

FALL 2023 GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	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	
		BODYPUMP™ (B) 6:15-7:15AM Aly		BODYPUMP™ (B) 6:15-7:15AM Aly	15/15/15 (B) 6:30-7:15AM Peyton	
		Yoga (F) 6:30-7:30AM Kristi		Yoga (F) 6:30-7:30AM Kristi		
		Cardio Box (BX) 6:45-7:45AM Jasmine		Cardio Box (BX) 6:45-7:45AM Jasmine		
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) 12:15-1:00PM Amanda	Yoga (F) 12:15-1:15PM Ruth	Yoga (F) 12:15-1:00PM Kristi	Yoga (F) 12:15-1:15PM Myrna	Yoga (F) 12:15-1:00PM Myrna	
	QuickFit (C) 12:15-12:45PM Seth	QuickFit (C) 12:30-1:00PM Sierra	QuickFit (C) 12:15-12:45PM Seth	QuickFit (C) 12:30-1:00PM Sierra	QuickFit (C) 12:15-12:45PM Seth	
		Yogalates (B) 12:45-1:15PM Melissa	Cycle Express (E) 12:45-1:30PM Dana			
3PM	Cycle Express (E) 3:30-4PM Chloe					
4PM	Yoga & Meditation (F) 4:15-5:15PM Ruth	Yoga+ (F) 4:15-5:00PM Emilie	Yoga & Meditation (F) 4:15-5:15PM Ruth	Yoga+ (F) 4:15-5:00PM Emilie	Yoga & Meditation (F) 4:15-5:15PM Ruth	Yoga (F) 4:00-5:00PM Myrna
		Cycle Express (E) 4:15-4:45PM Lydia		Cycle Express (E) 4:15-4:45PM Lydia		Cycle (E) 4:30-5:15PM Elizabeth
		CardioBox (BOX) 4:15-5:00PM Christine		CardioBox (BOX) 4:15-5:00PM Christine		
5PM	Barre (A) 5:15-6:00PM Alex		Barre (A) 5:15-6:00PM Alex			
		BODYPUMP™ (B) 5:30-6:30PM Betsy	Zumba® (D) 5:30-6:30PM Miriam	BODYPUMP™ (B) 5:30-6:30PM Aly		
	Cycle (E) 5:30-6:15PM Mackenzie	Cycle (E) 5:45-6:30PM Elizabeth	Cycle (E) 5:30-6:15PM Ally	Cycle (E) 5:45-6:30PM Mackenzie		
	BODYBALANCE™ (F) 5:30-6:30PM Betsy		Yoga (F) 5:30-6:30PM Myrna			
6PM	Pilates (A) 6:45-7:30PM Vivian	TRX® Yoga (D) 6:45-7:45PM Ruth	Pilates (A) 6:45-7:30PM Vivian	TRX® Yoga (D) 6:45-7:45PM Ruth		
7PM		Cardio Box (BOX) 7:45-8:45PM Jasmine		Cardio Box (BOX) 7:45-8:45PM Jasmine		



FALL 2023 GROUP FITNESS SCHEDULE

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 15 minutes of core.
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.
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.
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.
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.
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.
Yoga/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+ will cover more challenging poses.
Yogalates	Develop muscle length and strength through a fusion of Yoga and Pilates. This class will incorporate body-weight strength training with yoga and flexibility so you'll leave feeling both taxed and relaxed.
Yoga & Meditation	Yoga & Meditation focuses on a calming, quiet atmosphere to center the body and mind. Emphasis will be placed on lengthened guided 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!

