

GROUP FITNESS CLASSES: March 6 - June 4, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 - 7 am** Spin & Strength (Tricia)		6 - 6:35am Body Shred® (Amy)		6 - 7 am** Spin & Strength (Amy)		
					7 - 7:55 am** Spin (Michelle)	
8:30 - 9:25 am** Spin (Amy)	8:30 - 9:05 am Yoga Strength Fusion (Tricia)	8:30 - 9:25 am** Spin (Harry)	8 - 8:55 am Pilates (Janet)	8:30 - 9:25 am Zumba® (Darlene)	8 - 8:55 am Step (Janet)	8:30 - 9:25 am** Spin (Staff)
9 - 10 am* Aqua Zumba® (Terri/Denise)	9 - 10 am* Aqua Yoga (Marria)	9 - 10 am* Aqua H.E.A.T. (Denise)	9 - 9:40 am Cardio Dance (Shelley)	9 - 10 am* Aqua H.E.A.T. (Denise)	9 - 9:55 am Muscle Pump (Darlene)	9:30 - 10:25 am Sunday Line Up^ 3/12 Zumba Toning Denise 3/19 Step & Strength Shelley 3/26 Cardio Dance Shelley 4/2 Hoops Marria 4/9 Absolute Ball Anne 4/16 Core & More Barb 4/23 Yoga Lee 4/30 Step & Strength Shelley 5/7 Hoops Marria 5/14 Core & More Barb 5/21 Yoga Lee 5/28 Step & Sculpt Nancy 6/4 Muscle Nancy ^subject to change
9:30 - 10:25 am Pilates (Tricia)	9:15-10:15 am Muscle Pump (Darlene)	9:30 - 10:25 am Vinyasa Yoga (Tammy)	9:45-10:25 am Pilates/Yoga (Shelley)	9:30 - 10:25 am NEW INSTRUCTOR & FORMAT! Spin/Strength/Yoga (Anne)	10 - 11 am Vinyasa Yoga (Cherie)	
10:30 - 11:25 am NEW INSTRUCTOR! PrimeTime Low Impact (Maureen)	10 - 11 am* Aquacize (Joy) 10:30 - 11:30 am Zumba® (Darlene) Noon - 1:00 pm Vinyasa Yoga (Karen)	10:30 - 11:25 am PrimeTime Low Impact (Tammy)	10 - 11 am* Aquacize (Joy)	10:30 - 11:25 am NEW INSTRUCTOR! PrimeTime Low Impact (Shelley)		10:30 - 11:25 am Pilates (Nancy)
1 - 1:45 pm* Silver Sneakers® Splash (Sandi D)		1 - 1:45 pm* Silver Sneakers® Splash (Sandi D)				
	2 - 2:45 pm Silver Sneakers® Classic (Joy)		2 - 2:45 pm Silver Sneakers® Classic (Jeffery)	2 - 3 pm Vinyasa Yoga (Karen)		
5:30 - 6:25 pm Zumba® (Terri)	5:30 - 6:25 pm Zumba® Step (Lauren)	5:30 - 6:25 pm Muscle Pump (Shelley)	5:30 - 6:25 pm** Spin (Amy)			
6:15 - 7:15 pm* H ₂ O Tabata (Sandi D.)			6:15 - 7:15 pm* H ₂ O Tabata (Sandi D.)			
6:30 - 7:25 pm Be STRONG® (Mary)	6:30 - 7:25 pm** Spin (Harry)	6:30 - 7:25 pm Zumba® (Josi/Nina)	6:30 - 7:25 pm Vinyasa Yoga (Cherie)			
	7:30 - 8:30 pm Core & More (Barb)		CLASS RETURNS March 30! 7:30 - 8 pm Zumba® (Terri) 8:05 - 8:30 pm Zumba® Toning (Terri)			

* Class will be held in the pool.
** Sign in required at Front Desk

All group Fitness Classes are FREE with your Premier Club Membership.



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AQUACIZE

The pool is your tool to cardiovascular fitness! An innovative, fun water workout with easy-to-follow choreography. A functional aerobic & strength workout challenging your balance, and cardiovascular & musculoskeletal systems.

ZUMBA STEP

Zumba combines the awesome toning and strengthening power of Step, with the fun fitness-party that Zumba® brings to the dance-floor. Zumba® Step increase cardio and calorie burning, while adding moves that define and sculpt your core and legs.

MUSCLE PUMP

We'll use all the toys for this resistance training class! We'll work all the major muscle groups using dumbbells, barbells, balls & bands; the core will be challenged & strengthened. You chose what weights to use so all fitness levels are incorporated.

