

March 2024 Group Exercise Schedule



Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30AM-6:30AM		Master Swim Nick Large Pool		Master Swim Nick Large Pool		Master Swim Nick Large Pool	
5:45AM-6:45AM		Sunrise Cycle Dolores		Sunrise Cycle Patty		Cycle Boot Camp Dolores	
7:00AM-8:30AM							Master Swim Nick Large Pool
8:00AM-8:30AM			Foam Rolling Ann		Foam Rolling Ann		
8:15AM-9:15AM							Cardio Sculpt Dolores
8:30AM-9:30AM		Strength & Grace Stacy	Pilates Mat Ann	Barre Sculpt Patty Live & ZOOM	Pilates Mat Ann	Barre Sculpt Patty Live & ZOOM	
9:30AM-10:30AM		Zumba Stacy	Master Swim Shelbi Large Pool	Zumba Kristy	Master Swim Shelbi Large Pool		Yoga 4 All Makiko
9:45AM-11:00AM			Strength & Stretch Patty Live & ZOOM		Strength & Stretch Patty Live & ZOOM		
9:45AM-11:15AM	Pilates Sculpt Plus Lisa					Pilates Sculpt Plus Lisa	
10:45AM-11:45AM				Pilates Sculpt Express Lisa			
10:00AM-11:00AM		Water Fitness Patty Training Pool		Water Fitness Patty Training Pool		Water Fitness Patty Training Pool	Water Fitness Training Pool
12:15PM-1:15PM			Group Cycle Rachel		Group Cycle Rachel		
12:30PM-1:30PM	Group Cycle Rachel						
1:15PM-1:45PM			Ab Blaster Rachel		Ab Blaster Rachel		
4:00PM-5:15PM			Gentle Yoga Ann		Gentle Yoga Heather		
5:30PM-6:30PM		HIIT Me UP! Shannon	Zumba Stacy	HIIT Me UP! Shannon	Zumba Stacy	Yoga Strength & Stretch Lance	
6:30PM-7:30PM			Group Cycle Stacy		Group Cycle Stacy		
6:45PM-7:45PM		Yoga Strength & Stretch Lance		Yoga 4 All Makiko			
Legend		Strength	Cycling	Zumba	Aquatics	Sculpt	Yoga

GROUP EXERCISE CLASS DESCRIPTION

Ab Blaster this 30 min core class is designed to strengthen the muscles of the abs and back while improving posture through performing a variety of exercises. This class is a great addition to **anyone's** fitness routine. (30 min)

Barre Sculpt is a workout technique inspired by elements of ballet, yoga, and Pilates, that focuses on low-impact, high intensity movements designed to strengthen and tone your body, improve muscle endurance and balance while keeping your body strong and lean using light weights, loop bands, small core balls or household items. (60 min.)

Cardio Sculpt combines cardio and strength training using body weight, body bar, dumbbells, resistance bands, or household items. (60 min)

Cycling is a powerful cardiovascular workout that simulates a realistic cycling workout on the road. This class will significantly increase the strength of your lower body. You work at your own fitness level. (60 min)

Cycle Boot Camp combining both strength and cardio. This is an efficient and well rounded workout. Clip in for heart pumping intervals, and then grab sneakers and weights for a full body workout. Get ready to leave feeling sweaty, but faster and stronger. (60 min)

HIIT Me UP HIIT train is interval training in which you alternate short, very high-intensity intervals with longer, slower recovery intervals. High-intensity interval training (HIIT) is a great way to bump up your cardio and strength workouts by adding intensity, variety, and a calorie-burning boost. (60 min)

Strength & Grace is a barre-less strength class using core balance, step, weighted bar, and dumbbells. Followed with a 10-minute stretch. A total body workout. (60 min)

Strength & Stretch is a fun fitness class designed for all fitness levels and ages. A combination of low impact cardio exercises with muscle sculpting and core balancing exercises. Use of light weights, resistance bands and a mat. Ages 12 and up (75 min)

Water Fitness combines cardio movements in shallow & deep water to give a total body workout. All fitness levels. Uses hand buoys & hydro noodles. (60 min)

Zumba combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow for all levels. (60 min)

YOGA & PILATES CLASS DESCRIPTIONS

Gentle Yoga Yoga taught in the styles of Yin, Restorative, Gentle, and Hatha yoga and is conducted in a much slower format than our traditional classes. Expect an easy stretch and yogic conditioning class designed to move the body gently and soothe stiff muscles/joints with an awareness of stress reduction, healing, and meditation: breath work and relaxation are a vital part of this class. Great for all levels of yoga practice, especially for those new to yoga. Recommended props to assist you in your practice: yoga blocks, yoga mat, yoga bolster or a towel or blanket, and a strap (75 min)

Foam Rolling uses a foam roller and rubber balls (or tennis balls) to warm-up and release tension in the body as well as improve flexibility from head to toe! All levels are welcome, so come start your day off right with effective deep foam rolling techniques! (30 min)

Pilates Mat is a unified exercise technique composed of several controlled, **precise movements aimed at stretching and strengthening the "core" muscles**, back, buttocks & abdomen. It also helps to improve your posture. (60 min)

Pilates Sculpt enjoy a shorter Pilates fundamentals class including elements of Zone 2 cardio, sculpting and strengthening, yoga, and corrective exercise using a variety of weights, balls and the magic ring. Age 12 and up. (60 min)

Pilates Sculpt Plus+ Pilates fundamentals combined with cardio strength training and corrective exercises using the foam roller, a wider variety of hand weights, resistance bands, balls, and the magic ring. ALL AGES! (90 min)

Yoga 4 All offers movements with the breath as well as strength, balance, and flexibility exercises. We are not looking for complete poses or perfection!! The class is great for all levels of practice and offers options to meet different abilities. All levels and ages are welcome (12 and up). Yoga is a great way to tone up your body and boost your energy as well to maintain and improve your fitness level. (60 min)

Yoga Strength & Stretch combines various workout exercise in a short, and challenging yoga flow that the students can use as a gauge of progression during the class. Exercises will support/mirror the yoga postures adding dynamic movement, including but not limited to bodyweight exercises, bands, isometrics and plyometrics. Class begins with a warm-up moving through the main flow once at a slower pace modifications and alignment. (60 min)