



February

GROUP FITNESS

SCHEDULE

1st Floor: Pools
 2nd Floor: MindBody Studio
 3rd Floor: ZONE & Cycle Studios

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM		CYCLE INTERVAL Nicole Cycle Studio		CYCLE INTERVAL Martha Cycle Studio			
8AM	STRENGTH AND BALANCE Martha ZONE Studio		STRENGTH AND BALANCE Martha ZONE Studio		STRENGTH AND BALANCE Martha ZONE Studio	AQUA FIT Martha Main Pool	
8:30AM	PILATES FLOW Hailey MindBody Studio				PILATES FLOW Hailey MindBody Studio	CYCLE INTERVAL Nicole Cycle Studio	CYCLE INTERVAL Martha Cycle Studio
9AM	AQUA FIT Halley Main Pool	FUNCTIONAL FIT Megan ZONE Studio TAI CHI BASICS Daniel MindBody	AQUA FIT Halley Main Pool	FUNCTIONAL FIT Megan The ZONE Studio TAI CHI BASICS Daniel MindBody	AQUA FIT Miranda 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 ZONE Studio		CYCLE INTERVAL Martha Cycle Studio	SHRED Cami ZONE Studio	
9:30AM	SOUL LINE DANCE Dawnita MindBody		SOUL LINE DANCE Dawnita MindBody		ZUMBA Martha L MindBody		
10AM		AQUA HIIT Debbie Main Pool TAI CHI FLOW Daniel ZONE Studio		AQUA HIIT Debbie Main Pool TAI CHI FLOW Daniel ZONE Studio			
10:15AM		MAT PILATES Hailey MindBody Studio		MAT PILATES Hailey MindBody Studio		MAT PILATES Hailey MindBody Studio	
10:30AM	STRETCH Hailey MindBody Studio		STRETCH Megan MindBody Studio		STRETCH Megan MindBody Studio		TAI CHI BASICS Daniel MindBody
11AM		SIT AND BE FIT Steph ZONE Studio	CHAIR YOGA Heather ZONE Studio	SIT AND BE FIT Steph ZONE Studio			
11:30AM	GENTLE PILATES Hailey MindBody Studio				GENTLE PILATES Hailey MindBody Studio	PILATES SCULPT Hailey MindBody Studio	
12PM		AQUA ARTHRITIS Debbie Warm Water Therapy		AQUA ARTHRITIS Steph Warm Water Therapy			
4:15PM					TAI CHI BASICS Daniel MindBody		\$ TAI CHI SWORD BASICS 6 Week Series 2/15-3/22 Sunday 11:30am Daniel MindBody
4:45PM		STRETCH & RESTORE Hailey MindBody Studio		STRETCH & RESTORE Megan MindBody Studio			
5:30 PM	AQUA FIT Miranda Main Pool SOUL LINE DANCING Dawnita MindBody		AQUA FIT Christine Main Pool		2/6 & 2/20 SOUL LINE DANCING Dawnita Mindbody		The ZONE KO \$ M/W 5:00PM The ZONE \$ T/TH 5:15PM
6PM	SHRED Cami ZONE studio	DANCE BEATZ Lisa MindBody Studio	SHRED Cami ZONE studio	DANCE BEATZ Lisa MindBody Studio			
6:30PM		TOTAL BODY SCULPT Cami ZONE Studio	MAT PILATES Staci MindBody				
7:00PM							

Club Hours:

Monday - Friday

5am-9pm

Saturday - Sunday

7am - 5pm

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](#)

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 full body, low impact exercises, adaptable for all fitness levels; 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](#)

Gentle Pilates: This 55 minute class focuses on improving mobility, easing tension, and building foundational strength to support everyday movement. With an emphasis on breath, alignment, and mindful transitions, each exercise invites you to move with comfort and awareness — helping you feel more open, stable, and relaxed from head to toe. [Level: ALL](#)

Soul Line Dancing: This 55 minute class is a fun way to move & groove! Come enjoy line dancing to soul music, broken down step by step. [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](#)

Pilates Flow: This 55 minute class is a low-impact class designed to help you move better, feel stronger, and breathe deeper. This class blends the core principles of Pilates with fluid movement, gentle stretching, and mobility work for a balanced full-body experience. [Level: ALL](#)

Pilates Sculpt: This 45 minute class is an intensified version of mat Pilates that blends core-strengthening, alignment-focused movements with light strength training. Expect to move at a steady pace through high repetitions with light weights to build strength, improve core control and increase muscular endurance. Each class will be a 45 minute full body workout design to leave you feeling energized and toned. [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 and Restore: Restorative stretching 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](#)

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](#)

\$ Tai Chi-Sword Series: Learn the basics of the Tai Chi sword form. Tai Chi Sword is graceful and more light on the feet than the empty hand form, making it a fun and engaging way to practice Tai Chi principles. Prior Tai Chi experience helpful but not required. Inexpensive wooden swords can be purchased online, or a yardstick or a broomstick handle could be used for practice. [Please see the front desk for sign ups.](#)

\$ 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](#)

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](#)