



APRIL GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45AM				CYCLE CLIMB Mike Cycle Studio			
6:30AM		SUNRISE YOGA Daisy MindBody Studio		SUNRISE YOGA Daisy MindBody Studio			
8AM	STRENGTH AND BALANCE Martha Queenax Studio		STRENGTH AND BALANCE Martha Queenax Studio		STRENGTH AND BALANCE Martha Queenax Studio	8:30am AQUA FIT Martha Main Pool	
9AM	VINYASA YOGA Tish MindBody Studio AQUA FIT Miranda Main Pool	STRENGTHEN AND LENGTHEN Stef Queenax Studio	VINYASA YOGA Tish MindBody Studio AQUA FIT Miranda Main Pool	STRENGTHEN AND LENGTHEN Stef Queenax Studio	VINYASA YOGA Tish MindBody Studio AQUA FIT Miranda Main Pool	CYCLE CLIMB Nicole Cycle Studio	TOTAL BODY SCULPT Kamra Queenax Studio
9:15AM	CYCLE INTERVAL Martha Cycle Studio		CYCLE INTERVAL Martha Cycle Studio				
10:15AM	Zumba Miranda MindBody Studio		Zumba Miranda MindBody Studio	MAT PILATES Haley MindBody	Zumba Miranda MindBody Studio		GENTLE YOGA Kalipha MindBody
10:30AM						ACTIVE BARRE Stefanie Queenax	
11AM	STRETCH Kate MindBody	SIT AND BE FIT Stephanie Queenax	STRETCH Kate MindBody	CHAIR YOGA Stephanie Queenax	STRETCH Kate MindBody		
12PM		AQUA ARTHRITIS Stephanie Warm Water Therapy		AQUA ARTHRITIS Stephanie Warm Water Therapy			
5PM	AQUA FIT Miranda Main Pool	VINYASA YOGA Tish MindBody Studio	AQUA FIT Miranda Main Pool	YOGA RESTORE Tish MindBody Studio			
5:30PM	BUTTS AND GUTS Stef MindBody	DANCE BEATZ Lisa MindBody Studio CYCLE CLIMB Nicole Cycle Studio	BUTTS AND GUTS Cami MindBody	DANCE BEATZ Lisa MindBody Studio CYCLE CLIMB Nicole Cycle Studio			
6PM		ACTIVE BARRE Stefanie Queenax			Club Hours: <i>Monday - Thursday</i> 5:30am-9pm <i>Friday</i> 5:30am-7pm <i>Saturday - Sunday</i> 8am - 3pm		
6:15PM	ZUMBA Mike MindBody Studio		MAT PILATES Haley MindBody				

Class Descriptions

Active Barre: In this 55-minute Barre based class, we combine our favorite parts of ballet, yoga, Pilates and strength training with fun upbeat music. This class uses the barre, hand weights, Bender Balls, and your own body weight, to deliver the burn. [Level: ALL](#)

Aqua Fit: This 55- minute pool based class is a low impact workout designed to elevate your heart rate, increase flexibility, and build muscle. Each class will combine light aerobic activity with water exercises set to fun music! [Level: ALL](#)

Aqua Arthritis: This 45 minute class is designed for those living with chronic pain, those recovering from an injury or those with limited mobility. This class takes a non-impact approach by using water resistance exercises to build strength and increase range of motion and flexibility throughout the body. [Level: ALL](#)

Butts and Guts : This quick 45-minute class focuses on just the lower body and abdominals. Sculpt, shape and strengthen your abdominals, buttock and posture muscles. Combining elements of Pilates, resistance band work and more, this class will get your abs and derriere well-toned. [Level: ALL](#)

Chair Yoga: This 45-minute class is developed specifically for those looking to for a more supportive and slower paced yoga class. The focus is on developing strength, flexibility, and balance in a supportive environment provided by the use of chairs and other props. People new to yoga are welcome! [Level: ALL](#)

Cycle Climb: This ride is a 55-minute spin class set to push your endurance to the limit with an array of climbs. You will be working on your strength and endurance while jamming out to fun upbeat music. Whether you are tackling one big climb or a multitude of smaller challenges, you will find yourself lost in "the climb"! [Level: ALL](#)

Cycle Interval: Cycle Interval is a 55-minute workout that will simulate varied intervals, like sprints and other drills to give you a great cardiovascular workout. Come find the inspiration you've been looking for to help you achieve your personal goals! This class is for the beginners as well as seasoned cyclists. [Level: ALL](#)

Dance Beatz: In this 55-minute party-like-class, you'll incorporate footwork and body movements from a wide variety of dances including hip-hop, Latin, and ballet (instructor's choice). Participants groove to the beat as they move their bodies like never before. [Level: ALL](#)

Gentle Yoga: This 55- minute class is geared specifically for those new to yoga or those who are interested in a gentle practice. This class incorporates simple flowing sequences to warm up the body, as well as slower paced movements focusing on alignment, strength, balance, and flexibility. [Level: ALL](#)

Mat Pilates: This 55 minute workout focuses on core strength, flexibility, balance, and overall body awareness. The class will lengthen and strengthen the muscles while giving you a full-body workout using a variety of props and your body weight. [Level: ALL](#)

Sit and Be Fit: In this 45-minute chair based class, you can expect to improve your posture, breathing, strength, flexibility, and balance without ever having to stand up. This class uses an array of equipment like Pilates balls, resistance bands and hand weights, all set to fun upbeat music for an enjoyable workout experience. [Level: ALL](#)

Strength and Balance: Get stronger, fit and become more balanced in this 55-minute workout! Class begins with lightweight warm-ups then moves into working core posture muscles and overall strength to enhance balance. Class ends with cool-down exercises and muscle stretches. [Level: ALL](#)

Strengthen and Lengthen: Get ready to feel strong and invigorated in this 55 minute strength training-mobility hybrid class! First 35 minutes will focus on fundamental strength movements and the last 20 minutes on joint mobility/flexibility. Leaving you feeling strong and limber! [Levels: ALL](#)

Stretch: Increase your range of motion, improve posture and reduce pain this this full body 55 minute Stretch class. [Level: ALL](#)

Sunrise Yoga: Join us in a 55 minute awakening yoga class designed to stretch out and wake up your body, leaving you energised you for the day ahead! This practice includes slow and fluid movements to rejuvenate and cultivate a sense of inner peace. You will unwind, release tension and quiet your mind. [Level: ALL](#)

Total Body Sculpt: This is our original total body, dumbbell resistance training and cardio interval class. With 55 minutes, you experience an isolated focus on each major muscle group and expect a total body burn while building lean muscle mass. [Level: ALL](#)

Vinyasa Yoga: The instructor sets the mood for the 55-minute session, where traditional Yoga poses are applied. This class lets your body be your guide. No single pose is required and modifications are available for every pose letting you determine when you're more flexible or ready for more challenging poses. [Level: ALL](#)

Yoga Restore: Restorative yoga is a restful practice that is all about slowing down and opening your body through passive stretching. This 55 minute class is an excellent pathway to quiet the mind and calm the body. [Level: ALL](#)

Zumba: This 45 minute class is a fusion of Latin and International music, that create a dynamic, exciting and effective workout. [Level: ALL](#)