



December GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45AM		CYCLE INTERVAL Martha Cycle Studio		CYCLE INTERVAL Mike Cycle Studio			
8AM	STRENGTH AND BALANCE Martha The ZONE Studio		STRENGTH AND BALANCE Martha The ZONE Studio		STRENGTH AND BALANCE Martha The ZONE Studio	8:30am AQUA FIT Martha Main Pool	
9AM	AQUA FIT Halley Main Pool VINYASA YOGA Lulu MindBody Studio		AQUA FIT Halley Main Pool VINYASA YOGA Lulu MindBody Studio		AQUA FIT Halley Main Pool VINYASA YOGA Lulu MindBody Studio		TOTAL BODY SCULPT Kamra The ZONE Studio
9:15AM	CYCLE INTERVAL Martha Cycle Studio		Step Aerobics Martha Queenax Studio		CYCLE INTERVAL Martha Cycle Studio	SHRED Cami The ZONE Studio	
10:00AM	Zumba Ale MindBody Studio		Zumba Ale MindBody Studio		Zumba Ale MindBody Studio	9:30 CYCLE Climb Nicole Cycle Studio	
10:15am		MAT PILATES Haley MindBody				10:30AM THE ZONE Noah The ZONE Studio	
11AM	STRETCH Iris MindBody	SIT AND BE FIT Trudy The ZONE Studio	STRETCH Iris MindBody	CHAIR YOGA Steph The ZONE Studio	STRETCH Iris MindBody		
12PM		AQUA ARTHRITIS Trudy Warm Water Therapy		AQUA ARTHRITIS Steph Warm Water Therapy			
5PM	5:15PM THE ZONE KO \$ Denzel The ZONE Studio	Yoga Restore Iris MindBody Studio	5:15PM THE ZONE KO \$ Denzel The ZONE Studio	Yoga Restore Iris MindBody Studio			
5:30PM	SHRED Cami MindBody		SHRED Cami MindBody				
6PM		DANCE BEATZ Lisa MindBody Studio	Aqua Fit Martha Main Pool	DANCE BEATZ Lisa MindBody Studio			
6:30PM		THE ZONE \$ Noah The ZONE Studio		THE ZONE \$ Noah The ZONE Studio			

Club Hours:
 Monday - Thursday 5:30am-9pm
 Friday 5:30am-7pm
 Saturday - Sunday 8am - 3pm

Class Descriptions

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](#)

Core Camp : This quick 30-minute class focuses on just the trunk and abdominals. Sculpt, shape and strengthen your abdominals and posture muscles. Combining elements of Pilates, resistance band work and more, this class will get your abs and obliques 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 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](#)

Power Yoga: This 55 minute class combines the athletics of Ashtanga with the flow of Vinyasa. Power yoga practice can include almost any yoga pose, put together in sequences designed to build strength and endurance. Power yoga places much less emphasis on the more spiritual aspects of traditional Hatha yoga, like meditation and breathing techniques. It's more about getting a good full-body workout. [Level: ALL](#)

SHRED: This 55 minute class is a strength training based program that focuses on the entire body and is designed to give your muscles a pump like no other! The class combine dumbbells and resistance bands to create compound and isolation exercises to get you lean, toned, and fit. [Levels: 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](#)

Yoga Restore: In this 55 minute full body mobility and stretch class, you will feel taller, walk lighter and feel less joint tightness. The teacher will guide you through a sequence of stretches while guiding you to release the day tension. [Level: ALL](#)

The ZONE is a 60-minute athletic-inspired workout designed to help you efficiently achieve maximum results. Led by an expert coach, this revolutionary results-based program uses heart training technology and team-based camaraderie to take your workout to the next level. [Please see the front desk for sign ups.](#)

The ZONE KO is a 60-minute class combining boxing, kickboxing, martial arts movements and traditional aerobic skills while aiming towards specific heart training goals. Participants are provided with loaner gloves, but you are encouraged to purchase your own. [Please see the front desk for sign ups.](#)

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](#)