

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SENIOR CORE & BALANCE (GX) 8:00-8:30 ERNIE TABATA/METCON 4x4 (GX) 9:00-10:00 LESLIE PILATES REFORMER 1-2(R)** Δ 9:30 -10:30 SUSAN EXPRESS CORE (GX) 10:00-10:30 LESLIE AQUA FIT (P) 10:30-11:30 MALINDA MINDFUL FLOW YOGA (GX) 10:30-11:30 SHANNON GEN-DO MEDITATION (GX) 11:30-12:00 SUSA PILATES REFORMER 1-2 (R)**Δ 11:45 -12:45 MALINDA	FIT & FUN BOOTCAMP (GX) 5:45-6:45 DIANE PILATES REFORMER 1 (R)**Δ 8:00 -9:00 KIMBER BODY POWER (GX) 9:00-10:00 LU PILATES REFORMER 1-2(R)**Δ 9:00 -10:00 KIMBER CYCLING (C) 9:30-10:15 CAROL CORE PILATES (GX) 10:00-10:30 LU RESTORATIVE STRENGTH (GX) 10:30-11:30 MEGHAN PILATES REFORMER 2 (R)**Δ 10:30 -11:30 BRYAN	SENIOR CORE & BALANCE (GX) 8:00-8:30 ERNIE F.I.T (GX) 9:00-10:00 SUE PILATES REFORMER1-2 (R)** Δ 9:30 -10:30 SUSAN CORE30 (GX) 10:00-10:30 SUE AQUA FIT (P) 10:30-11:30 MEGHAN PILATES REFORMER1-2 (R)** Δ 10:30 -11:30 KIMBER MINDFUL FLOW YOGA (GX) 10:30-11:45 DAVID GEN-DO MEDITATION (GX) 11:30-12:00 NATE	FIT & FUN BOOTCAMP (GX) 5:45-6:45 DIANE PILATES REFORMER 1 (R)**Δ 8:00 -9:00 KIMBER GRACEFIT (GX) 9:00-10:00 AESHA PILATES REFORMER1-2 (R)**Δ 9:00 -10:00 KIMBER CYCLING (C) 9:30-10:15 RACHEL STRETCH-ALIGNED (GX) 10:00-10:30 AESHA PILATES DANCE (GX) 10:30-11:30 GINA T.	SENIOR CORE & BALANCE (GX) 8:00-8:30 ERNIE PILATES REFORMER 2 (R)** Δ 8:15 -9:15 SUSAN F.I.T (GX) 8:30-9:30 SUE HIP HOP (GX) 9:30-10:30 SUSAN AQUA FIT (P) 10:30-11:30 MEGHAN PILATES REFORMER1-2 (R)** Δ 10:30 -11:30 KIMBER MINDFUL FLOW YOGA (GX) 10:30-11:30 MARTY GEN-DO MEDITATION (GX) 11:30-12:00 SUSA	<div style="background-color: #444; color: white; padding: 5px; text-align: center;"> <span style="font-size: 24px;">●</span> MORNING SCHEDULE                     </div>	
IYENGAR YOGA (GX) 1:30-2:30 BARBARA		IYENGAR YOGA (GX) 1:30-2:30 BARBARA			<div style="background-color: #444; color: white; padding: 5px; text-align: center;"> <span style="font-size: 24px;">○</span> AFTERNOON SCHEDULE                     </div>	
HIIT BLAST (GX) 4:30-5:30 KATARINA					<div style="background-color: #444; color: white; padding: 5px; text-align: center;"> <span style="font-size: 24px;">○</span> EVENING SCHEDULE                     </div>	
ZUMBA (GX) 5:30-6:30 LALEH CYCLING (C) 5:45-6:45 DAN SWEAT, STRENGTH & STRETCH (GX) 6:30-7:30 JONNA PILATES REFORMER 2 (R)** Δ 6:30-7:30 YUKI EMBODIED YOGA FLOW (GX) 7:30-8:30 YUKI	PILATES CONDITIONING (GX) 5:30-6:30 SUSAN CYCLING (C) 6:00-7:00 KATARINA HIP HOP (GX) 6:30-7:30 SUSAN MASTER SWIM WITH A COACH (P) 6:00-7:15 TOM MINDFUL FLOW YOGA (GX) 8:00-9:00 DAVID	POWER PILATES (GX) 5:30-6:30 GIGI CYCLING (C) 5:45-6:45 MARK CARDIO SCULPT (GX) 6:30-7:15 GIGI PILATES REFORMER 2 (R)** Δ 7:00 -8:00 YUKI GROOV3 (GX) 7:30-8:30 SUSAN/KERRY	EMBODIED YOGA FLOW (GX) 5:30-6:30 DANIELLE MASTER SWIM WITH A COACH (P) 6:00-7:15 TOM ZUMBA (GX) 6:30-7:30 ALVIN MINDFUL FLOW YOGA (GX) 8:00-9:00 DAVID	RESTORATIVE YOGA (GX) 6:00-7:00 TAMARA	(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	

# 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!

#### 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

#### BODY POWER\*

This challenging yet fundamental workout is designed to strengthen, tone and sculpt your entire body. Get moving with music-inspired movements, exercises that burn and people that are ready to play hard! Don't forget your towel!

#### 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 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.

#### 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.

#### PILATES CONDITIONING

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

#### SWEAT, STRENGTH & STRETCH

Fusion workouts at it's finest! Get your key 3 ingredients to heart, body and mind all in one workout. You know to get the best workout it involves interval training and with the Triple S class intervals are what this class is all about; cardiovascular, strength training and flexibility work. Start today to improve your fitness level and FUN factor!

### HIGH INTENSITY

#### 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!

#### HIIT BLAST

Experience many different modalities of High Intensity Interval Training in this class. Each class will include strength and cardiovascular work, utilizing various intervals of work vs. rest. Stay and play, sweat and be great!

#### MAX BODY

MaxBody is an interval training class, increasing cardio-vascular fitness, 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 fibers not normally engaged in cardio exercise. These fast-twitch fibers 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

#### CORE30\*

A gentle yet effective 30 min core focused energizer.

#### CORE PILATES\*

Pilates-mat class focusing on core stabilization and postural alignment. Take your core workouts to a new level of intensity, find new ways to engage core and with better results.

#### 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.

#### 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.

#### GEN-DO MEDITATION\*

Gen-Do meditation consist of guided meditation and visualization, followed by silent meditation. Each week, you will have a topic you will be working on to be more present and to have a clear intention.

#### 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.

#### PILATES DANCE

Pilates Dance is a music-inspired and breath-driven movement class that provokes your 'internal rhythm'. You will gain core strength and awareness while experiencing both calmness of mind and uplifting of energy.

#### POWER FLOW YOGA

Power Yoga Flow is a vigorous fitness-based approach to vinyasa style yoga. Power

Yoga Flow incorporates the athleticism of Ashtanga, including strength and power, with the sequencing of poses held a little longer.

#### 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 DANCE

Yoga Dance is a music-inspired and breath-driven movement class that provokes your 'internal rhythm'. You will gain balance, flexibility and core strength while experiencing both calmness of mind and uplifting energy of body.

#### 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.

#### 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.

#### ORTHOPEDIC PILATES

This is a class a class for those who are recovering from chronic pain or injuries. Limited to four people and prior 1 on 1 session with an instructor is required.

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