

MONDAY

Spin All Levels *
5:45-6:30am
Natalie S. • S

Body Transformer
8-9:00am
Jana • 1

Spin All Levels *
8:15-9:00am
Gail • S

Aqua Yoga
9-9:45am
Amanda • P

Spin All Levels *
9:30-10:15am
Jana • S

Yoga Level 1&2
9:30-10:30am
Gloria • Y

Mat Pilates Levels 1&2
9:35-10:30am
Eileen • 2

Body Pump
9:30-10:30am
Celeste • 1

Aqua Jam
10-11am
Kathleen • P

Pilates Reformer Intermediate \$
10:40-11:40am
Eileen • 2

"Be Fit" Basics
10:45-11:45am
Patty P • 1

Deep Water Aqua
11am-12pm
Kathleen • P

Gentle Yoga (with light weights) Level 1
11am-12pm
Nancy • Y

Qigong
3:00-4:00pm
Morris*Y

Express Spin All Levels *
5:30-6pm
Michelle • S

Pilates Reformer Intermediate \$
5:30-6:30pm
Eileen • 2

Barre Above
6-7pm
Karen • Y

LaBlast
6-15-7pm
Dana R.*1

Pilates Reformer Intermediate \$
6:40-7:40pm
Eileen • 2

Gentle Yoga
7:15-8:15pm
Nancy*Y

Zumba® Fit Beginner
7:20-8:20pm
Karen • 1

Pilates Reformer Intermediate \$
7:40-8:40pm
Eileen • 2

TUESDAY

Tabata® Bootcamp
10:40-11:40am
Eileen • 2

Zumba
10:45-11:30am
Yoriko*1

Tai Chi All Levels
11am-12pm
Morris • Y

"Be Fit" Strength
11:30am-12:30pm
Celeste • 1

Yoga Levels 1&2
12:15-1:15pm
Pam • Y

Pilates Reformer Beginner \$
5:30-6:30pm
Eileen • 2

Tabata® Bootcamp
5:45-6:30pm
Michelle • 1

Spin & Sculpt All Levels *
6-6:45pm
Jana • S

Pilates Reformer Intermediate \$
6:30-7:30pm
Eileen • 2

Yoga All Levels
6:30-7:30pm
Chris • Y

Body Pump
7:15-8:15pm
Gail • 1

Pilates Reformer Intermediate \$
7:40-8:40pm
Eileen • 2

Small Group Core Barre \$
8:10-9:10am
Melanie • Y

Tone-n-Sculpt
8:30-9:30am
Mikki • 1

Pilates Reformer Intermediate \$
8:30-9:30am
Eileen • 2

Spin All Levels *
9:30-10:15am
Christine • S

"Be Fit" Aqua
9:30-10:30am
Pam • P

Mind Your Muscle
9:30-10:30am
Mia*W

LaBlast
9:30-10:30am
Danielle* 1

SoulBody® Barre
9:30-10:30am
Emelia • Y

Mat Pilates Beginner
9:35-10:30am
Eileen • 2

Water Therapy
10:30-11:30am
Pam • P

Pilates Reformer Beginner \$
7:40-8:40pm
Eileen • 2

WEDNESDAY

Spin All Levels *
5:45-6:30am
Christine • S

Total TRX \$
7:30-8:15am
Lazzar • Y

Spin All Levels *
8:15-9:00am
Gail • S

Pilates Reformer Intermediate \$
8:15-9:15am
Melanie • 2

Step & Sculpt
8:30-9:30am
Mikki • 1

Aqua Yoga
9-9:45am
Amanda • P

Body Transformer
9:30-10:15am
Christine • 1

Power Plus Yoga
9:30-10:30am
Laurie/Mia • Y

Aqua Jam
10-11:30am
Kathleen • P

Core Barre
10:40-11:40am
Melanie • Y

Body Pump Express
12-12:45pm
Gloria • 1

Yoga Level 1&2
12:15-1:15pm
Pam • Y

Ugi Fit
5:45-6:15pm
Michelle • 1

Express Spin
6:15-6:45pm
Laurie*S

Core Plus Barre 6:15-7:15pm
Dana R.*Y

Pilates Reformer Beginner \$
6:30-7:30pm
Eileen • 2

LaBlast
6:30-7:30pm
Danielle*1

Tai Chi All Levels
7:30-8:30pm
Morris • Y

Pilates Reformer Intermediate \$
7:40-8:40pm
Eileen • 2

THURSDAY

Tone & Sculpt
5:45-6:30am
Jana • 1

Total TRX \$
5:45-6:30am
Lazzar • Y

Yoga Bootcamp
7:30-8:15am
Jana* Y

Advanced Tai Chi
8:30-9:30am
Morris • Y

Tone-n-Sculpt
8:30-9:30am
Mikki • 1

Spin All Levels *
