

Group Exercise Classes

Starts June 1st



Mon.

BOOTCAMP
5:15-6:00am
Audra

aqua ZUMBA
7:30-8:15am
Tonya

SPIN
8:30-9:15am
Jaime

YOGA
8:30-9:15am
Beth

BEGIN TO SPIN
9:30-10:00am
Jaime

TOTAL BODY STRENGTH
9:30-10:15am
Beth

LINE DANCING
10:30-12:30pm
Rita

NEW CHAIR STRETCH
10:30-11:15am
Stephanie

Tue.

CIRCUIT TRAINING
5:15-6:00am
Audra

SPIN 30
7:30-8:00am
Jaime

SHRED
8:00-8:45am
Jaime

NEW SCULPT
9:00-9:45am
Taffie
starting June 16th

NEW SENIOR TOTAL BODY
9:00-9:45am
Jaime

SILVER SNEAKERS
10:00-10:45am
Angie

SILVER SNEAKERS
11:00-11:45am
Angie

Wed.

MIDWEEK BURNER
5:15-6:00am
Audra

NEW AQUA BOOTCAMP
7:30-8:15am
Lisette

GROUP POWER
8:00-8:45am
Jaime

RUN CLUB
9:00-9:30am
Jaime

ZUMBA
9:30-10:15am
Tonya

ACTIVE OLDER ADULTS
10:30-11:15am
Susan

Thu.

SPRINT 8 & STRENGTH
5:15-6:00am
Shanon

CIRCUIT TRAINING
8:00-8:45am
Beth

ACTIVE OLDER ADULTS
9:00-9:45am
Beth

NEW RIDE
9:00-9:45am
Cindy

ZUMBA TONING
10-10:45am
Tonya

Fri.

MAX FRIDAY
5:15-6:00am
Audra

BARRE
8:15-9:00am
Stephanie

aqua ZUMBA
9:15-10am
Tonya

NEW GROUP POWER
9:15-10:15am
Cindy

SILVER SNEAKERS
10:30-11:15am
Angie

Sat.

NEW AQUA FITNESS
9:15-10am
Lisette

GROUP RIDE
8:30-9:30am
Cindy



FUNCTIONAL STRENGTH
4:30-5:15pm
Audra

RUN CLUB
5:30-6:15pm
Shanon

BURN
5:30-6:15pm
Audra

POWER CYCLE
4:30-5:00pm
Audra

YOGA
5:15-6:00pm
Beth

TOTAL BODY STRENGTH
4:30-5:15pm
Beth

GROUP RIDE
5:30-6:15pm
Cindy

TOTAL BODY TONING
4:30-5:15pm
Tonya

MAT PILATES
5:30-6:15pm
Tonya

GROUP POWER
6:30-7:15pm
Cindy

NEW POPSPIN
6:30-7:15pm
Zach



GROUP EXERCISE ROOM

FUNCTIONAL FITNESS ROOM

PRIMETIME ROOM

WELLNESS FLOOR

POOL

CLASS DESCRIPTIONS

LEVEL 1

Active Older Adults - customized to meet your needs as an ACTIVE older adult desiring to remain healthy. Strength, flexibility, balance, and cardiovascular movements for heart health are all components of the workout. Exercise options will be given for all levels of participants.

Begin to Spin -30-minute indoor, slower paced cycling class designed for beginners.

Chair Pilates/Stretches -a gentle practice where postures are performed with the aid of a chair. This class will help with flexibility, lung capacity, circulation, strength, balance, and relieve stress through breathing, stretching, and Pilates inspired exercises.

Line Dancing- learn a variety of steps and routines to music all while improving physical fitness. This is a fun, social, and stress free way to exercise.

Silver Sneakers -helps get all levels of participants moving to the music through a variety of exercises designed to increase muscular strength, range of movement, and skills used for daily living.

Senior Total Body -strength/cardio class designed for active older adults that will work on major muscle groups through a variety of settings and equipment such as hand weights, barbells, elastic bands. Chairs are optional and modifications will be given as necessary.

