

November 2020 Group Exercise Schedule

Hours:
 Monday-Friday 5 a.m.-8 p.m.
 Saturday 6 a.m.-3 p.m.
 Sunday 7 a.m.-3 p.m.

■ Cardio
 ■ Strength
 ■ Mind/Body
 ■ Strength/Cardio Mix
 ■ Aquatics
 💧 Lap Pool
 💧 Warm Water Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 Yoga <small>Bill</small>	5:15 Deep Blue <small>Jill</small>	5:30 Total Strength <small>Tracy</small>	5:15 H ₂ O Fitness <small>Amy</small>	5:30 Butts and Guts <small>Megan</small>	6:30 Cycling
8:00 Tread <small>Sandra</small>	5:30 HIIT <small>Megan</small>	8:00 Balance Fit & Fun <small>Maddie</small>	5:30 Circuits/Core <small>Tyler</small>	8:00 HIIT <small>Tyler</small>	7:30 Super Saturday ⁶⁰
8:00 Deep Impact <small>Lucy</small>	8:00 Working with Weights <small>Sandra</small>	8:00 Deep Impact <small>Lucy</small>	8:00 Pilates <small>Lucy</small>	8:00 Deep Impact <small>Lucy</small>	9:00 Water <small>💧</small>
9:00 Aqua Mix <small>Lucy</small>	9:00 Drum Strength <small>Lucy</small>	9:00 Cross Train Circuits <small>Sandra</small>	9:00 HIIT/Core <small>Lucy</small>	9:00 30 min Core <small>Tyler</small>	10:00 Yoga
10:00 Yoga <small>Megan</small>	9:00 H ₂ O Fitness <small>Jill</small>	9:00 Aqua Blast <small>Lucy</small>	10:00 Water Pilates <small>Lucy</small>	9:00 Fuze Craze <small>Lucy</small>	
10:00 Water Tai Chi <small>Lucy</small>	10:00 Kettlebells and More <small>Lucy</small>	10:00 Yoga <small>Megan</small>	11:00 Joint Health <small>Sandra</small>	10:00 Flexibility Fit & Fun <small>Lucy</small>	
11:00 H ₂ O Fitness <small>Jan</small>	10:00 H ₂ O Fitness <small>Jill</small>	10:00 AF Aquatic <small>Lucy</small>	11:00 Aqua Mix <small>Lucy</small>		
1:30 Parkinson's Class ‡ ⁶⁰	11:00 Joint Health <small>Maddie</small>	11:00 Relaxation Yoga <small>Kathy</small>	12:00 Healthier Me <small>Sandra</small>		
5:00 Mix Intervals <small>Megan</small>	11:00 Water Yoga <small>Lucy</small>	5:00 Kettlebells and More <small>Sandra</small>	1:30 Parkinson's Class ‡ ⁶⁰		
5:00 Aqua Bootcamp <small>Maddie</small>	12:00 Healthier Me <small>Maddie</small>	5:00 H ₂ O Fitness <small>Jill</small>	4:00 Strength Circuits <small>Megan</small>		
6:00 Bootcamp ‡ ⁶⁰ <small>Megan</small>	4:00 Cycling <small>Megan</small>		5:00 H ₂ O Fitness <small>Jill</small>		
	4:00 Deep Impact <small>Sandra</small>		5:00 HIIT/Core <small>Megan</small>		
	5:00 Tabata Kickboxing <small>Megan</small>		6:00 Bootcamp ‡ ⁶⁰ <small>Tyler</small>		
	5:00 H ₂ O Fitness <small>Sandra</small>				
	6:00 Yoga <small>Megan</small>				

‡ Denotes classes have an additional charge. Ask for details at the front desk.

All classes require an average of 5 attendees to remain on the schedule each month.

All classes are for every fitness level. Please speak with one of our trainers or instructors if modifications are needed.

Classes are 45 minutes in length, unless specified.

60 Denotes that the class is 60 minutes.

Participants are required to wipe off all equipment after use. No sharing of equipment and maintaining 6 feet of space.

Lap swimming will be first come first serve. Instructors may need an additional lane for larger classes.

Sauna to be opened allowing 2 people at a time in the sauna following social distancing.

Cardio Classes

Cardio classes are created to increase your cardiovascular fitness as well as cardiovascular health. If you are interested in strengthening your heart and increasing your stamina, give one a try.

- Drum Strength—Beat to your own drum while getting a great cardio floor workout ending with resistance.
- Tread—A treadmill-focused class indoors. Outdoors we still focus on running, but utilize the surrounding terrain.

