

# GROUP EXERCISE SCHEDULE

Winter 2017

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
5:30 AM - 6:30 AM	CYCLE TOGETHER	TABATA	STRENGTH TRAIN TOGETHER 5:15 - 6:15 AM	DEFEND TOGETHER 5:15 - 6:15 AM	STRENGTH TRAIN TOGETHER 5:15 - 6:15 AM	8:00 AM - 9:00 AM	CYCLE TOGETHER 7:30 - 8:30 AM
				BALANCE & FLEX TOGETHER			CARDIO STEP TOGETHER
8:00 AM - 9:00 AM	AQUA FIT		AQUA FIT	GENTLE YOGA	AQUA FIT	8:30 AM - 9:30 AM	BALANCE & FLEX TOGETHER
							CORE FOCUS TOGETHER
9:00 AM - 10:00 AM	STRENGTH TRAIN TOGETHER	TABATA	STRENGTH TRAIN TOGETHER	PILATES	STRENGTH TRAIN TOGETHER	9:30 AM - 10:30 AM	STRENGTH TRAIN TOGETHER
		HEATED SLOW FLOW YOGA	CHAIR YOGA 9:15 - 10:00 AM	4X4			PILATES
						Sunday	
10:00 AM - 11:00 AM	CARDIO STEP TOGETHER	SILVER SNEAKERS	CARDIO STEP TOGETHER	SILVER SNEAKERS	TABATA	12:30 PM - 1:15 PM	TABATA
	AQUA MOTION		AQUA MOTION		AQUA MOTION		1:30 PM - 2:30 PM
	YOGA 101		YINYASA YOGA				
						HOURS OF OPERATION	
11:00 AM - 12:00 AM	ENHANCE FITNESS		ENHANCE FITNESS		ENHANCE FITNESS	<b>BUILDING</b> (Wellness Center, Gym, Hot Tub, Sauna, Steam Room, Locker Rooms) M - F: 5:00 AM - 10:00 PM Sat: 6:00 AM - 6:00 PM Sun: 12:00 PM - 6:00 PM	
12:15 PM - 1:00 PM	STRENGTH TRAIN TOGETHER	4X4	STRENGTH TRAIN TOGETHER	CARDIO STEP TOGETHER	STRENGTH TRAIN TOGETHER	<b>CHILD WATCH</b> (Ages 3 months - preschool) M - F: 8:45 AM - Noon & 4:15 PM - 7:45 PM Sat: 7:45 AM - Noon	
	BALANCE & FLEX TOGETHER	CYCLE TOGETHER	YOGA	4X4		<b>YOUTH CENTER</b> (Kindergarten - 14 years) M - F: 4:15 PM - 7:45 PM Sat: 7:45 AM - Noon	
4:00 PM - 4:30 PM		CORE FOCUS TOGETHER				<b>FAMILY FUN POOL</b> M - F: 5:00 PM - 8:00 PM Sat - Sun: 12:00 PM - 6:00 PM	
4:30 PM - 5:30 PM	CARDIO STEP TOGETHER	STRENGTH TRAIN TOGETHER	CARDIO STEP TOGETHER	STRENGTH TRAIN TOGETHER		<b>FITNESS POOL</b> M - F: 6:00 AM - 8:00 PM Sat: 6:00 AM - 12:00 PM	
5:30 PM - 6:30 PM	STRENGTH TRAIN TOGETHER	CARDIO STEP TOGETHER	STRENGTH TRAIN TOGETHER	TABATA			
	AQUA CHARGED	BALANCE & FLEX TOGETHER	AQUA CHARGED	BALANCE & FLEX TOGETHER			
	CYCLE 30 TOGETHER	TABATA CYCLING	PILATES	CYCLE TOGETHER			
6:30 PM - 7:30 PM	DEFEND TOGETHER						

## GROUP EXERCISE DESCRIPTIONS

**4x4 Circuit:** 4 rounds of 4 minute, high-intensity exercises combining cardio, strength and plyometrics.

**Aqua Charged:** Aqua Charged is a shallow water workout that focuses on endurance and muscular strength while training different energy systems and improving balance and flexibility. This class is a fun workout with less impact on the joints. **(Fitness Pool)**

**Aqua Fit:** This mid-intensity class combines cardio, strength, flexibility and balance work into one great class. **(Fitness Pool)**

**Aqua Motion:** Shallow water moves are used to improve agility, flexibility and cardiovascular endurance. Strength, balance and coordination will be challenged in this beginner water aerobics class. **(Fitness Pool)**

**Balance & Flex Together:** Grow longer and stronger in this invigorating 60-minute mind-body workout. This class incorporates Yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility and the core.

**Cardio Step Together:** Get your cardio fix with 60 minutes of step training. Improve your fitness, agility, balance and strength with athletic exercises that utilize the step in dynamic new ways. The exciting music and group experience will get the sweat pouring.

**Chair Yoga** - This is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. All are welcome!

**Core Focus Together:** Train like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, will help prevent back pain and give you ripped abs!

**Cycle 30 Together:** Get fit in 30 minutes. Riding a bike has never been better! Burn calories, improve muscular endurance and build cardio fitness as you ride with surges, short intervals, power and end with a rush. **(Cycling Studio)**

**Cycle Together:** This huge calorie burner builds great-looking legs! Group Ride is a 60-minute cycling experience brought indoors. Feel the thrill of energetic music as you get all the benefits of authentic interval training! **(Cycling Studio)**

**Defend Together:** This class is for anyone wanting a challenging and motivating workout. It's explosive, electric, and thrilling. MMA moves drive a great cardio experience that also strengthens the entire body. It's a great way to add variety to your training!

**EnhanceFitness:** EnhanceFitness is a community-based wellness program to help you manage the symptoms of arthritis and reclaim your health by increasing mobility, activity and energy.

**Gentle Yoga:** This yoga class will gently lead you into your body; appropriate for those who want a softer, nurturing, slow-paced, well-supported and relaxing practice.

**Heated Slow Flow Yoga:** With a warmer room, this class will lead you into the poses made to make you feel great. A slow paced class, perfect for recovery, seniors and even those looking to develop a practice.

**Pilates:** Pilates improves core strength, flexibility, agility, and economy of motion. It can help alleviate back pain and other chronic ailments. Challenge your body in new ways. Discover your powerhouse!

**SilverSneakers:** Move to the music to increase muscular strength, balance, range of movement and activities for daily living. Our energetic instructors will guide you through each exercise that you can complete at your own pace.

**Strength Train Together:** Blast all your muscles with this high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, this class combines squats, lunges, presses and curls with functional integrated exercises.

**Tabata:** Get cardio and strength benefits with a lot more spice and variety! Instead of hours of exercise, a Tabata round can be completed in four minutes. Pack an intense forty-five minute workout with quick and exciting 20 - 45 seconds intervals.

**Tabata Cycling:** Love Tabata? Try it on a bike! 45 minutes of intense interval training that will leave you feeling stronger, in better shape and more confident than before.

**Yin yoga:** This class is a slow-paced style of yoga with postures that are held for longer periods of time.

**Yoga:** Yoga is designed to improve the health, performance and mental clarity of individuals. The continued practice of yoga will lead you to a sense of peace and well-being, and also a feeling of being at one with the environment.

**Yoga 101:** This class will focus on the fundamentals of a yoga and meditation practice. All levels are welcome and can benefit from focusing on the basics.