

# SPRING 2024 GROUP FITNESS SCHEDULE

|      | MONDAY                                       | TUESDAY                                   | WEDNESDAY                                    | THURSDAY                                  | FRIDAY                                       | SATURDAY                           | SUNDAY                                |
|------|--|---|--|---|--|------------------------------------|---------------------------------------|
| 6AM  | Cycle (E)<br>6:30-7:15AM<br>Hayden           | Deep Water (DW)<br>6:15-7:15AM<br>Kim     | Cycle (E)<br>6:30-7:15AM<br>Hayden           | Deep Water (DW)<br>6:15-7:15AM<br>Kim     | Cycle (E)<br>6:30-7:15AM<br>Hayden           |                                    |                                       |
|      | 20/20/20 (B)<br>6:45-7:45AM<br>Kati          | BODYPUMP™ (B)<br>6:15-7:15AM<br>Aly       | 20/20/20 (B)<br>6:45-7:45AM<br>Kati          | BODYPUMP™ (B)<br>6:15-7:15AM<br>Aly       | 20/20/20 (B)<br>6:45-7:45AM<br>Nick          |                                    |                                       |
|      |  | Yoga (F)<br>6:30-7:30AM<br>Kristi         |  | Yoga (F)<br>6:30-7:30AM<br>Kristi         |  |                                    |                                       |
|      |  | Cycle (E)<br>6:45-7:30AM<br>Kati          |  | CardioBox (BOX)<br>6:45-7:30AM<br>Ronan   |  |                                    |                                       |
| 9AM  |  |   |  |   |  | Cycle (E)<br>9:30-10:15AM<br>Aly   |                                       |
| 10AM |  |   |  |   |  | Yoga (F)<br>10:30-11:30AM<br>Myrna |                                       |
| 12PM |  | Deep Water (DW)<br>12:15-1:00PM<br>Kim    | Aqua Tabata (RP)<br>12:15-1:00PM<br>Sandi    | Deep Water (DW)<br>12:15-1:00PM<br>Kim    |  |                                    |                                       |
|      | BODYPUMP™ (B)<br>12:15-1:15PM<br>Melanie     | QuickFit (C)<br>12:00-12:30PM<br>Sierra   | BODYPUMP™ (B)<br>12:15-1:15PM<br>Melanie     | QuickFit (C)<br>12:00-12:30PM<br>Sierra   | BODYPUMP™ (B)<br>12:15-1:15PM<br>Melanie     |                                    |                                       |
|      |  | Yoga (F)<br>12:15-1:15PM<br>Ruth          | Yoga (F)<br>12:15-1:15PM<br>Kristi           | Yoga (F)<br>12:15-1:15PM<br>Ruth          | Yoga (F)<br>12:15-1:15PM<br>Myrna            |                                    |                                       |
|      | QuickFit (C)<br>12:30-1:00PM<br>Seth         | CardioBox (BOX)<br>12:30-1:15PM<br>Hannah | QuickFit (C)<br>12:30-1:00PM<br>Seth         | CardioBox (BOX)<br>12:30-1:15PM<br>Hannah | QuickFit (C)<br>12:30-1:00PM<br>Gabe         |                                    |                                       |
| 4PM  | CardioBox (BOX)<br>4:15-5:00PM<br>Christine  | Barre (A)<br>4:15-5:15PM<br>Alex          | CardioBox (BOX)<br>4:15-5:00PM<br>Christine  | Barre (A)<br>4:15-5:15PM<br>Alex          | CardioBox (BOX)<br>4:15-5:00PM<br>Jordan     |                                    |                                       |
|      | Yoga & Meditation (F)<br>4:15-5:15PM<br>Ruth |   | Yoga & Meditation (F)<br>4:15-5:15PM<br>Ruth |   | Yoga & Meditation (F)<br>4:15-5:15PM<br>Ruth |                                    | Yoga (F)<br>4:15-5:15PM<br>Myrna      |
|      |  | Cycle Express (E)<br>4:30-5:00PM<br>Lydia | Cycle Express (E)<br>4:30-5:00PM<br>Lydia    | Cycle Express (E)<br>4:30-5:00PM<br>Lydia |  |                                    | Cycle (E)<br>4:30-5:15PM<br>Elizabeth |
| 5PM  | HIIT (B)<br>5:15-6:00PM<br>Mackenzie         |   | HIIT (B)<br>5:15-6:00PM<br>Nick              |   |  |                                    |                                       |
|      | Cardio Barre (A)<br>5:30-6:30PM<br>Aly       | HIIT (B)<br>5:30-6:30PM<br>Mackenzie      | Yoga (F)<br>5:30-6:30PM<br>Ruth              | BODYPUMP™ (B)<br>5:30-6:30PM<br>Aly       |  |                                    |                                       |
|      | Cycle (E)<br>5:30-6:15PM<br>Dana             |   | Cycle (E)<br>5:30-6:15PM<br>Mackenzie        |   |  |                                    |                                       |
|      | Zumba® (D)<br>5:45-6:45PM<br>Miriam          | Cycle (E)<br>5:45-6:30PM<br>Aly           | Zumba® (D)<br>5:45-6:45PM<br>Hui             | Cycle (E)<br>5:45-6:30PM<br>Elizabeth     |  |                                    |                                       |
| 6PM  | Pilates (A)<br>6:45-7:30PM<br>Vivian         | TRX® Yoga (D)<br>6:45-7:45PM<br>Ruth      | Pilates (A)<br>6:45-7:30PM<br>Vivian         | TRX® Yoga (D)<br>6:45-7:45PM<br>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/<br>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 &<br>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!   |