



March

GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45AM	7:30am AQUA HIIT Debbie Main Pool	CYCLE INTERVAL Martha Cycle Studio	5:30AM TOTAL BODY SCULPT Kamra Th ZONE Studio	CYCLE INTERVAL Mike Cycle Studio	7:30am AQUA HIIT Debbie Main Pool		
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	8:45am VINYASA YOGA Lulu MindBody Studio AQUA FIT Halley Main Pool	Tai Chi Basics Daniel MindBody	8:45am VINYASA YOGA Lulu MindBody Studio AQUA FIT Halley Main Pool	Tai Chi Basics Daniel MindBody	8:45am VINYASA YOGA Lulu MindBody Studio AQUA FIT Halley Main Pool		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	
10AM	Zumba Ale MindBody Studio	Tai Chi FLOW Daniel The ZONE Studio	Zumba Ale MindBody Studio	Tai Chi FLOW Daniel The ZONE Studio	Zumba Ale MindBody Studio	9:30am CYCLE CLIMB Nicole Cycle Studio	
10:15am		MAT PILATES Haley MindBody		MAT PILATES Krista MindBody		Zumba Martha L. MindBody Studio	10:30AM THE ZONE \$ Kamra The ZONE Studio
11AM	STRETCH Jacki MindBody Studio	SIT AND BE FIT Steph The ZONE Studio	CHAIR YOGA Krista The ZONE Studio STRETCH Jacki MindBody Studio	SIT AND BE FIT Steph The ZONE Studio	STRETCH Megan MindBody Studio		
12PM		AQUA ARTHRITIS Lisa Warm Water Therapy		AQUA ARTHRITIS Steph Warm Water Therapy			
5PM	5:15PM THE ZONE KO \$ Denzel The ZONE Studio	Yoga Restore Staff MindBody Studio	5:15PM THE ZONE KO \$ Denzel The ZONE Studio				
5:30PM	Aqua Fit Miranda Main Pool SHRED Cami MindBody		Aqua Fit Miranda Main Pool SHRED Cami MindBody				
6PM		DANCE BEATZ Lisa MindBody Studio		DANCE BEATZ Lisa MindBody Studio			
6:30PM		THE ZONE \$ Noah The ZONE Studio	MAT PILATES Staci MindBody	THE ZONE \$ Noah The ZONE Studio			

Club Hours:

Monday - Thursday 5:00am-9pm
 Friday 5:00am-7pm
 Saturday - Sunday 7am - 3pm

Class Descriptions

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](#)

Aqua HIIT: Ditch the treadmill and utilize the Pool with this HIIT (high intensity interval) workout! In 55 minutes you can expect to improve cardiovascular fitness, circulation and endurance, all while enjoying a low impact workout in the pool. [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](#)

Chair Yoga: This 45-minute class is developed specifically for those looking 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](#)

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](#)

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](#)

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](#)

Tai Chi Basics: This class is an introduction to the ancient Chinese art of Tai Chi. In 40 minutes you will learn the introductory movements combined with breathing to better increase balance and circulation [Level: ALL](#)

Tai Chi Flow: This 40 minute class is for those seeking a faster paced Tai Chi class. This combination results in improved blood flow, enhanced focus ability, muscle strength, and physical flexibility. [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](#)

Zumba: This 55 minute class is a fusion of Latin and International music, that create a dynamic, exciting and effective workout. [Level: ALL](#)