

SUMMER 2024 GROUP FITNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
6AM		Deep Water (DW) 6:15-7:15AM Kim		Deep Water (DW) 6:15-7:15AM Kim		
		Yoga (F) 6:30-7:30AM Kristi		Yoga (F) 6:30-7:30AM Kristi		
12PM	BODYPUMP™ (B) 12:15-1:15PM Melanie	QuickFit (C) 12:15-12:45PM Claire	BODYPUMP™ (B) 12:15-1:15PM Melanie	QuickFit (C) 12:15-12:45PM Claire	BODYPUMP™ (B) 12:15-1:15PM Melanie	
	QuickFit (C) 12:30-1:00PM Nick/Caner	Deep Water (DW) 12:15-1:00PM Kim	Aqua Tabata (RP) 12:15-1:00PM Sandi	Deep Water (DW) 12:15-1:00PM Kim	Yoga (F) 12:15-1:15PM Myrna	
		Yoga (F) 12:15-1:15PM Ruth	QuickFit (C) 12:30-1:00PM Nick/Caner	Yoga (F) 12:15-1:15PM Myrna	QuickFit (C) 12:30-1:00PM Nick/Caner	
4PM		Yoga & Meditation (F) 4:15-5:15PM Ruth	Yoga (F) 4:30-5:30 Myrna	Yoga & Meditation (F) 4:15-5:15PM Ruth		Yoga (F) 4:15-5:15 Myrna
5PM	TRX® Yoga (D) 5:15-6:15PM Ruth	Cardio Box (BOX) 5:15-6:00PM Caner	TRX® Yoga (D) 5:15-6:15PM Ruth	Cardio Box (BOX) 5:15-6:00PM Caner		
	20/20/20 (B) Tyler 5:30-6:30PM	Cycle (E) Kristi 5:30-6:15PM	20/20/20 (B) Tyler 5:30-6:30PM	Cycle (E) Kristi 5:30-6:15PM		
		Barre x Yoga (A) Ruth 5:45-6:45PM		Barre x Yoga (A) Ruth 5:45-6:45PM		
6PM	Pilates (A) 6:45-7:30PM Vivian		Pilates (A) 6:45-7:30PM Vivian			



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20/20/20	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	Aqua Tabata is a type of High Intensity Interval Training that will push your limits using the properties of water! Periods of high intensity exercise are followed by short periods of rest.
Barre x Yoga	A cross between barre and yoga, this class will provide you with all the toning benefits of barre and the relaxation of yoga. Small weights, balls, and bands may be used to enhance the workout.
BODYPUMP™	BE STRONG. The original weights class that builds strength, tones your body, and pushes you to the limit every time.
Cardio Box	Cardio Box is a high intensity interval training class designed to make you sweat! With an additional emphasis on ab exercises, Cardio Box is a great full body workout for everyone! No prior boxing experience is required!
Cycle	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 without ever touching the ground in this low impact cardio strength class! 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	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.

