

GROUP FITNESS SCHEDULE: FALL 2021

Effective 11/1/21

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am	Cycling ® Cycle Studio	Body Pump™ ® Studio 1	Strong and Lean Studio 1	Cycling ® Cycle Studio			
7:00am		RPM™ Cycle Studio	RPM™ Cycle Studio		RPM™ Cycle Studio		
7:15am						SPRINT™ ® Cycle Studio	
8:00am	Gentle Moves Studio 1	Gentle Yoga Studio 3			Gentle Moves Studio 1	Cycling 60 ® Cycle Studio	
		Aqua Sculpt & Tone ® Therapy Pool		Aqua Sculpt & Tone ® Therapy Pool			
8:30am				Strong & Lean Studio 2		BodyAttack™ ® Studio 1	Yoga Flex Studio 3
9:00am		BodyPump™ ® Studio 1	Cycling ® Cycle Studio		Tabata Sports Factory		Cycling ® Cycle Studio
					Zumba Studio 1		
	Aqua Sculpt & Tone ® Therapy Pool		Deep Water Athletes ® Lap Pool		Aqua Yoga ® Therapy Pool	AquaZumba™ ® Lap Pool	
9:15am	Kickboxing Studio 1						
	Strong & Lean Studio 2			Cycling ® Cycle Studio			
9:30am	Barre ® Studio 3	Grit™ ® Studio 2	REV Studio 1	Freestyle Step Studio 1		BodyPump™ ® Studio 1	Body Pump™ ® Studio 1
10:00am	RPM™ Cycle Studio				YogaFlex Studio 3		
10:15am		Cycling ® Cycle Studio					
10:30am	Zumba™ Studio 1			BodyFlow™ Studio 1			
1:00pm				RPM™ Cycle Studio		RPM™ Cycle Studio	RPM™ Cycle Studio
5:00pm		Circ-HIIT Studio 2			RPM™ Cycle Studio		
		RPM™ Cycle Studio					
5:15pm	FIT Studio 2						
5:30pm	BodyAttack™ ® Studio 1	BodyPump™ ® Studio 1	REV Studio 1	BodyPump™ ® Studio 1			
6:00pm			RPM™ Cycle Studio	Cycle & Core ® Studio2/Cycle			
6:15pm		BodyCombat™ Studio 2					
6:30pm	Cycling ® Cycle Studio	BodyFlow™ Studio 3	Zumba™ Studio 1				
		Aqua Sculpt & Tone ® Therapy Pool		Aqua Sculpt & Tone ® Therapy Pool			
7:00pm				YogaFlex Studio 3			

® = Registration Required

Blue highlighted are aqua classes

Purple highlighted are virtual classes

Yellow highlighted are new classes



GROUP FITNESS CLASS DESCRIPTIONS

- Classes marked with an ® indicates that registration is required. All registration required classes open up 24 hours in advance of the class start time EXCEPT for Cycling which has a 36 hour in advance registration.
- ☺ Indicates "All Level" classes that are a great place to start!

ALL LEVELS

Barre 45 minutes

A great studio workout utilizing a ballet barre, light dumbbells, and bands to help build long lean muscles. This class focuses on small, precise muscle movements and isometric holds to sculpt, strengthen and stretch muscles.

Les Mills BODYPUMP™ ® 60 minutes

The "original" barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout.

Registration Required-40 spots

BodyPump45 is an express format, 45 minutes

Cycling ® 45 minutes

This indoor cycling class takes you on the road, flats, hills and sprint drills will improve your overall fitness even in the "off season."

Registration Required – 25 spots.

Registration opens 36 hours in advance.

Saturday's Cycle 60 is a full hour



This class incorporates balance, toning, flexibility and cardio with very little joint impact. There will be the option to use a chair. This is also a wheelchair friendly workout class.

FIT 45 minutes

FUNctional Interval Training. Get your heart pumping through a variety of exercises that incorporate cardio, strength, endurance, core, flexibility and functional movement.

REV 45 minutes

Resistance, Endurance and Variety. A combination class that brings athletic cardio moves together with strength training. The variety will challenge you and keep you coming back for more!

RPM 45 minutes

With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. Fun & low impact!

Strong and Lean 45 minutes

Not your traditional strength training...get strong and lean with alternative training techniques and tools. Change the way you train!

Zumba™ 60 minutes

The Zumba™ program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Ditch the workout, join the party!

Cycle & Core 45 minutes

A 45-minute cycle workout involving speed, climbs and intervals followed by 15 minutes of mat work designed to strengthen and challenge all elements of your core.

Registration required and open 36 hours in advance of the start of class.

ADVANCED LEVELS

Les Mills BODYATTACK™ 45 minutes

The sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises.

Les Mills BodyCombat™ 45 minutes

This fiercely energetic program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, Taekwondo, Tai Chi and Muay Thai.

Kickboxing 60 minutes

An energetic whole body workout using kicks, punches, strikes and blocks to challenge your fitness level and reshape your body. Formats vary to incorporate choreographed kickboxing patterns, circuits, shadow boxing and drills to keep your body strong and your mind sharp!

Circ-HIIT 45 minutes

An intermediate to advanced circuit class utilizing the HIIT (High Intensity Interval Training) in conjunction with different training tools to challenge your strength, cardio and balance skills.

Freestyle Step 45 minutes

Not too basic and not too extreme—just right. Intermediate step patterns provide just the right amount of flavor to your cardio workout!

Grit 30 minutes

Science-based High Intensity Interval Training (HIIT) led by inspirational coaches. Using a barbell, weight plates, or bodyweight exercises, these Strength, Cardio, or Athletic workouts will improve strength, athleticism, and cardio fitness. Develop speed, power, agility, and strength while maximizing calorie burn

Sprint™ 30 minutes

High Intensity Interval Training utilizing the indoor bike to achieve fast results. This short, intense style of training pushes your physical and mental limits. Expect the instructors to floor coach at different points of the class.

Registration Required – 25 spots.

Registration opens 36 hours in advance.

Tabata 45 minutes

Interval Training using the Tabata protocol. A blend of strength, core and cardio with something for everyone! It will truly challenge you to move to your next level of fitness and performance.

MIND & BODY FORMATS

Les Mills BODYFLOW™ ☺ 60 minutes

The Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm.

Gentle Yoga ☺ 45 minutes

A gentle approach to Yoga designed for all ages, body types and physical abilities. Improve strength, endurance, flexibility, and balance, while promoting mindfulness and focused awareness.

YogaFlex ☺ 45 or 60 minutes

This innovative class is a unique blend of Ashtanga and Hatha Yoga, combined to improve core strength, flexibility, posture, stability and coordination.

AQUA CLASSES

Aqua Sculpt & Tone ☺ ® 45 minutes

Familiar strength and conditioning exercises in the water. Reshape your body and improve flexibility and balance with or without equipment. This class stays within the recommended American Arthritis Foundation water exercises.

Rec Pool – Walk-In

Therapy Pool Only - Registration Required – 25 spots

Aqua Yoga ☺ ® 45 minutes

This class is for all fitness levels! Enjoy Yoga poses in the warmer water to help develop strength, static balance and range of motion.

Registration Required – 25 spots

Aqua Zumba™ ☺ 45 minutes

The "pool party" workout for all ages. Fusing latin-inspired dance moves and fitness with latin rhythms, you will Cumbia, Salsa and Merengue your way to good health.

Deep Water Athletes. 45 minutes ☺

The perfect way to cross train! Challenge your strength and core in the deep end, floatation belts provided,

Rec Pool, 12 spots, registration required.