AQUA YOGA

Aqua Yoga is a gentle and very low impact aquatic activity that uses the principles and movements of **Yoga** and adapts them to the **water**. With the release of gravity the body is able to find the optimum stretch.

JILLIAN MICHAELS BODY SHRED®

This is a *high intensity & endurance based* 30 min. workout using interval approach: 3 min. of strength, 2 min. of cardio and 1 min. of abs. Class has four 6-min. circuits that will challenge cardio endurance, define muscle, and enhance overall athletic performance. Instructors will offer levels

CORE & MORE

Start at the center & work out - functional strength training & stretching using body weight, bands, dumbbells & a stability ball. Ideal for all fitness levels, you will challenge your balance while improving your overall strength, posture, and stability.

AQUA H.E.A.T.

High Energy Aqua Training! Get ready to rock the water! Mix cardio dance & strength training with water's natural resistance to create a high energy, joint saving, pool workout. . Aqua shoes recommended.

PILATES

Mat classes are for all fitness levels. Pilates coordinates mind, body and breath to develop strong, lean abdominal and back muscles, as well as improve posture, increase flexibility and increase body awareness.

YOGA STRENGTH FUSION

This Yoga class is based on a series of poses The poses will challenge your strength and flexibility and the breathing techniques will calm your mind and body. Poses can be modified to suit all fitness

SILVER SNEAKERS CLASSIC®

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance, and a chair is used for seated and/or standing support.

SILVER SNEAKERS SPLASH®

Activate your exercise urge for variety! Class offers lots of fun shallow water, low-impact moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required.

SPIN

An energizing ride that combines motivational music, coaching and visualization conducted in a group setting. Experience a variety of "rides" such as hills, sprints, jumps. This class is uniquely tailored to suit a wide range of abilities and fitness goals. **Space is limited - Please sign up at the Front Desk.**

SPIN & STRENGTH

Indoor cycling is a group exercise class performed on stationary bikes. During the class, the instructor simulates hill-climbing, sprints, and races. This class also utilizes weights for strength training You will be kept motivated by the instructor, the people around you, and the music. Water and towels are a must! . **Space is limited - Please sign up at the Front Desk.**

H2O TABATA

A more vigorous aqua and muscular workout. Large range of motion stressed to improve fitness. Intervals will be incorporated to boost metabolism. Aqua shoes recommended.

Be STRONG®

Non-dance strength training class that challenges both men and women. Format will include weights, core, some intervals and body weight exercises in order to target the major muscle groups. Please arrive on time to allow for equipment set up.

VINYASA YOGA

This flowing Yoga class is based on a series of poses called Sun Salutations, which are linked together with the breath. The poses will challenge your strength and flexibility and the breathing techniques will calm your mind and body. Poses can be modified to suit all fitness levels.

PRIME TIME LOW IMPACT

Join us for 30 min. of basic, low-impact aerobics will increase your stamina and burn calories. Toning and weight-training exercises will strengthen your muscles and improve your balance. Great for beginners or mature exercisers. Final 30 min varies with day of week.

PILATES/YOGA

This class combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. By introducing you to dynamic, flowing sequences can burn serious calories at the same time as they lengthen and tone your muscles and increase your flexibility.

ZUMBA®

Add some spice and flare to your workout! This class combines high energy and motivating music with unique moves and combinations that allow you to dance your worries away! No dance experience is required for this salsa-based aerobic class.

ZUMBA TONING®

Those who want to party, but put extra emphasis on toning and sculpting to define those muscles! Toning is accomplished through adding resistance by using Zumba® Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged!

CARDIO DANCE

Challenge yourself and have fun while you dance! This high energy but low impact class is made up of easy to follow pattern based choreography. High impact layers will be offered in short bursts to challenge the more experienced exerciser.

STEP

Get a high intensity, yet low impact workout! Using a platform with height adjustable risers, you will do choreographed exercise routines up, onto, down and around the step for great cardio fitness, as well as exceptional training to shape the lower body. If you want strong legs, a lifted butt and a functionally fit core – step this way!

AQUA ZUMBA®

Looking to make a splash by adding a low impact, high-energy aquatic exercise to your fitness routine? With less impact on your joints, you can really let loose in an Aqua Zumba® class. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

SPIN/STRENGTH/YOGA

This blended class combines 3 formats to give you a well rounded workout. Class starts with an energizing ride that jump starts your cardio. Next you will shift to strength training using a wide variety of approaches and a mix of equipment. Class concludes with stretching and lengthening your body through yoga. **Space is limited - Please sign up at the Front Desk.**

