

Studio A – Group Fitness						
SU	MO	TU	WE	TH	FR	SA
Hatha Yoga 8:30am Claude	Power Pump 6am Diane	CardioYoPi 9am Tetyana	Yin Yoga 7am Deane	Bender Barre 6am Marie	Total Body 6am Diane	Yoga Flow 7:30am Deana
	Yoga/ Meditation 7am La	DanceFit 10am Julie	Intro Cardio Dance 9am Robin	Yogalates 9:30am Tetyana	Morning Yoga 7am Lainie	Bender Barre 9am Marie
Hatha Yoga 11:30am Tetyana	Tai Chi 8:30am Kathy L.	Chair Yoga 11am Parmjit	Fit for Gold 10am Lynne	Dance Fit 10:30am Julie	Hatha Yoga 9am Stacy	Power Pump 10am Marie
	Tai Chi Advanced 9:30-9:55am Kathy L.	Yoga Flow Stretch 12pm Parmjit	Yin Yoga 11am Tetyana	Chair Yoga 12pm Parmjit	DanceFit 10am Julie	Chair Yoga 11am Kathleen
	Hatha Yoga 10am Tetyana	Zumba 5:15pm Carolina	Stability & Strength 12pm Lynne	H.I.I.T. 5:30pm Megan T.	Tai Chi 11am Kathy L.	
	Strength & Stability 11:30am Lynne	Cardio & Weights 6:15pm Jan	Qigong for Happiness 2pm La	Easy Yoga/ Meditation 6:30pm Parmjit	Tai Chi Advanced 12-12:30pm Kathy L.	
	Be Balanced 3pm Shae		Be Balanced 3pm Myles		Balance 3pm Myles	
	Body Blast 5pm Madison		Body Blast 5pm Madison			
	Zumba Step 6pm Lesia					

Studio B – Mind & Body/Spinning						
SU	MO	TU	WE	TH	FR	SA
Spinning 9 am Jen H.	Reformer Tower* 7am Mike	Spinning 9am Jen H.	Reformer Tower* 7am Mike	Reformer Tower* 7am Marie	Pilates Reformer* 9:30am Lynne	Spinning 9am Megan T.
	Reformer Tower* 10:30am Lynne		Pilates Reformer* 11 am Lynne	Reformer Tower* 8:30am Marie	Pilates Reformer* 10:30am Lynne	Reformer Tower* 10am Mike
	Reformer Tower* 5pm Mike		Spinning 5:30pm Jen H.	Basic Pilates Reformer* 11:30am Lynne		Reformer Tower* 11:30am Marie
	Spinning 6pm Varies			Reformer Tower* 5:30pm Mike		

■ Lap Pool □ Warm Water Pool						
SU	MO	TU	WE	TH	FR	SA
Ai Chi 11:15am Warm Water	Deeply Fit 9:30am Lap Pool	Deeply Fit 9:30am Lap Pool	Deeply Fit 9:30am Lap Pool	Aqua Strong Boards* 7:45 am Lap Pool	Deeply Fit 9:30am Lap Pool	Deeply Fit 10:15am Lap Pool
	Aquacise 10:15am Warm Water	Aquabatas 10:30am Lap Pool	Aquacise 10:15am Warm Water	Deeply Fit 9:30am Lap Pool	Aquacise 10:15am Warm Water	
	Aqua Strong Boards* 10:30am Lap Pool	Cardio Abs Deep 11:30am Warm Water	Fluid Moves 11:30am Warm Water	Deeply Fit 11:30am Warm Water	Fluid Moves 11:30am Warm Water	
Family Swim 2:30-4:30pm 3 lanes	Fluid Moves 11:30am Warm Water	Power Waves 6:30pm Lap Pool	Extreme Power 5:30pm Lap Pool	Aqua S.M.I.L.E. 5:30pm Warm Water		Family Swim 2:30-4:30pm 3 lanes
	Aqua S.M.I.L.E. 5:30pm Warm Water	Family Swim 6:30-8:30pm 3 lanes		Deeply Fit 6:30pm Lap Pool	Family Swim 5:30-7:30pm 3 lanes	

