

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SENIOR CORE &amp; BALANCE (GX)</b> 8:00-8:30 ERNIE <b>TABATA/METCON 4x4 (GX)</b> 9:00-10:00 LESLIE <b>PILATES REFORMER 1-2(R)** Δ</b> 9:30 -10:30 SUSAN <b>EXPRESS CORE (GX)</b> 10:00-10:30 LESLIE <b>AQUA FIT (P)</b> 10:30-11:30 MALINDA <b>MINDFUL FLOW YOGA (GX)</b> 10:30-11:30 SHANNON <b>PILATES REFORMER 1-2 (R)**Δ</b> 11:45 -12:45 MALINDA	<b>FIT &amp; FUN BOOTCAMP (GX)</b> 5:45-6:45 DIANE <b>PILATES REFORMER1-2 (R)** Δ</b> 8:15 -9:15 KIMBER <b>TOTAL STRENGTH (GX)</b> 9:00-10:00 TBA <b>CYCLING (C)</b> 9:30-10:15 CAROL <b>STRETCH-MOBILITY (GX)</b> 10:00-10:30 TBA <b>RESTORATIVE STRENGTH (GX)</b> 10:30-11:30 MEGHAN <b>PILATES REFORMER 2 (R)** Δ</b> 10:30 -11:30 BRYAN	<b>SENIOR CORE &amp; BALANCE (GX)</b> 8:00-8:30 ERNIE <b>F.I.T (GX)</b> 9:00-10:00 SUE <b>PILATES REFORMER1-2 (R)** Δ</b> 9:30 -10:30 SUSAN <b>CORE30 (GX)</b> 10:00-10:30 SUE <b>MINDFUL FLOW YOGA (GX)</b> 10:30-11:45 DAVID <b>AQUA FIT (P)</b> 10:30-11:30 MEGHAN <b>PILATES REFORMER1-2 (R)** Δ</b> 10:30 -11:30 KIMBER	<b>FIT &amp; FUN BOOTCAMP (GX)</b> 5:45-6:45 DIANE (STARTS NOV 6TH) <b>PILATES REFORMER1-2 (R)** Δ</b> 8:15 -9:15 KIMBER <b>GRACEFIT (GX)</b> 9:00-10:00 AESHA <b>CYCLING (C)</b> 9:30-10:15 RACHEL <b>STRETCH-ALIGNED (GX)</b> 10:00-10:30 AESHA <b>RESTORATIVE PILATES (GX)</b> 10:30-11:30 GINA T.	<b>SENIOR CORE &amp; BALANCE (GX)</b> 8:00-8:30 ERNIE <b>PILATES REFORMER 2 (R)** Δ</b> 8:15 -9:15 SUSAN <b>F.I.T (GX)</b> 8:30-9:30 SUE <b>HIP HOP (GX)</b> 9:30-10:30 SUSAN <b>AQUA FIT (P)</b> 10:30-11:30 MEGHAN <b>MINDFUL FLOW YOGA (GX)</b> 10:30-11:30 MARTY <b>PILATES REFORMER1-2 (R)** Δ</b> 10:30 -11:30 KIMBER	<div style="background-color: #444; color: white; padding: 5px; text-align: center;"> <span>●</span> MORNING SCHEDULE         </div>	
<b>IYENGAR YOGA (GX)</b> 1:30-2:30 BARBARA  <b>MAXBODY (GX)</b> 4:30-5:30 KATARINA		<b>IYENGAR YOGA (GX)</b> 1:30-2:30 BARBARA  <b>STEP &amp; SCULPT (GX)</b> 4:30-5:30 ALORA			<div style="background-color: #444; color: white; padding: 5px; text-align: center;"> <span>🕒</span> AFTERNOON SCHEDULE         </div>	
<b>ZUMBA (GX)</b> 5:30-6:30 LALEH <b>CYCLING (C)</b> 5:45-6:45 DAN <b>FIERCE FUNK FIT (GX)</b> 6:30-7:30 GINA <b>PILATES REFORMER 2 (R)** Δ</b> 7:00-8:00 GINA T. <b>HATHA FLOW (GX)</b> 7:30-8:30 NATE	<b>SPORTS CONDITIONING (GX)</b> 5:30-6:30 SUSAN <b>CYCLING (C)</b> 6:00-7:00 KATARINA <b>HIP HOP (GX)</b> 6:30-7:30 SUSAN <b>MASTER SWIM WITH A COACH (P)</b> 6:00-7:15 TOM <b>MINDFUL FLOW YOGA (GX)</b> 8:00-9:00 DAVID	<b>POWER PILATES (GX)</b> 5:30-6:30 GIGI <b>CYCLING (C)</b> 5:45-6:45 MARK <b>CARDIO SCULPT (GX)</b> 6:30-7:15 GIGI <b>GROOV3 (GX)</b> 7:30-8:30 SUSAN/KERRY <b>PILATES REFORMER1-2 (R)** Δ</b> 7:30-8:30 GIGI	<b>EMBODIED YOGA FLOW (GX)</b> 5:30-6:30 DANIELLE <b>MASTER SWIM WITH A COACH (P)</b> 6:00-7:15 TOM <b>ZUMBA (GX)</b> 6:30-7:30 ALVIN <b>PILATES REFORMER 2 (R)** Δ</b> 7:00 -8:00 BRYAN <b>MINDFUL FLOW YOGA (GX)</b> 8:00-9:00 DAVID	<b>RESTORATIVE YOGA (GX)</b> 6:00-7:00 TAMARA	<div style="background-color: #444; color: white; padding: 5px; text-align: center;"> <span>🕒</span> EVENING SCHEDULE         </div>	
<p><i>(GX) = GROUP EXERCISE STUDIO (C) = CYCLE STUDIO (P) = POOL (R) = REFORMER STUDIO (T) = OUTSIDE TURF (D)= OUTSIDE DECK 1 = BEGINNER 2 = INTERMEDIATE 3 = ADVANCED ** = FEE BASED AND MAY CHANGE ON A MONTHLY BASIS. THE SCHEDULE CLASSES AND INSTRUCTORS ARE SUBJECT TO CHANGE. Δ= ADVANCED SIGN UP REQUIRED</i></p>						

