

# Group & Water Fitness Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15AM-6:15AM <b>CYCLING</b> Cycle Studio Janet W.	5:15AM-6:15AM <b>TBC</b> Studio 1458 Kari S.	5:15AM-6:00AM <b>TOTAL BURN</b> Studio 1458 Kathy S.	5:15AM-6:15AM <b>BARBELL STRENGTH</b> Studio 1458 Janet W.	5:15AM-6:15AM <b>TBC</b> Studio 1458 Alissa M.	8:30AM-9:30AM <b>CYCLING</b> Cycle Studio Craig G.	9:30AM-10:30AM <b>DEFINITION</b> Studio 1458 Julio G.
5:15AM-6:15AM <b>HYDRO HIIT</b> Leisure Pool Wendy V.		5:15AM-6:15AM <b>CYCLING</b> Cycle Studio Craig G.		5:15AM-6:15AM <b>HYDRO HIIT</b> Leisure Pool Wendy V.	8:30AM-9:30AM <b>STEP INTERVAL</b> Studio 1458 Alissa M.	10:45AM-11:45AM <b>YOGA (Fam)</b> Studio 1453 Kim R.
5:15AM-6:15AM <b>BARBELL STRENGTH</b> Studio 1458 Lori S.	9:00AM-10:00AM <b>AQUA F.I.T.</b> Leisure Pool Julie S.	5:15AM-7:30AM <b>TRIATHLON TRAINING \$</b> Pool/Cycle Studio Tri Racers	9:00AM-10:00AM <b>AQUA F.I.T.</b> Leisure Pool Julie S.	9:15AM-10:15AM <b>BARBELL STRENGTH</b> Studio 1458 Wendy V.	8:30AM-9:30AM <b>DYNAMIC FOR WOMEN</b> Functional Area Julio G.	
8:00AM-9:00AM <b>HYDRO HIIT</b> Leisure Pool Trista C.	9:15AM-10:15AM <b>TBC</b> Studio 1458 Kathryn T.	5:15AM-6:15AM <b>HYDRO HIIT</b> Leisure Pool Wendy V.	9:15AM-10:00AM <b>TOTAL BURN</b> Studio 1458 Maria M.		9:00AM-10:00AM <b>BOOTCAMP + H<sub>2</sub>O</b> Competitive Pool Amy P./Trista C.	
8:15AM-9:00AM <b>STEP INTERVAL</b> Studio 1458 Heidi S.	9:15AM-10:15AM <b>Pilates</b> Studio 1453 Deb R.	8:00AM-9:00AM <b>HYDRO HIIT</b> Leisure Pool Wendy V.	10:00AM-10:30AM <b>DEFINITION</b> Studio 1458 Maria M.	10:30AM-11:30AM <b>YOGA</b> Studio 1453 Amy S.	9:45AM-10:45AM <b>ZUMBA</b> Studio 1453 Aaron R.	
9:15AM-10:15AM <b>BARBELL STRENGTH</b> Studio 1458 Heidi S.		9:15AM-10:15AM <b>CYCLING</b> Cycling Studio Wendy V.	11:30AM-12:00PM <b>DEFINITION</b> Studio 1458 Kathryn T.		9:45AM-11:00AM <b>TBC EXTREME</b> Studio 1458 Heidi S.	
9:15AM-10:15AM <b>YOGA</b> Studio 1453 Amy S.	11:30AM-12:00PM <b>DEFINITION</b> Studio 1458 Kathryn T.	9:15AM-10:15AM <b>YOGA</b> Studio 1453 Bradie W.	12:00PM-12:45PM <b>YOGA</b> Studio 1458 Kathryn T.		10:30AM-11:15AM <b>DYNAMIC JUNIOR</b> Functional Area Colton W.	
11:00AM-11:45AM <b>LOW INTENSITY</b> Studio 1458 Julie S.	12:00PM-12:30PM <b>PERFECT ABS (Fam)</b> Studio 1458 Kathryn T.	9:15AM-10:15AM <b>ZUMBA</b> Studio 1458 Kathryn T.	5:15PM-5:45PM <b>DEFINITION</b> Studio 1458 Ben G.			
12:00PM-12:45PM <b>PILATES</b> Studio 1453 Julie S.		11:00AM-11:45AM <b>ZUMBA (Low Impact, Fam)</b> Studio 1453 Kathryn T.	5:45PM-6:15PM <b>PERFECT ABS (Fam)</b> Studio 1458 Ben G.			
4:45PM-5:45PM <b>TOTAL BODY KICKBOXING</b> Studio 1453 Tanna B.	5:15PM-5:45PM <b>PERFECT ARMS</b> Studio 1458 Wendy V.	11:30AM-12:00PM <b>PERFECT GLUTES</b> Studio 1458 Tanna B.	6:15PM-7:15PM <b>HYDRO TRAINING</b> Competitive Pool Kathryn T.			
4:45PM-5:45PM <b>BARBELL STRENGTH</b> Studio 1458 Wendy V.	5:45PM-6:15PM <b>PERFECT ABS</b> Studio 1458 Wendy V.	12:00PM-12:30PM <b>PERFECT ARMS</b> Studio 1453 Tanna B.	5:30PM-6:30PM <b>CYCLING</b> Cycle Studio Stacie S.			
6:00PM-7:00PM <b>ZUMBA</b> Studio 1453 Maya B.	6:15PM-6:45PM <b>PERFECT GLUTES</b> Studio 1458 Wendy V.	4:45PM-5:45PM <b>TBC</b> Studio 1458 Wendy V.	6:30PM-7:30PM <b>TOTAL BODY KICKBOXING</b> Studio 1458 Heidi S.			
6:00PM-7:00PM <b>TBC</b> Studio 1458 Molly C.	5:30PM-6:30PM <b>CYCLING (Fam)</b> Cycling Studio Alyson F.	6:00PM-7:00PM <b>ZUMBA</b> Studio 1453 Aaron R.	6:30PM-7:30PM <b>YOGA</b> Studio 1453 Kim R.			
6:15PM-7:15PM <b>HYDRO HIIT</b> Competitive Wendy V.	6:15PM-7:15PM <b>HYDRO TRAINING</b> Competitive Amy P.	6:15PM-7:15PM <b>HYDRO HIIT</b> Leisure Pool Wendy V.	6:30PM-7:30PM <b>DYNAMIC</b> Functional Area Wucely A.			
7:15PM-8:00PM <b>PILATES</b> Studio 1453 Deb R.	6:30PM-7:30PM <b>YOGA</b> Studio 1453 Bradie W.		6:35PM-8:30PM <b>TRIATHLON TRAINING \$</b> Cycle Studio/Pool Tri Racers			

