

# SPRING 2024 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		
	20/20/20 (B) 6:45-7:45AM Kati	BODYPUMP™ (B) 6:15-7:15AM Aly	20/20/20 (B) 6:45-7:45AM Kati	BODYPUMP™ (B) 6:15-7:15AM Aly	20/20/20 (B) 6:45-7:45AM Nick		
		Yoga (F) 6:30-7:30AM Kristi		Yoga (F) 6:30-7:30AM Kristi			
		Cycle (E) 6:45-7:30AM Kati		CardioBox (BOX) 6:45-7:30AM Ronan			
9AM						Cycle (E) 9:30-10:15AM Aly	
10AM						Yoga (F) 10:30-11:30AM 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	QuickFit (C) 12:00-12:30PM Sierra	BODYPUMP™ (B) 12:15-1:15PM Melanie	QuickFit (C) 12:00-12:30PM Sierra	BODYPUMP™ (B) 12:15-1:15PM Betsy		
		Yoga (F) 12:15-1:15PM Ruth	Yoga (F) 12:15-1:15PM Kristi	Yoga (F) 12:15-1:15PM Ruth	Yoga (F) 12:15-1:15PM Myrna		
	QuickFit (C) 12:30-1:00PM Seth	CardioBox (BOX) 12:30-1:15PM Hannah	QuickFit (C) 12:30-1:00PM Seth	CardioBox (BOX) 12:30-1:15PM Hannah	QuickFit (C) 12:30-1:00PM Gabe		
4PM	CardioBox (BOX) 4:15-5:00PM Christine	Barre (A) 4:15-5:15PM Alex	CardioBox (BOX) 4:15-5:00PM Christine	Barre (A) 4:15-5:15PM Alex	CardioBox (BOX) 4:15-5:00PM Jordan		
	Yoga & Meditation (F) 4:15-5:15PM Ruth		Yoga & Meditation (F) 4:15-5:15PM Ruth		Yoga & Meditation (F) 4:15-5:15PM Ruth		Yoga (F) 4:15-5:15PM Myrna
		Cycle Express (E) 4:30-5:00PM Lydia	Cycle Express (E) 4:30-5:00PM Lydia	Cycle Express (E) 4:30-5:00PM Lydia			Cycle (E) 4:30-5:15PM Elizabeth
5PM	HIIT (B) 5:15-6:00PM Mackenzie		HIIT (B) 5:15-6:00PM Nick				
	BODYBALANCE™ (F) 5:30-6:30PM Betsy	BODYPUMP™ (B) 5:30-6:30PM Betsy	BODYBALANCE™ (F) 5:30-6:30PM Betsy	BODYPUMP™ (B) 5:30-6:30PM Aly			
	Cycle (E) 5:30-6:15PM Dana		Cycle (E) 5:30-6:15PM Mackenzie				
	Zumba® (D) 5:45-6:45PM Miriam	Cycle (E) 5:45-6:30PM Aly	Zumba® (D) 5:45-6:45PM Hui	Cycle (E) 5:45-6:30PM Elizabeth			
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			



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20/20/20	20/20/20 is a high intensity blended workout composed of 20 minutes of cardio, 20 minutes of strength/circuit/weights, and then 20 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.
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 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!
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!