# CLASS DESCRIPTIONS

**GYM HOURS OF OPERATION:** M - F 5AM - 11 PM • SAT, SUN: 7 AM - 9:30 PM

**CHILDCARE HOURS:** M - Th: 8 AM - 8 PM • F, SAT: 8 AM - 4:30 PM • SUN 8 AM - 12 PM

## GROUP EXERCISE STUDIO

### CARDIO

#### ADVANCE STEP

Take your classic Step class and dial it WAY up! This advance class is a more challenging Step routine. It will still get you moving with advance choreography, more FUN and much more SWEAT! What are you waiting for?

#### CARDIO SCULPT

A non-stop cardio hour consisting of strength, power, core, balance and plyometric drills using a variety of equipment such as free weights, tubing, step, disks.

#### GROOV3\*

GROOV3 is a choreographed funk & hip hop dance party for all levels featuring a live DJ in every class. dance, sweat, live!

#### HIP HOP\*

Stilized cardiovascular class combining elements of street dance, hip hop and jazz. For anyone who wants to move and have fun!

#### STEP

Step up to a great workout! Using the height-adjustable platform developed by Reebok, you can get a great total body workout. Strengthen your heart and your legs with this 55-minute aerobic workout.

#### ZUMBA\*

Zumba is a fusion of Latin and International music – to create a dynamic workout system designed to be FUN and EASY TO DO! Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of tantalizing body sculpting movements with east to follow dance steps. Ditch the Workout. Join the Party!

### STRENGTH

#### TOTAL STRENGTH\*

This challenging yet fundamental workout is designed to strengthen, tone and sculpt your entire body using the whole body and variety of props.

#### RESTORATIVE STRENGTH\*

Restorative Strength combines strength, balance and core exercises for those who need to work at a gentler pace. This class is perfect for the active agers, those recovering from injuries and those looking for strength only class.

### COMBO (CARDIO-STRENGTH)

#### GRACEFIT

graceFIT was created in 2015/16 by former professional ballerina and Pilates apprentice Aesha Ash. It is a workout that delivers an innovative mélange of strength, cardio, and flexibility incorporating pilates, ballet and dance cardio.

#### FIERCE FUNK FIT\*

Come and enjoy a high-energy class, where everyone is welcome and everyone belongs. Each class is packed full of calorie burning, results oriented cardio fun. Challenging enough for the dance enthusiast and follow along steps for the beginner alike. Class begins with a full body warm up, cardio through dance moves and athletic moves for toning and firming muscles, and wrapping up with a bear pumping dance. Bring a towel ecause you are going to sweat!

#### F.I.T (FUN INTENSE TRAINING)

Come ready to jump, quat, lunge, push, crunch and sweat! This class combines the bootcamp concept with sports conditioning to efficiently combine strength, flexibility, speed, and coordination.

#### STEP AND SCULPT

Easy to learn, heart-pumping Step routines combine with strength training intervals to give you a complete cardio and weights workout. Try it! You may be surprised to enjoy Sculpting your body and following Step combinations.

#### SPORTS CONDITIONING

A full body, high intensity workout that includes cardio drills, strength training, plyometric, and core exercises.

#### STRONG BY ZUMBA

Stop counting the reps. Start training to teh beat. STRONG by Zumba combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by teh music, helping you make it to that last rep, and maybe even five more.

### HIGH INTENSITY

#### BOOTCAMP

This is an intense full body conditioning class that makes you shred while enhancing the

cardiovascular capacity. You will be using your body weight and a variety of gym tools available depending on the week, leaving the class satisfied and feeling strong!

