

SPRING 2023 GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM	Cycle (E) 6:30-7:15AM Hayden	Deep Water (DW) 6:15-7:15AM Kim	Cycle (E) 6:30-7:15AM Hayden	Deep Water (DW) 6:15-7:15AM Kim	Cycle (E) 6:30-7:15AM Hayden		
	15/15/15 (B) 6:30-7:15AM Madison	BODYPUMP™ (B) 6:30-7:15AM Vongai		BODYPUMP™ (B) 6:30-7:15AM Vongai	15/15/15 (B) 6:30-7:15AM Devin L.		
		CardioBox (BOX) 6:45-7:45AM Jasmine		CardioBox (BOX) 6:45-7:45AM Jasmine			
7AM		Yoga (F) 7:00-8:00AM Emilie		Yoga (F) 7:00-8:00AM Emilie			
10AM						Yoga (F) 10:00-11:00AM Myrna	
12PM		Deep Water (DW) 12:15-1:00PM Kim	Aqua Tabata (RP) 12:15-1:00PM Sandi	Deep Water (DW) 12:15-1:00PM Kim			
	BODYPUMP™ (B) 12:15-1:15PM Melanie		BODYPUMP™ (B) 12:15-1:15PM Melanie		BODYPUMP™ (B) 12:15-1:15PM Betsy		
	Yoga (F) 12:15-1:15PM Emilie	Yoga (F) 12:15-1:15PM Amanda	Yoga (F) 12:15-1:15PM Myrna	Yoga (F) 12:15-1:15PM Myrna	Yoga (F) 12:15-1:15PM Myrna		
	QuickFit (C) 12:30-1:00PM Devin L.	QuickFit (C) 12:15-12:45PM Sierra	QuickFit (C) 12:30-1:00PM Devin L.	QuickFit (C) 12:15-12:45PM Sierra	QuickFit (C) 12:30-1:00PM Jalyn		
		Cycle & Flow (E) 12:45-1:30PM Ruth		Cycle & Flow (E) 12:45-1:30PM Ruth			
4PM	HIIT (B) 4:15-4:45PM Hana	Yoga & Meditation (F) 4:15-5:15PM Ruth	HIIT+ (B) 4:15-5:15PM Ally	Yoga & Meditation (F) 4:15-5:15PM Ruth	HIIT (B) 4:15-4:45PM Sierra		
	Cycle Express (E) 4:30-5:00PM Ally	Cycle Express (E) 4:30-5:00PM Lydia	Cycle Express (E) 4:30-5:00PM Lydia	Cycle Express (E) 4:30-5:00PM Lydia	Yoga (F) 4:00-5:00PM Emilie		Cycle (E) 4:30-5:15PM Frankie
			BODYBALANCE™ (F) 4:45-5:45PM Betsy				Yoga (F) 4:45-5:45PM Madeline
5PM		Yoga (F) 5:30-6:30PM Melissa	15/15/15 (A) 5:30-6:15PM Valeria	Yoga (F) 5:30-6:30PM Ruth			
	Zumba® (D) 5:30-6:30PM Hui	Zumba® (D) 5:45-6:45PM Abby H.	Zumba® (D) 5:30-6:30PM Reagan	Zumba® (D) 5:45-6:45PM Reagan			
	BODYPUMP™ (B) 5:30-6:30PM Kira	BODYPUMP™ (B) 5:30-6:30PM Kira	BODYPUMP™ (B) 5:30-6:30PM Kira	BODYPUMP™ (B) 5:30-6:30PM Betsy			
	CardioBox (BOX) 5:30-6:30PM Jasmine		CardioBox (BOX) 5:30-6:30PM Jasmine				
	Cycle (E) 5:45-6:30PM Abby C.	Cycle (E) 5:45-6:30PM Mackenzie	Cycle (E) 5:45-6:30PM Abby C.	Cycle (E) 5:45-6:30PM Mackenzie			
6PM		Barre (A) 6:00-7:00PM Katherine	Cycle (E) 6:45-7:30PM Hui	Barre (A) 6:00-7:00PM Kira			
	TRX® Yoga (D) 6:45-7:45PM Ruth		TRX® Yoga (D) 6:45-7:45PM Ruth				
	Pilates (A) 6:45-7:30PM Vivian		Pilates (A) 6:45-7:30PM Vivian				



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15/15/15	15/15/15 is a high intensity blended workout composed of 15 minutes of cardio, 15 minutes of strength/circuit/weights, and then 15 minutes of abs.
Aqua Tabata	Want HIIT without the impact? Aqua Tabata is a type of high-intensity interval training that will push your limits using the properties of water. This class includes periods of high intensity exercise that are followed by short periods of rest. Classes are held in the Rec Pool. No swimming experience necessary.
Barre	This class is a full body workout utilizing ballet, Pilates, and strength training. The Barre format strengthens and stabilizes muscles, while performing small isometric movements. No ballet experience necessary!
BODYBALANCE™	FEEL BALANCED. A Yoga, Tai Chi and Pilates inspired workout that leaves you long, strong, and centered.
BODYPUMP™	BE STRONG. The original weights class that builds strength, tones your body, and pushes you to the limit every time.
CardioBox	CardioBox is a high intensity interval training class designed to make you sweat! With an additional emphasis on ab exercises, CardioBox is a great full body workout for everyone! No prior boxing experience is required!
Cycle/ Cycle Express	Be prepared to ride your way through rolling hills, steep climbs, false flats, sprints, and much more! This class is a great option for those seeking a challenging low-impact, cardio and strength fusion.
Cycle & Flow	This class provides a 20-minute easy rhythm ride with a 25-minute gentle yoga class to increase the heart rate and relax the body leaving you feeling refreshed and ready to take on the day.
Deep Water	Exhaust every muscle in your body and ignite your core without ever touching the ground in this low-impact, cardio and strength based class! Classes are held in the diving well. Buoyancy belts provided. No swimming experience required.
HIIT/HIIT+	HIIT or otherwise known as "High Intensity Interval Training" is a very common trend in today's fitness world. The format of the class is designed to help you burn calories during the morning workout and throughout the rest of your day! HIIT+ is a 60-minute version of the typical 30-minute HIIT class.
Pilates	Pilates is a low-impact, mat-based class that focuses on the core as the powerhouse, or control center, of the body that is designed to develop balance and stabilization of supporting muscles while focusing on breathing.
TRX® Yoga	This class truly blends mind and body work. The TRX® Suspension Trainer will test your muscular and core endurance using bodyweight exercises while the yoga portion will focus on improving mobility and mindfulness.
QuickFit	A perfect choice for those in a time crunch! This total body cardio/strength express class will condition your body in just 30 minutes.
Yoga	Refine and master breathing techniques and a wide variety of essential yoga poses. The sequence of movements will help stretch, unwind, and de-stress your mind and body. Class structure and intensity may vary.
Yoga & Meditation	Yoga & Meditation focuses on a calming, quiet atmosphere to center the body and mind. Emphasis will be placed on lengthened meditation time to improve serenity and focus as well as comfortably lengthening the muscles.
Zumba®	Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party!