9-9:45am
Gail • S

"Be Fit" Aqua
9:30-10:30am
Sherri • P

Body Transformer
9:30-10:30am
Elizabeth* 1

Mat Pilates Beginner
9:35-10:30am
Martha • 2

Tai Chi All Levels
9:45-10:45am
Morris • Y

Water Therapy
10:30-11:30am
Pam • P

Zumba® Fitness
10:45-11:45am
Mila • 1

Gentle Yoga

Level 1
11am-12pm
Nancy • Y

Pilates Reformer Beginner \$
12-1pm
Eileen • 2

Movement & Motivation
1-2pm
Stacey • W

Body Pump
4:30-5:30pm
Gail* 1

Pilates Reformer Beginner \$
6-7pm
Eileen • 2

Yoga Levels 1&2
6-7pm
Spencer • Y

Spin All Levels*
6:15-7:00pm
Audra*S

Zumba® Fit
7-8pm
Karen • 1

Mat Pilates Beginner
7:05-8:00pm
Eileen • 2

Box Your B.E.S.T \$
7:15-8:15pm
Mike • J

FRIDAY

Body Transformer
5:45-6:30am
Christine • 1

Body Transformer
8:00-8:45am
Mikki • 1

Spin All Levels*
8:15-9:00am
Stacey* S

Pilates Reformer Beginner \$
8:30-9:30am
Martha • 2

Aqua Yoga
9-9:45am
Chris • P

Spin All Levels*
9:30-10:15am
Carly • S

Yoga All Levels
9:15-10:15am
Ruth • Y

Tone & Sculpt
9:30-10:30am
Jana • Wellness

Body Pump
9:30-10:30am
Emelia*1

Mat Pilates Level 1/2
9:35-10:30am
Melanie • 2

Aqua Jam
10-11:15am
Kathleen • P

Meditation
10:20-10:50am
Ruth • Y

"Be Fit" Basics
10:45-11:45am
Patty P. • 1

Restorative Yoga/ Crystal Bowls
11am-12pm
Pam • Y

Body Pump Express
12-12:45pm
Gloria • 1

Core Plus Barre by Exhale®
9:15-10:15am
Stacey • Y

Tabata® Bootcamp
9:15-10:15am
Jana/Beth • 1

Spin All Levels*
9:30-10:30am
Sarah • S

Zumba® Fitness
10:30-11:30am
Jackie • 1

Yoga All Levels
10:30-11:30am
Pam • Y

Spin All Levels *
8:15-9:00am
Michelle • S

Tabata® Bootcamp
9:15-10:15am
Dana L. • 1

Spin All Levels*
9:30-10:15am
Brynn* S

Yoga All Levels
9:15-10:15am
Michelle • Y

Body Pump
10:20-11:20am
Diane/Shannon • 1

Mat Pilates All Levels
10:35-11:30am
Eileen • 2

SATURDAY

Core Plus Barre by Exhale®
9:15-10:15am
Stacey • Y

Tabata® Bootcamp
9:15-10:15am
Jana/Beth • 1

Spin All Levels*
9:30-10:30am
Sarah • S

Zumba® Fitness
10:30-11:30am
Jackie • 1

Yoga All Levels
10:30-11:30am
Pam • Y

SUNDAY

Spin All Levels *
8:15-9:00am
Michelle • S

Tabata® Bootcamp
9:15-10:15am
Dana L. • 1

Spin All Levels*
9:30-10:15am
Brynn* S

Yoga All Levels
9:15-10:15am
Michelle • Y

Body Pump
10:20-11:20am
Diane/Shannon • 1

Mat Pilates All Levels
10:35-11:30am
Eileen • 2

Group Fitness & Wellness Schedule

March 2019



Body Pump Launch (Learn the Basics)-Week of March 10th

Plant Based Nutrition

Tuesday, March 5, 6-7pm \$10 Full members /\$15 Guests

Diet Fiction Movie Screening

Thursday, March 26, 10:30-12:30pm or 7:00-9:00pm

\$5 Full members/\$10 Guests (includes snacks)

Sprint 8 Weight Loss-FREE Trial Classes

Sunday, March 24 9:30am or 10am/Tuesday, March 26 7pm/

or Wednesday, March 27 9:30 or 10am

Hours

Monday-Thursday: 5:30am-10:00pm

Friday: 5:30am-7:00pm

Saturday: 7:00am-6:00pm

Sunday: 7:00am-6:00pm

Aqua Boot Camp A challenging high energy heart racing cardio workout. Must be comfortable in deep water and wear a buoyancy belt.

