





AQUA GROUP EXERCISE

SUN	MON	TUES	WED	THURS	FRI	SAT
	8:15-9:15 am  AQUA FITNESS	8:15-9:00 am  AI CHI	8:15-9:15 am  AQUA FITNESS		8:15-9:15 am  AQUA FITNESS	
	9:15-10:15 am AQUA FITNESS	9:15-10:15am AQUA FITNESS	9:15-10:15 am AQUA FITNESS	9:15-10:15 am AQUA FITNESS	9:15-10:15 am AQUA FITNESS	
	10:45-11:45 am AQUA ARTHRITIS		10:45-11:45 am AQUA ARTHRITIS		10:45-11:45am AQUA ARTHRITIS	
4:15-5:15pm AQUA FITNESS/ ZUMBA Alternating basis		4:30-5:30 pm AQUA FITNESS		4:30-5:30 pm AQUA FITNESS		
	7:00-8:00 pm AQUA FITNESS		7:00-8:00 pm AQUA FITNESS			

CLASS KEY

AQUA FITNESS: This class includes a 20 minute cardiovascular conditioning segment along with muscular strengthening exercises. This class is at the beginning to intermediate level.

AQUA ARTHRITIS: A series of strengthening and range of motion exercises. All course material and pool facilities have been approved by the National Arthritis Foundation.

AI CHI: Water exercise and relaxation program using a combination of deep breathing and slow movements.

AQUA ZUMBA: A fusion of Latin and International music with a series of easy to follow dance routines in the pool.

 **Nursery not available at these times**

GUIDELINES FOR AQUA EXERCISE

- Must be at least 13 years old to participate in group exercise classes.
- Anyone with physical limitations or medical restrictions should consult their physician and notify the instructor before participating in any group exercise class.
- Be aware of all pool rules.

Group Exercise Schedule



Effective: 12/12/2011

GUIDELINES FOR GROUP EXERCISE

- Must be at least 13 years old to participate in group exercise classes.
- Anyone with physical limitations or medical restrictions should consult their physician and notify the instructor before participating in any group exercise class.

CLASS KEY

LOW IMPACT BEGINNER: A basic low impact aerobic class for beginners.

WALK FIT: Combines warm-up, active stretching and walking with low impact aerobics.

BODY MOTION: Participants regain or maintain strength, flexibility, muscle tone, and full joint mobility through slow movement. May remain seated if necessary during this class.

STEP FITNESS: A dynamic exercise program that involves stepping up and down from a platform to motivating music. This program includes a wide variety of stepping movements and upper body strength training exercises.

STEP/BOSU: Combines intervals of traditional low impact movements with core strength, balance and functional strength using a multidimensional device.

POWER YOGA: Taught in a calm, warm setting to increase your balance, strength and flexibility.

STEP/IRONPUMP: Combines a step workout with strength training using iron grip bars, dumbbells and Bosu. Class is recommended for the intermediate to advanced participant.

KETTLEBELL: Use of the cast iron kettlebell with dynamic movements and involves all aspects of fitness; endurance, strength, cardio, balance and stability. **Register at the front desk for workshop before attending 1st class.**

TBC-CARDIO: Intermediate to advanced level interval class that may include step, jump rope, sports drills, running and strength training.

TBC-STRENGTH: Total body strength endurance program using weight training exercises, dumbbells, Bosu, medicine balls and iron grip bars. Class is recommended for the intermediate to advanced participant.

TKO BOXING: Combines shadow boxing, jump rope, and weights. Class is recommended for the intermediate to advanced participant.

REVVING: An indoor cycling program that utilizes motivation, visualization and cycling techniques to music. **Sign up at Front Desk one day ahead.**

PILATES: A total body conditioning exercise method combining flexibility and strength movements.

TAP: Tap dancing fun for all fitness levels.

HATHA YOGA: Combines the practice and benefits of yoga into a class suitable for all fitness levels.










