




OCTOBER 2021: Group Fitness Schedule

SUN	MON	TUE	WED	THU	FRI	SAT
	<p>SPIN 6-7am w. Sharon R <i>INSIDE</i></p> <p>WATER WALKING 8-8:50am w. Betty <i>REC POOL</i></p> <p>AQUA STEP 9-9:45am w. Suzi <i>REC POOL</i></p> <p>PIYO™ 10:30am-11:30am w. Amy <i>INSIDE</i></p> <p>OCEAN MOTION 10:30-11:15am w. Suzi <i>DEEP POOL</i></p>	<p>BodyPump 8:30-9:30am w. Trang <i>INSIDE</i></p> <p>AQUA DANCE & BOX 8:30-9:15am w. Shannon <i>REC POOL</i></p> <p>BARRE 9:30am-10:30am w. Starr <i>INSIDE</i></p> <p>ZUMBA 10:30-11:30am w. Candice <i>INSIDE</i></p>	<p>SPIN 6-7am w. Sharon R <i>INSIDE</i></p> <p>BOOTCAMP 6:15-7am w. Trang <i>INSIDE</i></p> <p>BodyFlow (Yoga) 7am-8am w. Trang <i>INSIDE</i></p> <p>WATER WALKING 8-8:50am w. Betty <i>REC POOL</i></p> <p>Interval Strength 8:30-9:20am w. Shannon <i>INSIDE</i></p> <p>AQUA STEP 9-9:45am w. Suzi <i>REC POOL</i></p>	<p>BodyPump 8:30-9:30am w. Trang <i>INSIDE</i></p> <p>AQUA ZUMBA 9-9:45am w. Steve <i>REC POOL</i></p> <p>ZUMBA 9:30-10:30am w. Jose <i>INSIDE</i></p> <p>SOULfusion™ 10:30am-11:30am w. Amy <i>INSIDE</i></p>	<p>BOOTCAMP 6:15-7am w. Trang <i>INSIDE</i></p> <p>BodyFlow(Yoga) 7am-8am W. Trang <i>INSIDE</i></p> <p>BARRE 8am-9am w. Starr <i>INSIDE</i></p> <p>WATER WALKING 8-8:50am w. Betty <i>REC POOL</i></p> <p>AQUA STEP 9-9:45am w. Suzi <i>REC POOL</i></p> <p>OCEAN MOTION 10:30-11:15am w. Suzi <i>DEEP POOL</i></p>	<p>TAI CHI 8-9am w. Nish <i>INSIDE-COURTS</i></p> <p>BodyPump 8:15-9:15am w. Beth <i>INSIDE</i></p> <p>SPIN 9-10am w. Steve <i>INSIDE</i></p> <p>BodyCombat 9:30-10:30am w. Sam/Becka <i>INSIDE</i></p> <p>ZUMBA 10:30-11:30am w. Shannon/Candice <i>INSIDE</i></p>
	<p>INSANITY 5-5:45pm w. Beth <i>INSIDE</i></p> <p>BodyPump 6-7pm w. Beth <i>INSIDE</i></p> <p>SPIN 6-7pm w. Laura <i>INSIDE</i></p>	<p>SPIN 5-6pm w. Steve <i>INSIDE</i></p> <p>BodyPump 5:15-6:15pm w. Gina <i>INSIDE</i></p> <p>BodyCombat 6:15-7:15pm w. Becka <i>INSIDE</i></p> <p>YIN YOGA** 7:15-8:15pm w. Jeanne <i>INSIDE</i> or <i>Zoom</i></p>	<p>BodyPump 5-6pm w. Beth <i>INSIDE</i></p> <p>YOGA** 6-7pm w. Jeanne <i>INSIDE</i> or <i>Zoom</i></p> <p><small>** attend YOGA classes simultaneously at home via ZOOM. Register in advance to receive the class link info by email FREE to members \$5 for non-members</small></p>	<p>ZUMBA 5:45-6:45pm Shannon <i>OUTSIDE-TURF</i></p> <p>BodyCombat 6:30-7:30pm w. Sam <i>INSIDE</i></p>	<p>KidsCorner Hours: Tuesday – Saturday Mornings 8:00am – 12:00pm Monday – Thursday Evenings 5:30 – 8:00pm Sunday Closed</p>	<p>Fit Tip: Move more, sit less! Adults need at least 150 minutes of moderate- intensity aerobic activity every week, plus muscle- strengthening activities at least 2 days a week.</p> 

Class Descriptions:

AQUA DANCE & BOX is an aqua fitness class that is a fun mix of dance and kickboxing tracks for low impact cardio with the challenge of water resistance in the pool.

AQUA STEP is a fast paced aerobics class that combines the excitement of a step-aerobics class with the resistance of the water. Participants will be stepping on step platforms designed to remain on the pool bottom.

AQUA ZUMBA is a dance party in the pool! Take the “work” out of the workout by low-impact moves for interval style and calorie-burning dance fitness in the water.

AQUA: OCEAN MOTION Join us in the cool water of the competition pool. Get a great cardio workout using various styles of water ambulation all while strengthening and toning.

BARRE is a soothing yet upbeat class of stretching and toning using influences from ballet. Fusing ballet moves with Pilates movements to form an elegant and effective full-body workout that will make you sweat; tone your muscles and centralize your balance.

BOOTCAMP is an interval training class that mixes calisthenics and bodyweight exercises with cardio and strength training. With a new workout every week, these classes are designed to push participants harder than they'd push themselves and to always keep the body guessing.

Les Mills BodyCombat is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 570 calories* in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.

Les Mills BodyFlow is ideal for anyone and everyone. It is the yoga-based class that will improve your mind, your body and your life. During class an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered. Happy.

Les Mills BodyPump is THE ORIGINAL BARBELL CLASS™, the ideal 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. It will burn up to 400 calories*. Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

PIYO combines the strengthening benefits of Pilates with the flexibility enhancing effects of yoga. Set to music, this dynamic, energetic program is designed to provide a full-body workout without straining your body.

INSANITY is packed with plyometric drills and relentless intervals of strength, power, and resistance moves. The program also incorporates ab and core training techniques to help sculpt and tone the ultimate physique.

INTERVALS Offers cardio and strength moves done in alternating intervals.

KICKBOXING will get beginners into shape & also challenge advanced athletes. Class format utilizes martial arts based kickboxing techniques to improve fitness and stamina along with a short abdominal workout at the end to complete your total body workout. No prior experience necessary.

SPIN is led by an instructor who takes you through a simulated “ride” changing the speed and resistance of your stationary bike. New to group fitness? This is a great place to start your fitness journey!

SOULfusion™ is a creative blend of yoga-inspired flows, short cardio bursts, balance sequences, and bodyweight and weighted strength training exercises all set to crazy fun music.

TAI CHI is an ancient Chinese exercise system that includes methods of sequenced movements derived from martial arts with graceful and smooth transitions to achieve a state of relaxation of body & mind. Participants will learn Tai Chi movements and forms as we build the sequence.

WATER WALKING Enjoy music and community during a low impact water walking class. A great way to stay active, stretch, and move your joints.

YOGA where basic, foundational yoga postures are practiced to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated.

YIN YOGA is a quiet, meditative practice with long, deep holding of passive poses. Using mindful muscle relaxation, **yin** postures target the connective tissue nourishing joints, ligaments, and fascia promoting the healthy flow of chi (energy).

ZUMBA takes the “work” out of the workout by mixing low-intensity & high-intensity moves for interval style and calorie-burning dance fitness party.