



July

GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45AM		CYCLE INTERVAL Martha Cycle Studio	5:30AM TOTAL BODY SCULPT Kamra The ZONE 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	AQUA FIT Martha Main Pool	
9AM	8:45am VINYASA YOGA Lulu MindBody Studio AQUA FIT Halley Main Pool	Functional Fit Megan The ZONE studio Tai Chi Basics Daniel MindBody	8:45am VINYASA YOGA Lulu MindBody Studio	Functional Fit Megan The ZONE studio Tai Chi Basics Daniel MindBody	8:45am VINYASA YOGA Lulu MindBody Studio AQUA FIT Staff Main Pool	Zumba Gold Toning Martha L. 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	
10AM	Zumba Ale MindBody Studio	AQUA HIIT Debbie Main Pool Tai Chi FLOW Daniel The ZONE Studio	Zumba Ale MindBody Studio	AQUA HIIT Debbie Main Pool Tai Chi FLOW Daniel The ZONE Studio	Zumba Ale MindBody Studio		
10:15am				Mat Pilates Jenna MindBody Studio		Mat Pilates Jenna MindBody Studio	10:30AM THE ZONE \$ Kamra The ZONE Studio
11AM	STRETCH Megan MindBody Studio	SIT AND BE FIT Steph The ZONE Studio	CHAIR YOGA Lulu The ZONE Studio STRETCH Megan MindBody Studio	SIT AND BE FIT Steph The ZONE Studio	STRETCH Megan MindBody Studio		
12PM		AQUA ARTHRITIS Debbie Warm Water Therapy		AQUA ARTHRITIS Steph Warm Water Therapy			
5PM	THE ZONE KO \$ Christine The ZONE Studio	Stretch & Restore STAFF MindBody Studio	THE ZONE KO \$ Noah The ZONE Studio				
5:15 PM		THE ZONE \$ Noah The ZONE Studio		THE ZONE \$ Noah The ZONE Studio			
5:30PM	Aqua Fit Miranda Main Pool		Aqua Fit Miranda Main Pool Cardio Kickboxing Christine MindBody Studio				
6PM	SHRED Cami ZONE studio	DANCE BEATZ Lisa MindBody Studio	SHRED Cami ZONE studio 6:30PM MAT PILATES Staci MindBody	DANCE BEATZ Lisa MindBody 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](#)

Cardio kickboxing: Join us for a 45 minute high-intensity, full-body workout that combines martial arts techniques with cardiovascular exercise, offering a dynamic and engaging fitness experience that builds strength, endurance, and cardiovascular health. [Levels: 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](#)

Functional Fit: Join us for 55 minutes of exercise that emphasizes movements that mimic real-life activities, aiming to improve strength, power, mobility, and balance for everyday tasks. It focuses on strengthening muscles in a way that prepares the body for common movements like bending, twisting, lifting, and squatting. [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](#)

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](#)

Stretch and 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](#)

Zumba Gold Toning: This dance fitness class specifically designed for active older adults and beginners. It combines the low-impact, easy-to-follow moves of Zumba Gold with the added benefits of strength training using lightweight toning sticks. The class focuses on improving muscle strength, endurance, and balance, while still providing a fun and energizing dance experience. [Level: ALL](#)