ALL LEVELS- MODIFICATIONS WILL BE GIVEN IN EACH CLASS

Aqua Aerobics- This class uses the natural resistance and buoyancy of water against the body to provide a wide variety of conditioning activities. Weather permitting.

Aqua Zumba- blends the Zumba® philosophy with water resistance. Make a splash by adding low-impact, high-energy aquatic exercise to your fitness routine

Barre- low-impact, high-intensity workout that combines elements of ballet, Pilates, and strength training to create a full-body workout. It focuses on small, controlled movements, often using a barre (Chair) and light weights.

Boot Camp- combination of high and low impact exercises done at a high intensity mixing calisthenics, body weight exercises, cardiovascular and strength training. A variety of equipment may be used. This class may be indoor and/or outdoor.

Burn+Pilates- Circuit training & Pilates. 30 minute of burn to get your heart pumping, then 30 minutes of Pilates to shape & sculpt. Burn will focus on increased heart rate and boost your metabolism, while Pilates will increase strength, flexibility, and improve body alignment.

Circuit Training- form of body conditioning that involves endurance training, resistance training, high-intensity aerobics, and exercises performed in a circuit (stations). It targets strength building muscular endurance.

Family Zumba-5-11 year olds must be accompanied by an adult. See Zumba for further class description.

Functional Strength -strengthen your body for everyday life. A variety of equipment and training techniques will be used in this full body class. Focus will be on big and small muscles you don't realize you use everyday.

Group Power -45-60-minute barbell and/or hand weights program strengthen all your major muscles in an inspiring, motivating group environment. This class is designed for all levels of fitness.

Group Ride -45-60 min class with a huge calorie burn! Roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish!

Midweek Burner -focus on cardio and toning on the major muscle groups. It will be 5min warm up, 10min cardio, 20min toning, 5min core, and 5min cool down/stretching.

Pilates -mat class utilizes your own body weight to challenge the muscles using the Pilates method. In this class you'll learn how to find your alignment and progress through exercises that activate your core and challenge your entire body.

Power Cycle - intensity on high for this leg burning cycle class with some upper body moves to engage the whole body.

Run Club - Focus on your run from the ground up. Build up your running endurance with drills, run training, & plyometrics. It's more than just running it's a program.

R30 -cardio workout that is as easy as riding a bike. Inspiring music and motivating coaching will get you to burn calories, improve muscular endurance, and build cardio fitness as you ride with surges, short intervals, power, and end with a rush.

Sculpt - Full body fitness sessions that combine strength training with elements of Barre, Pilates, & Yoga; using weights, resistance bands, and bodyweight exercises to tone and sculpt muscles

Shred -interval workout that involves 3 minutes of cardio, 2 minutes of strength and 1 minute of abs. Workout options will be given.

Spin/Spin 30 -30-45 minute-high energy indoor cycling class accompanied by energizing music.

Sprint 8 & Strength/Sprint 8 Combo -20 minute, HIIT program scientifically proven to boost energy, reduce body fat and promote lean muscle. It consists of short bursts of intense work followed by active rest. Designed for all levels & taught on our Matrix cardio machines. In addition, this class includes 15-20 minutes of strengthening.

Total Body Strength/STRENGTH - full body workout that helps you tone and/or gain strength by targeting every muscle group. This class will utilize a variety of exercises and equipment.

Total Body Toning -light to medium weights and cardio intervals designed to improve the overall tone and appearance of the body by strengthening, toning, burning fat, and improving cardiovascular health.

Yoga -develop flexibility, strength, and balance through static and dynamic pose progressions and meditation. By emphasizing symmetry of body and mind through breath work and body awareness, this class will improve your mental and physical wellness by creating a sense of calm and clarity in the hustle and bustle of life.

Y-TRX -TRX suspension training using body weight exercises to develop strength, balance, flexibility and core stability simultaneously.

Zumba Fitness -mix low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why this class is often called exercise in disguise.

Zumba Toning- a dance fitness class that combines Zumba moves with resistance training using lightweight toning sticks.