#### FIT & FUN BOOTCAMP

FIT and FUN Bootcamp is a vigorous activity that challenges the body and mind. This high-intensity workout delivers results in a total-body approach, combining sprint intervals, bodyweight exercises, and high-intensity moves, limiting rest time in between each move to get the heart rate up and burning calories fast. It's more FUN to train, sweat and laugh together, be a part of every day play!

#### MAX BODY

MaxBody is an interval training class, increasing cardio-vascular tness, balance, agility and strength set to energetic, heart pumping music. MaxBody is set at maximum-intensity emphasizing short intervals of intensity with short periods of recovery. Adding high-intensity exercise forces the body to use fast-twitch muscle bers not normally engaged in cardio exercise. These fast-twitch bers continue burning fuel even during lower-intensity exercise. This is a fantastic class to improve your athletic performance and achieve the athletic lean look.

#### TABATA/METCON 4x4

Boost your metabolism and athletic performance in this 45 minute class. This class uses the principals of Metabolic Conditioning, incorporating strength, core, and cardio. The class uses varying work:rest intervals throughout to keep you on your toes and keep your heart pumping.

### LOW IMPACT

#### EXPRESS CORE\*

Express Core is a 30 minute class which focuses on abdominal and glute strengthening work.

#### SENIOR CORE & BALANCE\*

This 30 min class combines strength, balance, and stretching. All levels are welcome, with modifications given as needed.

#### CORE30\*

A gentle yet effective 30 min core focused energizer.

#### STRETCH-MOBILITY\*

Increase range of motion after your total body workout and to restore strength.

#### STRETCH-ALIGNED\*

A dynamic stretch class inspired by dance conditioning.

### MIND BODY

#### EMBODIED YOGA FLOW\*

Embodied Yoga Flow is a mind body class that gives you dynamic and intentional movements to build your core with a combination of focused and gentle yoga-like opening of the body. Throughout the class, you will experience a constant meditative state, expanding your mind's awareness and body's fluidity for your body to feel light, strong, and grounded.

#### HATHA FLOW

Hatha Flow is a traditional yoga practice that embraces the practice of asanas (yoga postures) and pranayama (breathing exercises), which help bring peace to the mind and harness the body's strength, preparing the body for deeper spiritual practices.

#### IYENGAR-YOGA\*

Iyengar yoga emphasizes on detail, precision and alignment in the performance of yoga-posture-and breath control. The development of strength, mobility and stability is gained through the postures.

#### MINDFUL FLOW YOGA\*

A physical Hatha class that allows your body, mind and spirit to move more freely by focusing on pranayama (breathwork), asana (postures), alignment and meditation in a flow inspired class.

#### POWER PILATES\*

A Pilates based core and strength training class that put you in the present moment, using whole body movement while integrating your mind and body for better balance and alignment.

#### RESTORATIVE PILATES\*

This class is perfect for those who have limitations in their bodies and want to go at a slower pace. Pilates based movement class that gives you core strength, balance improvement and flexibility with enough modifications to find what you need to feel better.

#### RESTORATIVE YOGA\*

This gentle approach to yoga prepares you for an energized weekend. Various props will be used to support the body to hold the poses longer in order to find deep concentration and stretch.

#### YOGA FLOW\*

A systemic movement-based yoga with an emphasis on posture, rhythmic breathing, and concentration. Through simple movements and meditations, the student learns to harmonize mind, body, and spirit.

### CYCLING

#### CYCLING\*

An exhilarating, body changing class that integrates music and motivation in a non-impact workout. A terrific cardiovascular and lower body workout for participants of all fitness levels! No cycling background needed. Come ride with us!

### POOL

#### AQUA-FIT\*

A challenging and FUN water workout designed to increase cardiovascular endurance, muscle strength, muscular endurance, flexibility and well being. Includes conditioning with various water resistance tools, abdominal work and stretching. All levels welcome.

#### AQUA ZUMBA\*

Zumba fitness integrated in a water workout.

#### MASTER SWIM WITH A COACH

A structured swim workout led by a coach. This class is designed to improve overall swim performance.

#### MASTER SWIM WITHOUT A COACH

A time designated for master swimmers. A new workout will be posted each week by the pool.

### PILATES REFORMER STUDIO

#### ADVANCED

This class is for those who are looking for more challenging work than the intermediate class, both in terms of strength and coordination. The pace of the class is much faster and the movements are much more complex than the Intermediate class. Permission from the instructor is required to join this class.

#### INTERMEDIATE

This class is a progression of the beginner class. Students will learn how to engage with the body and movement in multiple dimensions with variation. The class is ideal for those who are familiar with the apparatus and have a physical activity background. Students will be able to strengthen and lengthen the body when they leave the class.

#### BEGINNERS

This class goes over the foundation of Pilates such as anatomical positions and breathing pattern. A great class for those who are new to Pilates Reformer as well as people who need to go slower because of any physical limitations.

**• CLASSES WITH “ \* ” ARE SUITABLE FOR BEGINNERS & NOVICE EXERCISERS**