



Group & Water 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 1458 Kari S.	5:15AM-6:00AM TOTAL BURN Studio 1458 Katie C.	5:15AM-6:15AM BARBELL STRENGTH Studio 1458 Janet W.	5:15AM-6:15AM TBC Studio 1458 Alissa M.	8:30AM-9:30AM CYCLING Cycle Studio Craig G.	9:30AM-10:30AM DEFINITION Studio 1458 Julio G.
5:15AM-6:15AM HYDRO HITT Leisure Pool Wendy V.		5:15AM-6:15AM CYCLING Cycle Studio Craig G.		5:15AM-6:15AM HYDRO Leisure Pool Wendy V.		10:45AM-11:45AM YOGA (Fam) Studio 1453 Kim R.
5:15AM-6:15AM BARBELL STRENGTH Studio 1458 Lori S.	9:00AM-10:00AM AQUA FITT Leisure Pool Julie S.	5:15AM-6:15AM HYDRO HITT Leisure Pool Wendy V.	9:00AM-10:00AM AQUA FITT Leisure Pool Julie S.	9:15AM-10:15AM BARBELL STRENGTH Studio 1458 Wendy V.	9:00AM-10:00AM BOOTCAMP + H₂O Competitive Pool Amy P./Trista C.	
8:00AM-9:00AM HYDRO HITT Leisure Pool Trista C.	9:15AM-10:15AM TBC Studio 1458 Dennice S.	8:00AM-9:00AM HYDRO HITT Leisure Pool Wendy V.			9:45AM-10:45AM ZUMBA Studio 1453 Aaron R.	
9:15AM-10:15AM BARBELL STRENGTH Studio 1458 Heidi S.	9:15AM-10:15AM Pilates Studio 1453 Deb R.	9:15AM-10:15AM CYCLING Cycling Studio Wendy V.	9:15AM-10:00AM TOTAL BURN Studio 1458 Alissa M.	10:30AM-11:30AM PILATES (Fam) Studio 1453 Heidi S.	9:45AM-11:00AM TBC EXTREME Studio 1458 Heidi S.	
			10:00AM-10:30AM DEFINITION Studio 1458 Alissa M.		10:30AM-11:15AM DYNAMIC JUNIOR Functional Area Colton W.	
11:00AM-11:45AM LOW INTENSITY Studio 1458 Julie S.	11:30AM-12:00PM DEFINITION Studio 1458 Dennice S.	11:00AM-11:45AM ZUMBA (Low Impact, Fam) Studio 1453 Kathryn T.	11:30AM-12:00PM DEFINITION Studio 1458 Kathryn T.			
12:00PM-12:45PM PILATES Studio 1453 Julie S.	12:00PM-12:30PM PERFECT ABS (Fam) Studio 1458 Dennice S.	11:30AM-12:00PM PERFECT GLUTES Studio 1458 Tanna B.	12:00PM-12:30PM TOTAL BURN Studio 1458 Kathryn T.			
		12:00PM-12:30PM PERFECT ARMS Studio 1453 Tanna B.				
4:45PM-5:45PM TOTAL BODY KICKBOXING Studio 1453 Heidi S.	5:15PM-5:45PM PERFECT ARMS Studio 1458 Wendy V.	4:45PM-5:45PM TBC Studio 1458 Wendy V.	5:15PM-5:45PM DEFINITION Studio 1458 Ben G.			
4:45PM-5:45PM BARBELL STRENGTH Studio 1458 Wendy V.	5:45PM-6:15PM PERFECT ABS Studio 1458 Wendy V.	5:30PM-6:30PM CYCLING Cycle Studio Stacie S.	5:45PM-6:15PM PERFECT ABS (Fam) Studio 1458 Ben G.			
6:00PM-7:00PM ZUMBA Studio 1453 Maya B.	6:15PM-6:45PM PERFECT GLUTES Studio 1458 Wendy V.	6:00PM-7:00PM ZUMBA Studio 1453 Aaron R.	6:15PM-7:15PM HYDRO TRAINING Competitive Pool Kathryn T.			
6:00PM-7:00PM TBC Studio 1458 Kathryn T.	6:15PM-7:15PM HYDRO TRAINING Competitive Amy P.	6:15PM-7:15PM HYDRO HITT Leisure Pool Wendy V.	5:30PM-6:30PM CYCLING Cycle Studio Alyson F.			
6:15PM-7:15PM HYDRO HITT Competitive Wendy V.			6:30PM-7:30PM TOTAL BODY KICKBOXING Studio 1458 Heidi S.			
7:15PM-8:00PM PILATES Studio 1453 Kathryn T.	6:30PM-7:30PM CYCLING (Fam) Cycling Studio Jenn B.		6:30PM-7:30PM YOGA Studio 1453 Kim R.			
	6:30PM-7:30PM YOGA Studio 1453 Bradie W.		6:30PM-7:30PM DYNAMIC Functional Area Wucely A.			

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.)
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.
HYDRO HITT	This is a pool-based, intense workout! Get your heart pumping, burning fat, improve muscle tone and build strength through High Intensity Intervals!
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.)
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.)
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.
WATER FITNESS CLASS DESCRIPTIONS	
AQUA F.I.T.	This class will challenge yourself beyond the "traditional" strength training in the pool. F.I.T (Functional Integrated Training) will challenge your muscular endurance as well as balance and coordination by moving through all planes of motion while being in the water!
BOOT CAMP + H2O	This class will consist of high energy and high intensity intervals to bring the heart rate up and add intervals of swimming recovery time. Will use tubes, noodles, dumbbells, med balls, aqua belts and more! This is a workout you WILL NOT WANT TO MISS.
HYDRO TRAINING	AQUA class, non-weight bearing form of exercise, so the range of movement and intensity is far greater than you can achieve on dry land and most importantly without the impact. The class will improve your fitness, develop muscle tone, help with weight loss and strengthen your abdominals and core! The classes are varied
HYDRO HITT	This is a pool-based, intense workout! Get your heart pumping, burning fat, improve muscle tone and build strength through High Intensity Intervals!
SWIM FITT	Instructor led swimming where you start your session at a level to suit you. Participants do need to have swimming ability. This AQUA session will motivate, challenge and support you to reach your individual fitness goals.
AQUA Zumba®	AQUA Zumba® blends the Zumba® philosophy with water resistance, for one pool party you should not miss! There is less impact on your joints during an AQUA Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.