## GROUP X CLASS DESCRIPTIONS

<b>BARBELL STRENGTH</b>	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.)
<b>CYCLING</b>	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.)
<b>DEFINTION</b>	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.)
<b>DYNAMIC</b>	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.)
<b>HYDRO HITT</b>	This is a pool-based, intense workout! Get your heart pumping, burning fat, improve muscle tone and build strength through High Intensity Intervals!
<b>LOW INTENSITY</b>	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.)
<b>PERFECT ABS</b>	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.)
<b>PERFECT ARMS</b>	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.)
<b>PERFECT GLUTES</b>	This is a 30-minute class to work the gluteal muscles through strengthening and toning. . (All levels welcome.)
<b>PILATES</b>	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.)
<b>STEP INTERVAL</b>	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.)
<b>TBC (Total Body Conditioning)</b>	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.)
<b>TOTAL BODY KICKBOXING</b>	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)
<b>TOTAL BURN</b>	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.)
<b>YOGA</b>	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.)
<b>ZUMBA®</b>	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.)
<b>Family Friendly Classes (Fam)</b>	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

<b>AQUA F.I.T.</b>	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!
<b>BOOT CAMP + H2O</b>	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.
<b>HYDRO TRAINING</b>	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 each week, and often additional equipment, woggles, hand mitts, hand buoys, are used to add resistance and isolate particular parts of the body.
<b>HYDRO HIIT</b>	This is a pool-based, intense workout! Get your heart pumping, burning fat, improve muscle tone and build strength through High Intensity Intervals!

## REGISTRATION (\$) CLASS DESCRIPTIONS

<b>DYNAMIC JUNIOR</b>	(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. (\$45 members/ \$90 non-members)
<b>TRIATHLON TRAINING</b>	(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. 1 class per week: \$45 members/ \$90 non-members 2 classes per week: \$55 members/ \$110 non-members (All levels welcome.)