Strength/Cardio Mix Classes

These mixture classes will target all muscle groups allowing you to increase your stamina and aerobic fitness while building strength and endurance. They include circuit training, cardio, body weight exercises and finishes with core training and stretching for a complete workout.

- Joint Health—A low impact physical activity class to reduce pain and decrease stiffness of joints to help with Arthritis.
- Balance Fit & Fun—Work on your balance while having fun with a variety of games and exercises.
- Mix Intervals—Get as much from your workout as you can with 20 minutes of cardio, 20 minutes of strength, 20 minutes of core.
- Healthier Me—This is a great beginner class to all things fitness; cardio, strength and flexibility. Get help to lower your blood pressure. This class is at your own pace to get you comfortable with the basics of working out and starting an exercise program.
- Tabata—High intensity but short duration. Tabata is usually 20 seconds of work and 10 seconds of rest but can be adjusted. Nothing over a minute at a time though!
- HIIT classes (High Intensity Interval Training)—A cool name for interval classes. Whether it's strength, core, or cardio we would like you to work out at your ability in various interval levels. Focused on small bursts of full effort followed by short, sometimes active recovery periods.
- Bootcamp—Instructors use any training style under the sun during bootcamp while working out under the sun as weather permits. This is one of the most physically demanding classes that we offer but can be modified to accommodate anyone who is interested. Whether we are using battle ropes, slamballs, tires, or the hills out back you can be sure to be challenged here.
- Parkinson's Class—The first half of class is used to work on walking the track, treadmills, bikes, or Nustep with the assistance of instructors. The second half of class is done together as a group in the studio. Here we work on balance, coordination, strength, and other activities to help with everyday activities. We like to be loud and have a good time in class so leave your inside voice at home!

Strength Classes

Our strength classes are made to increase muscular strength and learning different strength training exercises and techniques. If you are looking to tone, build muscle or gain overall strength, these are for you.

- Strength Circuits—Challenge all your muscle groups, using barbells and weight room exercises like squats, presses, lifts, and curls.
- Pilates—Body Toning, Core focusing exercises on the mat and Bar using different equipment like stability ball, Bosu, Bands, wts, etc
- Kettlebells and More—A class that focuses mainly on the use of kettlebells to get a different type of strength training than conventional weights. The “More” part gives our instructors the ability to throw a curveball into a class every so often to switch things up.

Mind/Body Classes

Connecting the mind to the body with movement and breath, working together while building strength, flexibility and relaxation. These classes also help with balance and a great addition to any cardio and strength routine.

- Yoga—higher difficulty level than Relaxation Yoga but can be modified to fit individual abilities and experience.
- Relaxation Yoga—Unwind after a long day and work to destress your mind and body.
- Tai Chi—Work towards total harmony of the inner and outer self by practicing the movements of Tai Chi.



Myzone integration is here! Our members now have access to use the MyZone Monitors. It is recommended to have at least 30 minutes of exercises per week at 90% of your Max Heart Rate. See the front desk for more information.

Members are encouraged to try new classes and are allowed to leave at anytime for any reason.

Aquatic Classes

All water classes offer a great workout with less impact on your joints. If it's deep impact you will be simulating a deep water class. Relax in the warm water pool for Tai Chi, Yoga, Etc.

- Joint Health—with a Splash A class that enhances movement and daily life skills through gentle moving exercises using aqua belts.
- Aqua Mix—High energy class for all fitness levels-using a variety of equipment, aqua bells, noodles and swimming boards.
- Aqua Blast—A great way to get your workout in with strength, kick boxing and more using pool noodles and aqua bells.
- Fuze Craze—Have fun exercising while dancing to various genres for a total body aerobic and toning routine.
- Deep Impact—Develop core strength and balance while improving cardio endurance with flotation belts and added deep water resistance.

Lap Swimming Schedule

We are designating lanes 2, 3, and 4 for lap use only during these times:

Monday—5-8 a.m., noon-5 p.m., 6-8 p.m.
Tuesday—6 a.m.-9 a.m., noon-4 p.m., 6-8 p.m.
Wednesday—5-8 a.m., 11 a.m.-5 p.m., 6-8 p.m.
Thursday—6-10 a.m., noon-5 p.m., 6-8 p.m.
Friday—5-8 a.m., 10 a.m.-8 p.m.

Therapy may be using the lap pool or warm water pool on Tuesdays/Thursdays from 6:45-9:45 a.m. and then 12:45-3:45 p.m.