ZUMBA™: A fusion of Latin and International music with a series of easy to follow dance routines.

KI-AKIDO: Harmony with KI; this defensive martial art teaches awareness, focus and balance for use in aspects of your everyday life.

IYENGAR YOGA: Suitable for all levels of fitness this class will help you gain flexibility and strength while relaxing your mind, body and spirit.

TABADA: An interval training class using the 20/10 rule; 20 seconds work/ 10 seconds rest. 8 repetitions per cycle with 8-12 cycles in a class. Tabada is a high volume, fast paced, and energy burning class.

TRX Suspended Body Weight Training: Movements using the TRX integrates strength, flexibility, and balance into a high level method of body weight exercise training. **Sign up at Front Desk one day ahead.**

SUN	MON	TUES	WED	THURS	FRI	SAT
	6:05-7:00am  STEP FITNESS		6:05-9:00am  STEP FITNESS	7:45-9:00am  KETTLEBELL*	6:05-7:00am  STEP FITNESS	
	8:00-9:00am  TRX <i>Sign up at Front Desk Studio</i>	8:00-9:00am  TRX <i>Sign up at Front Desk Studio</i>	8:00-9:00am  REVVING <i>Studio</i>	9:00-10:00 am WALK FIT	8:00-9:00am  REVVING <i>Studio</i>	7:30-8:45am  KETTLEBELL*
	9:00-10:15am HATHA YOGA <i>Conference Room</i>	9:00-10:00am WALK FIT	9:00-10:30am TBC STRENGTH	9:00-10:00 am TKO BOXING <i>Studio</i>	9:00-10:30am STEP/IRONPUMP	9:00-10:00am TABADA
	9:00-10:30am STEP/IRONPUMP	9:00-10:15am POWER YOGA <i>Studio</i>	9:30-10:30am BODY MOTION <i>Studio</i>	10:00-11:00am TRX <i>Sign up at Front Desk Studio</i>	9:00-10:15am HATHA YOGA <i>Conference Room</i>	10:00-11:00am PILATES <i>Studio</i>
	9:30-10:30am BODY MOTION <i>Studio</i>	5:00-6:15pm KETTLEBELL*	9:00-10:15am HATHA YOGA <i>Conference Room</i>	5:30-6:45pm TABADA	9:30-10:30am BODY MOTION <i>Studio</i>	
	10:30-11:30am LOW IMPACT BEGINNER	6:00-9:00pm KI-AKIDO <i>Conference Room</i> <i>*Additional Fee*</i>	10:30-11:30am LOW IMPACT BEGINNER	5:30-6:45pm POWER YOGA <i>Studio</i>	10:30-11:30am LOW IMPACT BEGINNER	
5:30-6:45pm HATHA YOGA <i>Studio</i>	10:30-12:30pm 2 - one hour classes TAP <i>Studio</i>	6:45-7:45pm PILATES <i>Studio</i>	10:30-11:30am REVVING <i>Studio</i>	6:00-9:00pm KI-AKIDO <i>Conference Room</i> <i>*Additional Fee*</i>	10:30-11:45am KETTLEBELL* <i>Studio</i>	
	5:30-6:30pm REVVING <i>Studio</i>		5:30-6:30pm TRX <i>Sign up at Front Desk Studio</i>	6:45-7:45pm STEP/BOSU	5:30-6:30pm ZUMBA™	
	5:45-7:00pm STEP/BOSU		5:30-6:30pm ZUMBA™	7:00-8:00pm REVVING <i>Studio</i>	6:30-7:30pm TRX <i>Sign up at Front Desk Studio</i>	
	6:30-8:00pm IYENGAR YOGA <i>Conference Room</i>		6:30-7:30pm TKO BOXING <i>Studio</i>			
	7:00-8:00pm ZUMBA™					
	7:00-8:00pm TRX <i>Sign up at Front Desk Studio</i>					



Nursery not available at these times * Workshop required before taking first class