

# Fitness Schedule

class schedule January 7 – June 2, 2019

## Spinning® Spinning Studio

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:15 – 6:00 am Spinning	5:15 – 6:00 am Spinning		5:15 – 6:00 am Spin Fusion		
		7:30 – 8:10 am Spinning Lite				
7:45 – 8:30 am Spinning			8:00 – 8:45 am Spinning		8:00 – 8:45 am Spinning	8:00 – 9:00 am Spinning
	8:30 – 9:15 am Spinning					
	10:00 – 10:30 am Spinning	9:30 – 10:15 am Spinning	9:30 – 10:30 am Spinning	9:30 – 10:15 am Spinning		
	5:00 – 5:45 pm Spinning			5:00 – 5:45 pm Spinning		
		6:00 – 6:45 pm Spinning				

### Spinning Class Descriptions

#### Spinning® (All Levels)

Hill climbs, jumps and racing speeds adaptable to your fitness level through cadence and resistance. Burn calories, get lean, increase lower body strength, improve your cardiovascular endurance, and have a great time.

#### Spin® Fusion (All Levels)

Combines multiple fitness disciplines in one jam-packed workout session. After a calorie-burning cardio session in the Spinning Studio, class moves to Studio I for yoga to improve flexibility, balance and strength.

#### Spinning® Lite (All Levels)

Your instructor will assist with bike set-up, give detailed instructions throughout the class and limit the ride time to 30 minutes. If you are new to Spinning® or prefer shorter rides this class is for you.

## Aqua Fitness Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						7:00 – 7:45 am Aqua Dynamics
8:30 – 9:30 am T.U.B.E.	8:30 – 9:30 am Aqua Dynamics	8:30 – 9:30 am Aqua Dynamics	8:30 – 9:30 am Aqua Dynamics	8:30 – 9:30 am Cross Currents	8:30 – 9:30 am Aqua Dynamics	
	12:15 – 1:00 pm Cross Currents		12:15 – 1:00 pm Aqua Dynamics			

### Aquatic Fitness Pool Class Descriptions

**Aqua Dynamics (All Levels)** Cardio, strength and core training in the shallow end of the pool.

**Cross Currents (All Levels)** An energetic total body, fluid workout in the shallow end of the pool.

**T.U.B.E. Time to Use Both Ends (All Levels – shallow and deep water)** Take the impact out of land based exercises in this full body water workout using both the shallow and deep ends of the pool.

# Group Fitness Studio I

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:15 – 6:00 am S.O.S.	5:15 – 6:15 am BODYPUMP	5:15 – 6:00 am A.C.T.		5:15 – 6:00 am BODYPUMP EXPRESS	
				6:00 – 6:30 am Yoga I		7:00 – 7:50 am Yoga II
	7:30 – 8:20 am Barre Above	7:30 – 8:20 am Strength & Stretch	7:30 – 8:20 am Zumba	7:30 – 8:20 am Strength & Stretch	7:30 – 8:20 am Gentle Yoga	8:00 – 8:50 am H.I.T.
8:15 – 9:15 am BODYPUMP	8:30 – 9:20 am Yoga Fit	8:30 – 9:20 am A.C.T.	8:30 – 9:20 am S.O.S.	8:30 – 9:20 am Yoga Core	8:30 – 9:20 am H.I.T.	9:00 – 10:15 am Triple Fit
	9:30 – 9:55 am Cardio/Core	9:30 – 10:20 am S.O.S.	9:30 – 10:30 am BODYPUMP	9:30 – 10:20 am A.C.T.	9:30 – 10:30 am BODYPUMP	
	10:00 – 10:30 S.O.S.					
		10:30 – 11:30 am BODYPUMP		10:30 – 11:30 am Barre Above		
		12:00 – 1:00 pm 50+ Fitness Fusion		12:00 – 1:00 pm 50+ Fitness Fusion		
		1:00 – 2:00 pm 50+ Fitness Fusion		1:00 – 2:00 pm 50+ Fitness Fusion		
	4:00 – 4:50 pm Yoga II	4:10 – 4:50 pm S.O.S.	4:20 – 4:50 pm Cardio/Core	4:00 – 5:00 pm Yoga I		
	5:00 – 6:00 pm Triple Fit	5:00 – 5:50 pm H.I.T.	5:00 – 6:00 pm BODYPUMP	5:15 – 6:00 pm S.O.S.		
	6:10 – 7:10 pm BODYPUMP	6:10 – 7:00 pm Triple Fit	6:10 – 7:10 pm Barre Above	6:10 – 7:10 pm BODYPUMP		
	7:20 – 8:05 pm Zumba	7:10 – 8:10 pm Yoga II	7:20 – 8:05 pm Zumba	7:20 – 8:05 pm Zumba		

## Group Fitness Studio 1 Class Descriptions

**A.C.T. (Intermediate/Advanced)** (Athletic Circuit Training) Develop strength, cardiovascular fitness and mobility using athletic based exercises in a circuit style workout.

**Barre Above (All Levels)** A blend of the best of strength, yoga, Pilates and ballet with a focus on functional movement.

**BODYPUMP™ (All Levels)** The Original LES MILLS™ barbell class uses the proven “rep effect” formula to sculpt, tone and strengthen the entire body.

**BODYPUMP™ Express (All Levels)** A total body workout in this 45 minute version of BODYPUMP focusing on large muscle groups.

**Cardio/Core (All Levels)** A 30 minute blast of cardio and core training to improve cardiovascular fitness as well as core strength and stability.

**Gentle Yoga (Beginner)** A relaxing class with emphasis on improving health and well-being.

**H.I.T. (Advanced)** High Intensity Training with cardio and strength drills for the entire body.

**S.O.S. (All Levels)** Continuous strength building workout using studio equipment.

**Strength & Stretch (All Levels)** Strength and Flexibility training for the total body focusing on functionality.

**Triple Fit (All Levels)** This all-inclusive workout incorporates the three main components of fitness (cardio, strength and flexibility).

**Yoga I (Beginner)** Foundational yoga poses essential to a yoga practice. Traditional yoga focusing on instruction and breathing.

**Yoga II (Intermediate/Advanced)** Designed for those with previous yoga class participation still working within their level of practice.

**Yoga Core (All Levels)** Traditional Hatha Yoga, core work and Vinyasa Yoga.

**Yoga Fit (Intermediate/Advanced)** Yoga and fitness blend to increase muscular strength, flexibility, balance, and concentration.

**Zumba (All Levels)** A fun, energetic, aerobic fitness class featuring movements inspired by various styles of Latin dance.

**50+ Fitness Fusion (All Levels of Active Older Adults)** Class is conducted on the fitness floor. Instructors guide participants in the proper use of machines during this instructional circuit training.

All Levels	Beginner	Active Older Adult	Intermediate/Advanced	Advanced
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