



Group Fitness Schedule August 2023

MON	TUES	WED	THURS	FRI	SAT
	1 *8:15 am Zumba (60min.) w/Amelia *9:15 am Pilates Mat (60min.) w/Meg	2 *9am Aqua Sculpt (60 min.) w/ Melinda *9:15am Relaxing Yoga (60 min.) w/ Kaitlin *5pm Peaceful Minds Yoga (60 min.) w/ Allyn	3 8am Core Might &Body Sculpt (60 min.) w/ Stephana *9:15am Slow Flow & Stretch Yoga (60 min.) w/ Judy	4 *8am Barre & Stretch (60 min.) w/ Donna *11am Aqua in motion (60 min.)w Robin	5 *8am High Low Fitness (60-min) w/Shara *9:15am Yoga/stretch (60 min.) w/Allyn
7 *8 am Cardio Sculpt Circuit (60 min.) w/ Stephana *11am Aqua Strong (60 min.)w Donna	8 *8:15 am Zumba (60min.) w/Amelia *9:15 am Pilates Mat (60min.) w/Meg	9 *9am Aqua Sculpt (60 min.) w/ Melinda *9:15am Relaxing Yoga (60 min.) w/ Kaitlin *5pm Peaceful Minds Yoga (60 min.) w/ Allyn	10 8am Core Might &Body Sculpt (60 min.) w/ Stephana *9:15am Slow Flow & Stretch Yoga (60 min.) w/ Judy	11 *8am Barre & Stretch (60 min.) w/ Donna *11am Aqua in motion (60 min.)w Robin	12 *8am High Low Fitness (60-min) w/Shara *9:15am Yoga/stretch (60 min.)w/Allyn
14 *8 am Cardio Sculpt Circuit (60 min.) w/ Stephana *11am Aqua Strong (60 min.)w Donna	15 *8:15 am Zumba (60min.) w/Amelia *9:15 am Pilates Mat (60min.) w/Meg	16 *9am Aqua Sculpt (60 min.) w/ Melinda *9:15am Relaxing Yoga (60 min.) w/ Kaitlin *5pm Peaceful Minds Yoga (60 min.) w/ Allyn	17 8am Core Might &Body Sculpt (60 min.) w/ Stephana *9:15am Slow Flow & Stretch Yoga (60 min.) w/ Judy	18 *8am Barre & Stretch (60 min.) w/ Donna *9am Yo Chi (60 min.)w Jackie *11am Aqua in motion (60 min.)w Robin	19 *8am High Low Fitness (60-min) w/Shara *9:15am Yoga/stretch (60 min.)w/Allyn
21 *8am Cardio Sculpt Circuit (60 min.) w/ Stephana *11am Aqua Strong (60 min.)w Donna	22 *8:15 am Zumba (60min.) w/Amelia *9:15 am Pilates Mat (60min.) w/Meg	23 *9am Aqua Sculpt (60 min.) w/ Melinda *9:15 am Relaxing Yoga (60 min.) w/ Kaitlin *5 pm Peaceful Minds Yoga (60 min.) w/ Allyn	24 8am Core Might &Body Sculpt (60 min.) w/ Stephana *9:15 am Slow Flow & Stretch Yoga (60 min.) w/ Judy	25 *8am Barre & Stretch (60 min.) w/ Donna *9am Yo Chi (60 min.)w Jackie *11am Aqua in motion (60 min.)w Robin	26 *8am High Low Fitness (60-min) w/Shara *9:15am Yoga/stretch (60 min.)w/Allyn
28 *8am Cardio Sculpt Circuit (60 min.) w/ Stephana *11am Aqua Strong (60 min.)w Donna	29 *8:15 am Zumba (60min.) w/Amelia *9:15 am Pilates Mat (60min.) w/Meg	30 *9am Aqua Sculpt (60 min.) w/ Melinda *9:15 am Relaxing Yoga (60 min.) w/ Kaitlin *5 pm Peaceful Minds Yoga (60 min.) w/ Allyn	31 8am Core Might &Body Sculpt (60 min.) w/ Stephana *9:15 am Slow Flow & Stretch Yoga (60 min.) w/ Judy		

GROUP FITNESS CLASS DESCRIPTIONS

Your Group Fitness Instructors are certified by nationally recognized training organizations to provide a safe and enjoyable program. Appropriate modifications are made during classes for every fitness level. All classes are drop-in, unless otherwise indicated, and class size may be limited to ensure the safety of all participants.

Aqua in Motion & Aqua Fitness (Levels 1, 2, and 3)	A low impact, intense water workout for all levels which includes cardio, muscle strengthening, balance exercises, & stretching using a variety of buoyancy equipment. You will work lower body, upper body, & your cardiovascular system. Come join the fun!
Cardio Beats Fitness (Levels 1, 2 and 3)	You'll start with a cardio warm up and sequence of upper-body exercises, which include free weights, planks and other moves to target the biceps, triceps, chest, and back muscles. Next, you'll use the ballet barre and your own body weight for resistance to focus on the thigh and seat muscles. Cardio will be used throughout the workout.
Body Sculpting Bar & Weights	A non- aerobic, muscle toning class, focused on core strength. Using weight bars, dumbbells or a combination of these during a class setting. You perform traditional weight-training moves in a class setting.
Cardio Sculpt (Levels 1, 2, and 3)	Workouts designed to shape and tone your entire body using bands, Body Bars, and weights. Improves your muscle tone and condition, as well as strengthens your core.
Core Might (Levels 1, 2 and 3)	This class allows individuals to train for improvements in everyday real-life activities. Using balls, bands, and weights, functional movement patterns, such as twisting, bending, pushing, and pulling, are executed in a FUN & creative way. Core training, balance, & flexibility are all included to create a total body workout.
Pilates Mat (Levels 1, 2, and 3)	A Total Body workout designed to strengthen & tone your abdominals & back. You will increase your flexibility & improve your body awareness. Muscles become long, lean, and strong. Bands, balls, & light weights are utilized to increase muscular endurance & burn stored fat.
Yo Chi	Is a fusion of yoga and basic Tai Chi movements. It incorporates the stability of yoga with the mobility of Tai Chi. From a Fitness standpoint, we choose postures and progressions in each 5 min section to challenge your body.
Total Stretch	Your total stretching will help you to increase flexibility, which improves mobility & can lead to better performance. Relaxation techniques & meditation will also be incorporated into your total body stretch.
TRX Tabata (Levels 2, and 3)	This relatively intense interval training class focuses on toning, building cardiovascular strength, and muscular endurance. An intermediate to advance level class.
Yoga (Levels 1, 2, and 3)	A soft relaxing yoga class allowing you to gently ease into each pose. Good for beginners, people with injuries, and for those who need to gain more flexibility – plus a must for those who physically carry a lot of stress!
Zumba (Levels 1, 2, and 3)	Zumba is a unique, fun, and beneficial exercise program. There are numerous different styles of Latin dances mixed in (i.e. Salsa, Merengue, Cumbia, etc...) - the best part of this class is you don't have to be a dancer or professional. It allows anyone and everyone to have fun while dancing & exercising... move, sweat, and smile!

Class Intensity Levels: *Level 1 – Beginner Participant Level 2 – Beginner and Experienced Participant*
Level 3 – Experienced and Advanced Participant