Aqua Jam High intensity, water workout includes strong cardio and full body training with resistance equipment. All levels are welcome.

Aqua Yoga Experience poses and postures in this all-level yoga class while being buoyant in the water.

“Be Fit” Aqua Join in the fun with this one hour aqua workout! Low to non-impact aerobic workout with toning, strength, and balance segments utilizing buoyancy belts and noodles.

Deep Water Aqua Intense water workout including strong cardio and full body training with resistance equipment. Must be comfortable in deep water and wear a buoyancy belt.

Water Therapy * Increase muscle tone, flexibility, and core strength using a combination of exercises for arthritis and other limitations. Increase range of motion and reduce chronic pain. ***Participants must provide doctor's note before access to class.**

Pilates Reformer \$ Private groups; using specialized Pilates equipment designed for strength training.

Mat Pilates Beginner Tone muscles, develop core strength and stability—these basic moves will help chronic pain & improve posture, -all levels welcome

Mat Pilates Levels 1&2 Some mat experience or moderate level of fitness-required intermediate moves to deepen core engagement & challenge postural muscles.

“Be Fit” Basics Low intensity cardio using low steps combined with low impact moves to burn fat. *All levels of fitness welcome, designed for beginners and active older adults!

“Be Fit” Strength Designed to tone, strengthen, and improve balance with intervals of low to non-impact movement, strength training and toning using light weights, bands, bars or fitness balls. *All levels of fitness welcome, designed for beginners and active older Adults!

Body Pump Les Mills original barbell class training all body parts choreographed to great music while using light plates & high repetitions for each muscle group! High “fat burning” weight training class. All levels

Body Transformer Weights plus bodyweight exercises to hit 9 key areas, including core, chest, back shoulders, and legs with minute cardio bursts to boost metabolism and burn more calories.

Core Plus Barre Total body workout that will help build a strong core, tone muscles, improve flexibility and mental focus. Obtain lean thighs, tone arms, lifted seat & flattened abs

Meditation Do you have trouble relaxing? Learn the basics of mindfulness. This practice will teach you how to distance yourself from your mind, to relieve stress and cope with everyday life!

Mind Your Muscle An interval training class combining strength and yoga. Yoga postures will be alternated with strength exercises in a circuit style class. Small weights will be utilized..

Movement & Motivation Explore your body’s possibilities through music both old and new to improve your balance, flexibility, coordination and gait. Ideal class for those with Parkinson’s or chronic illnesses.

Spin & Sculpt * A cycling class combining spinning and small hand weights to tone and sculpt the upper body.

Step & Sculpt A step class combining cardio step with toning for an entire body workout.

Tabata Bootcamp High fat burning interval cardio with elements of Bootcamp: Jump rope, plyometrics, strength training, core & flexibility. Work at your own ability throughout this challenging class.

Tai-Chi Reduce stress improve balance, blood pressure, & bone density.

Tone & Sculpt An overall full body workout utilizing weights, bands, balls and more to strengthen and tone. All level workout.

Toning/Zumba® 30/30 Use lightweight Toning sticks during the first 30 minutes, then move into the Zumba cardio workout you love for the remainder of this hour long class featuring a total body workout.

TRX Suspension Training \$ Total Resistance Exercise. A suspension training workout building true functional strength while improving flexibility, strength, and core all at the same time.

Ugi Fit This 30 minute workout uses a weighted ball for a series of 1 minute basic exercises that combine fun yet challenging strength, cardio, and core training.

Gentle Yoga Level 1 Perfect for the novice and the person getting back into exercise. Will include some gentle inversions as well as balancing and stretching.

Gentle Yoga w/ Weights A gentle yoga class that uses light hand weights to strengthen the upper body and arms. Weights are provided and are optional.

Yoga Improve positions such as sun salutations, shoulder stands, and other inversions & balancing.

Power Plus Yoga A “vigorous” yoga flow. Hot room, hard workout!

Zumba® Fitness A combination of high energy fitness moves and Latin style dance to Latin music.