



GROUP X CLASSES

Effective November 2020 - FREE with Membership

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 am						Cycling Claudia-Studio
9:00						Cardio Kickbox Ken-Studio
9:30	Sweat & Strength Leeann-Studio		Cycling Leeann-Studio		Circuit Boot Camp Khai-Studio	
10:30	Core & Stretch Fran-Gym	FIT Fran-Gym	Fitness Ball Fusion Kim-Studio	FIT Fran-Gym		Slow Flow Yoga Cindy-Gym
11:00		H2O Aerobics Silvia-Pool				
12:00 Noon	Silver Sneakers Becky-Studio					
6:00 pm		TBC Plus Ken-Studio		HIIT Tone Khai-Studio		

YOGA-STRETCH

FLOW YOGA Increase strength, flexibility, & endurance with poses connected together through movement & breath. Poses are held longer to allow the body to settle into each posture for a deeper stretch.

CORE-STRETCH Class incorporates traditional stretching and Essential Core Performance moves. Use a variety of simple tools, straps, balls, mat and your own body weight to stretch and strengthen all muscle groups, while building endurance, enhancing balance and flexibility with a CORE emphasis.

AQUA

WATER AEROBICS This cardiovascular class burns lots of calories, is easy on the joints, tones muscles, increases flexibility & is excellent for weight loss & body definition. All levels of fitness & non-swimmers welcome.

LOWER-MODERATE INTENSITY

TBC PLUS (Total Body Conditioning) with an added bonus of a cardio workout. Designed to condition the entire body with the use of weights, bars, bands, and more.

FITNESS BALL FUSION A fusion of different cardio exercise techniques including low-impact and boxing, combined with a slew of proven sculpting tools—to tone all 360 degrees of your body.

FIT Functional Integrated Training is a body strength training class challenging muscle endurance, balance and coordination.

SILVER SNEAKERS CLASSIC Have fun & move to the music through a variety of exercises designed to increase muscular strength, range of motion & activities for daily living. A chair is available if needed for seated or standing support.

HIGH INTENSITY

CARDIO KICKBOXING Strike, punch & kick your way into a high energy work out. Burn calories, build strength & stamina in this class inspired from moves originating from martial arts. Top it off with drills for butts & abs.

CIRCUIT BOOT CAMP This high energy class motivates you through timed intervals using multiple exercises and a wide variety of equipment to keep it fun, challenging and exciting! Includes resistance training workout that builds lean muscle mass and strengthens bones while you increase mobility, agility, strength and your cardiovascular system.

CYCLING Motivational music & cues will guide riders through flat terrain, hills, jumps & increases in intensity & speed. A heart rate monitor is recommended.

HIIT-TONE (High Intensity Interval Training) Shape & tone your entire body incorporating weight training & high intensity intervals. Modifications for all fitness levels are provided.

SWEAT & STRENGTH This class is in an interval format and amps up the fun! Increase your energy, metabolism, strength, and endurance. All fitness levels welcome.

COVID GUIDELINES MUST BE FOLLOWED AT ALL TIMES- INCLUDING SOCIAL DISTANCING AND MANDATORY MASK

Classes are 50 minutes long and are available to participants 12 yrs. and older. Pool is closed during scheduled class times.