■ Studio C ■ MedEx Studio ■ Sports Arena						
SU	MO	TU	WE	TH	FR	SA
	TRX 9am Sports Arena James	Boot Camp 9:30am Sports Arena Megan F.	Total Body 6am Sports Arena Diane	Kettlebell TRX 5pm Studio C Madison	Boot Camp 9:30am Sports Arena Shae	Tabata 8am Sports Arena Kathie
	Table Pilates 12pm MedEx Studio Lori	Table Pilates 1:30pm MedEx Studio Lori	TRX 9am Sports Arena James		Table Pilates 10am MedEx Studio Lori	
		Kettlebell TRX 5pm Studio C James				

Change times and/or studios.
 New Classes
 Instructors may vary.
 All classes are 50 minutes unless stated
 *Fee based

Land Group Fitness

Be Balanced (1) Train the muscles you need to improve your balance and increase core strength.

Bender Barre (2,3) Uses the barre and a variety of equipment in a body-sculpting circuit.

Boot Camp (2,3) Total body workout improves strength and cardiovascular fitness using intervals.

Cardio & Weights (2,3) A little cardio mixed with weights to challenge all fitness parameters.

Dance Fit (2,3) Low and high intensity dance class choreographed to a variety of music.

Fit for Gold (1) Designed specifically for those in their "Golden Years". Cardio and weight training to improve strength and endurance.

H.I.I.T. (2,3) High Intensity Interval Training focusing on functional compound movements for full body training.

Body Blast (3) Total body strength workout that will shape and tone all your major muscle groups fast. The class uses light to moderate hand weights with high repetition.

Power Pump (2,3) Uses hand weights and body bars to tone and strengthen major muscle groups.

Spinning (2,3) Indoor cycling class combining cardiovascular, endurance and strength training for an ultimate calorie burning session.

Kettlebell (2,3) Kettlebell training includes dynamic moves that target endurance, strength, balance, and cardio endurance.

TRX (all levels) Cardio and resistance workout using suspended strap, all the while engaging your core.

Strength & Stability (2,3) Use hand weights and dynamic movements to increase strength and improve balance. Challenges all major muscle groups.

Tabata (2,3) High intensity interval workout. Exercises change every four minutes.

Total Body (2,3) Intense muscular endurance exercises utilizing a variety of equipment.

Zumba (2,3) Low and high intensity dance fitness choreographed to Latin-inspired music.

Zumba Step (2,3) combines the awesome toning and strengthening power of Step aerobics, with the fun fitness-party that only Zumba® brings to the dance floor.

Mind Body – Pilates, Tai Chi & Yoga

***Basic Pilates Reformer (all levels)** A Pilates Reformer workout for beginner students and for people with health/mobility concerns.

***Pilates Reformer (2,3)** Exercises on the reformer machine promote length, strength, flexibility and balance.

***Reformer Tower (all levels)** Reformer using tower and trapeze.

Table Pilates (1) For those who may struggle to get on the floor, this class utilizes a raised table in place of the mat while performing modified Pilates exercises.

Tai Chi (all levels) Easy to learn basic moves to improve balance and reduce the risk of falling. (Standing majority of class)

Tai Chi Advance (2,3) For advanced students to learn Tai Chi forms with a sword or a fan. It is by invitation only from the instructor.

Intro to Dance Cardio(1,2) This is a slower-paced dance workout that targets different muscle groups, helping you build strength

Cardio YoPi (2,3) Yoga and Pilates combined with light cardio improves flexibility, core strength, & increases cardiovascular endurance.

Chair Yoga (all levels) Gentle yoga done mostly from a seated position. Improves musculoskeletal fitness, flexibility & sense of well-being.

Easy Yoga & Meditation (all levels) Gentle yoga for strength and range of motion.

Hatha Yoga Slow and relaxed yoga movements.

Hatha (2,3) Yoga postures and breathing. Poses flow from standing to seated and combine breath work to enhance the mind-body connection.

Yin Yoga (all levels) Poses are held longer to benefit tight muscles and target deep connective tissue.

Qigong for Health & Happiness (all levels) The use of simple poses, breathing techniques, and guided meditation to unlock stagnate energy and promote a healthy a flow of qi (Chee).

Yoga Flow Stretch (1,2) Gentle yoga poses combined with stretching.

Yogalates (all levels) A fusion of Yoga and Pilates. Increases flexibility, strengthens core muscles while also creating a sense of inner calm, and overall well-being.

**Fee Based: Pilates Reformer*