PM-6:15PM PERFECT ABS Studio 2 Wendy V.		5:30PM-6:30PM CYCLING Cycle Studio Stacie S.	6:00PM-7:00PM ZUMBA Studio 2 Aaron R.		
6:00PM-7:00PM TBC Studio 2 Instructor TBD	5:30PM-6:30PM CYCLING (Fam) Cycling Studio Instructor TBD		6:30PM-7:30PM TOTAL BODY KICKBOXING Studio 2 Heidi S.			
7:15PM-8:00PM PILATES Studio 1 Deb R.	6:30PM-7:30PM YOGA Studio 1 Bradie W.		6:30PM-7:30PM YOGA Studio 1 Kim R.			
			6:35PM-8:30PM TRIATHLON TRAINING \$ Cycle Studio/Pool Tri Racers			

GROUP X CLASS DESCRIPTIONS

BARBELL STRENGTH	Bring the weight room to the studio! A strength training class specifically choreographed to use barbells and your own body weight to maximize your strength and define the muscles of your body. Be prepared to leave the class feeling truly strong. Bring the power! (All levels welcome.)
CYCLING	Start pedaling and let go as the music takes you on the ride of your life along various terrains, speeds and intensities. Go at your own pace and enjoy a group exercise session full of motivation and sweat! (All levels welcome.)
DEFINTION	DEFINTION is a challenging and DYNAMIC whole body muscle CONDITIONING class using dumbbells, bands & exercise balls as resistance tools. Be prepared to work all your muscles! (All levels welcome.)
DYNAMIC	This cross fit style class constantly varies functional movements performed at high intensity. We use a variety of equipment such as battle ropes, slam balls, medicine balls, kettle bells, TRX, etc. (Intermediate to advance levels welcome.)
LOW INTENSITY	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. (Beginner to immediate levels welcome.)
MINDFULNESS MEDITATION	This class will present 'Mindfulness of Breath' deep breathin practice, brief description of types of meditation, and move participants through guided imagery meditation. (All levels welcome.)
PERFECT ABS	This is a 30-minute abdominal work class. It focuses on toning and defining the abs and strengthening the back to improve posture and core strength. (All levels welcome.)
PERFECT ARMS	Strengthen and tone your arms, shoulders and upper back in this power class. Exercises building strength and definition in your upper body muscles will be the focus. (All levels welcome.)
PERFECT GLUTES	This is a 30-minute class to work the gluteal muscles through strengthening and toning. . (All levels welcome.)
PILATES	This popular mat workout concentrates on core strength, body alignment and muscular balance without adding bulk. If you are looking for that long, lean dancer body, this is the class for you! (All levels welcome.)
STEP INTERVAL	Challenge your anaerobic threshold and beyond. You'll raise the choreography in this step experience and combine it with intervals of athletic drills to get your heart pumping with the beat. (All levels welcome.)
TBC (Total Body Conditioning)	Non-stop, powerhouse workout that combines full-body resistance training with continuous cardio. We use a variety of equipment and cycle activity with built-in recovery for extra efficiency, guaranteed to burn calories and get your heart pumping! (Intermediate to advance levels welcome.)
TOTAL BODY KICKBOXING	This full body workout challenges the cardiovascular system through easy to follow, KICKBOXING patterns. Participants will punch, kick, block and tone their bodies in this fun and challenging workout! Come on, step into the ring! (All levels welcome)
TOTAL BURN	This workout uses maximum interval training This body weight only high-intensity activity forces the body to work for longer periods at a high capacity. As a result, you experience faster increases in cardiovascular fitness and burn carbohydrates and fat more efficiently. Get fit fast! (All levels welcome.)
YOGA	A regular yoga practice will help transform your mind and body, ultimately helping you find inner calmness and peace. Enhance your strength, balance, flexibility and stability. Leave feeling stronger and more centered. Just breathe... OM. (All levels welcome.)
ZUMBA®	A pre-choreographed and easy-to-follow, Latin inspired dance fitness party. The routines feature fast and slow rhythms to burn maximum calories as you re-energize in a fun atmosphere. (All levels welcome.)
Family Friendly Classes (Fam)	These classes are reserved for participants 9 years and older. Every person present in the studio must participate in the class. Kids 8 and younger cannot be present in the studio during the class.

REGISTRATION (\$) CLASS DESCRIPTIONS

DYNAMIC JUNIOR	(ages 9-14): high-energy workout combines cardiovascular, resistance and functional training for all fitness levels. The class is designed to help boys and girls develop cardiovascular/muscular endurance, teamwork, and athletic skills. The atmosphere created by the class is fun and motivational which fosters a "can do" attitude. Children will also receive nutritional tips during every class to increase their understanding of healthy eating. Session runs 7 weeks- Sept. 30-Nov. 11. Class time for session: Saturday 10:30-11:15a (\$45 members/ \$90 non-members) (All levels welcome.)
TRIATHLON TRAINING	(ages 14 & older): Triathlon training 7 week session begins Oct. 23-Dec. 10. Class times for sesion: Wed 5:15a-6:15a (pool) & 6:30a-7:30a (indoor bike), Thurs 6:35p-7:20p (indoor cycle) & 7:30p-8:30p (pool), and or you can sign up for both Wed/Thurs. Cost: 1 class per week \$45 members/ \$90 non-members, 2 classes per week: \$55 members/ \$110 non-members (All levels welcome.)

AQUA GROUP FITNESS - SEE POOL SCHEDULE