



GROUP X CLASSES

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-Studio	Yoga for Strength Cindy-Studio	FIT Fran-Studio		Gentle Yoga Cindy-Studio
11:00					H2O Aerobics Stephanie-Pool	
1:00 pm		Water Exercise Audio Trainer		Water Exercise Audio Trainer		
6:00		TBC Plus Ken-Studio		HIIT Tone Khai-Studio		

YOGA-STRETCH

GENTLE FLOW YOGA A great class for beginners or those experiencing an injury or limited range of motion. This class develops strength, flexibility and balance while gently lengthening the spine.

YOGA FOR STRENGTH This practice combines a sequence of poses with movement to create energy, heat and balance. Build a strong foundation integrating strength (weights optional) and flexibility while trimming and toning your body. Modifications for all levels.

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. (**Water Exercise**-no instructor present, audio trainer used.)

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.

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

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 to build lean muscle mass and strengthens bones while increasing mobility, agility, strength and your cardiovascular system.

CYCLING Combine high intensity cardio training with interval strength training for toning and firming muscles. 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.