

Fitness Schedule

Class Schedule August 10 - 23, 2020



Aqua Fitness/Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:00 – 8:45 am Aqua	8:00 – 8:45 am Aqua	8:00 – 8:45 am Aqua	8:00 – 8:45 am Aqua	8:00 – 8:45 am Aqua	
						11 – 11:45 am Aqua

Boardroom A/B - Yoga/ZUMBA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					7:15 am Yoga	
9:15 am Yoga	9:15 am Yoga			9:15 am Yoga		
		5:15 pm Yoga		5:15 pm Yoga		
	7:15 pm Zumba	7:15 pm Zumba	7:15 pm Zumba			

Ice Lobby - SPIN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:15 am SPIN		5:15 am SPIN		
	7:15 am SPIN					
					9:15 am SPIN	9:15 am SPIN

*All classes are 45 minutes, no club mats will be available in Studio 1 or 2. Participants are encouraged to bring their own mats. Arrive 15 mins prior to class for check-in.

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

SPIN® (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.

Yoga (All Levels) Foundational yoga poses essential to a yoga practice. Traditional yoga focusing on instruction and breathing.

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

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Studio 2 - Group Exercise

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:15 am S.O.S.		5:15 am A.C.T.		5:15 am BODYPUMP	
	7:15 am Barre Above	7:15 am Triple Fit	7:15 am S.O.S.	7:15 am TKO	7:15 am BODYPUMP	7:15 am TKO
	9:15 am S.O.S.	9:15 am A.C.T.	9:15 am BODYPUMP	9:15 am Cardio/Core	9:15 am A.C.T.	9:15 am A.C.T.
	5:15 pm BODYPUMP	5:15 pm S.O.S.	5:15 pm Cardio/Core	5:15 pm A.C.T.		
	7:15 pm Triple Fit		7:15 pm S.O.S.			

***All classes are 45 minutes, no club mats will be available in Studio 1 or 2. Participants are encouraged to bring their own mats. Arrive 15 mins prior to class for check-in.**

A.C.T. (All Levels) (Athletic Circuit Training) Develop strength, cardiovascular fitness and mobility using athletic based exercises.

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 strengthen the entire body.

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

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

TKO - Total Knock Out (All Levels) Basic punches & kicks are taught in a non-combative atmosphere. Use of drills and exercises designed to challenge agility, strength & stamina without a sparring component.

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