

# December 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		Cycling Dolores		Cycling 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-9:00AM						Step & Sculpt Stacy	
8:15AM-9:15AM							Cardio Sculpt Dolores
8:30AM-9:30AM	Slow Flow Yoga Liz & Elif	Barre Sculpt Patty LIVE & ZOOM	Pilates Mat Ann	Barre Sculpt Patty LIVE & ZOOM	Pilates Mat Ann		
9:00AM-10:00AM						Zumba & Hip Hop Stacy LIVE & ZOOM	
9:30AM-10:30AM			Master Swim Nick Large Pool	Zumba & Abs Stacy 75 min. LIVE & ZOOM	Master Swim Nick Large Pool		Yoga 4 All Makiko
9:45AM-10:45AM		Pilates Sculpt Express Lisa					
9:45AM-11:15AM	Pilates Sculpt Plus Lisa		Strength & Stretch Patty LIVE & ZOOM		Strength & Stretch Patty LIVE & ZOOM		
10:15AM-11:45AM						Pilates Sculpt Plus Lisa	
10:00AM-11:00AM		Water Fitness Patty Training Pool		Water Fitness Katherine Training Pool		Water Fitness Patty Training Pool	Water Fitness Katherine Training Pool
12:15PM-1:15PM			Cycle Rachel		Cycle Rachel		
12:30PM-1:30PM	Cycle Rachel						
4:00PM-5:15PM			Gentle Yoga Ann		Gentle Yoga Liz		
5:30PM-6:30PM		Strength & Sculpt Christy	Zumba Stacy LIVE & ZOOM	Strength & Sculpt Patty	Zumba Stacy LIVE & ZOOM		
6:00PM-7:00PM						Yoga Strong Lance	
6:30PM-7:30PM			Cycle Stacy		Beats n Feet's Stacy		
6:45PM-7:45PM		Yoga Strong Lance		Yoga 4 All Makiko			
Legend	<span style="color: red;">■</span> Strength	<span style="color: pink;">■</span> Pilates	<span style="color: cyan;">■</span> Aquatics	<span style="color: yellow;">■</span> Cycle	<span style="color: purple;">■</span> Yoga	<span style="color: orange;">■</span> Sculpt	<span style="color: lightgreen;">■</span> Dance

# GROUP EXERCISE CLASS DESCRIPTIONS

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

**Beats n Feet's (60 min):** Unleash your inner rock star. Get an overall body workout while drumming to your favorite songs. For all fitness levels.

**Cardio Sculpt (60 min):** Combines cardio & strength training using body weight, body bar, dumbbells, & resistance bands.

**Cycle (60 min):** This class 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.

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

**Master Swim (60 min):** A coached workout designed to improve sprint speed & endurance capabilities.

**Step & Sculpt (60 min):** This is a sculpting class using core balance, step, a weighted bar, & dumbbells, followed with a 10-minute stretch. It's a total body workout.

**Strength & Sculpt (60 min):** Shift your body into high gear through an intense muscle endurance and strength workout. This is a muscle-toning class that focuses on building core strength .

**Strength & Stretch (75 min):** This is a fun fitness class designed to build your strength with resistance exercises. The class incorporates traditional weight-room exercises and compound exercises using weighted bars and dumbbells to challenge you. Followed with a 15-minute stretch. For all fitness levels.

**Water Fitness (60 min):** Combines cardio movements in shallow & deep water to give a total body workout. This class uses hand buoys and hydro noodles. Water Fitness is for all fitness levels.

**Zumba (60 min):** Combines Latin rhythms with cardio exercise to create an aerobic routine that is fun & easy to follow.

## YOGA & PILATES CLASS DESCRIPTIONS

**Foam Rolling (30 min):** Uses a foam roller & rubber balls to warm-up & 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!

**Gentle Yoga (75 min):** Taught in the styles of Yin, Restorative, Gentle, & Hatha & is conducted in a slower format. Expect an easy stretch & yogic conditioning class designed to move the body gently & soothe stiff muscles/joints with an awareness of stress reduction, healing, & meditation. Breath work & relaxation are vital in class. Great for all levels, especially new to yoga.

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

**Pilates Sculpt Express (60 min):** Enjoy a shorter Pilates fundamentals class including elements of Zone 2 cardio, sculpting & strengthening, yoga, & corrective exercise using a variety of weights, balls & the magic ring.

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

**Slow Flow Yoga (60 min):** Designed to cultivate mindfulness, strength, & flexibility. A serene & fluid practice, harmonizing movement with breath as you explore alignment, balance, & inner strength. Each pose unfolds gracefully, with modifications offered.

**Yoga 4 All (60 min):** Offers movements with the breath as well as strength, balance, & flexibility exercises. We are not looking for complete poses or perfection. Class is for all levels of practice & abilities. Tone your body & boost your energy.

**Yoga Strong (60 min):** Combines various workout exercises in a short & challenging yoga flow that you can use as a gauge of progression during the class. Exercises will support/mirror the yoga postures by adding dynamic movement, including but not limited to bodyweight exercises, bands, isometrics & plyometrics.