

May 2025 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-9:15AM | | | | | | | 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 | Step & Sculpt Stacy (45 min) | |
| 9:15AM-10:15AM | | | | | | Zumba & Hip Hop Stacy LIVE & ZOOM | |
| 9:30AM-10:30AM | | | Master Swim Large Pool | Zumba & Abs Stacy 75 min. LIVE & ZOOM | Master Swim Large Pool | | Yoga 4 All Makiko |
| 9:45AM-10:45AM | | Pilates Sculpt Express Lisa | | | | | |
| 9:45AM-11:00AM | | | Strength & Stretch Patty LIVE & ZOOM | | Strength & Stretch Patty LIVE & ZOOM | | |
| 9:45AM-11:15AM | 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 |
| 10:30AM-12:00PM | | | | | | Pilates Sculpt Plus Lisa | |
| 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 | | Yin/Resotorative Makiko | | | |
| Legend | Strength | Pilates | Aquatics | Cycle | Yoga | Sculpt | 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 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. From soothing sun salutations to rooted standing & contemplative seated postures, you'll experience gentle yet empowering holds. As you conclude, feel the grounding embrace of relaxation, leaving you rejuvenated & centered.

Yin/Restorative (60 min): Yin and restorative yoga are both gentle, slow-paced styles that focus on relaxation and deep stretching, offering numerous physical, mental, and emotional benefits. Here are some of the key benefits

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.