












Group Exercise

December 2022

Studio A	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30am	Bootcamp Emily		Bootcamp Emily		Fun Fridays** Corby	
8:30am	Cardio Strength LeNesha	Pulse Barre Meghan	Cardio Strength Lovelight	Zumba Laura	Cardio Strength Yanet	Body Sculpt Janet
8:30am	Total Body Jose Outdoors		Total Body Jose Outdoors		Total Body Jose Outdoors	
9:30am	Zumba LeNesha	Strength Lovelight	Zumba Kenyatta	Strength Sherry	Zumba Kenyatta	Zumba Kenyatta
10:30am	Core and More Emily	Mat Pilates Janet		Mat Pilates Janet	Core and More Emily	Bootcamp Emily
11:30am	S.E.A.T.* Le'Nesha	S.E.A.T.* Sherry	S.E.A.T.* Gina	S.E.A.T.* Jose	S.E.A.T.* Gina	


Cycle	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30am					Cycle Meg	
8:30am				Cycle Sherry	Cycle Janet	
9:30am	Cycle Janet	Cycle Sherry	Cycle Lovelight			Cycle Emily

Pool	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am		Water Aerobics Jennifer Oakridge Pool A		Water Aerobics Jennifer Oakridge Pool A		
7:00am	Water Aerobics LeNesha Oakridge Pool B					
8:00am	Water Aerobics Kim Oakridge Pool B	Water Aerobics Kim Oakridge Pool B		Water Aerobics Kim Oakridge Pool B		Water Aerobics Jennifer Oakridge Pool B
8:30am			Water Aerobics Dennis Oakridge Pool B		Water Aerobics Kim Oakridge Pool B	
10:30am	Water Aerobics LeNesha Oakridge Pool A	Water Aerobics Yanet Oakridge Pool A	Water Aerobics Yanet Oakridge Pool A	Water Aerobics Yanet Oakridge Pool A	Water Aerobics Yanet Oakridge Pool A	Water Aerobics Yanet Oakridge Pool A
11:30am	Water Aerobics Yanet Oakridge Pool A		2:15pm	Sunday		Water Aerobics Yanet Oakridge Pool A
6:30pm		Water Aerobics Dennis				

Studio B	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30am	W.O.W.** Anna		W.O.W.** Anna		W.O.W.** Anna	
8:30am	W.O.W.** Anna			W.O.W.** Anna		
9:30am	Strength & Stretch Emily 		Strength & Stretch Janet 	Pulse Barre Meghan	Strength & Stretch Emily 	Gentle Yoga Janet 
10:30am	Gentle Yoga Janet	Yoga Flow Casey 	Power Yoga Casey	Yoga Flow Sherry 	Gentle Yoga Janet	
11:30am	Tai Chi Qigong Clayton 	TRX Janet		TRX Janet	Tai Chi Qigong Clayton 	
12:30pm			Functional Boxing* Jason 			
2:00pm	W.O.W.** Deanna					
3:00pm	W.O.W.** Deanna		W.O.W.** Deanna		W.O.W.** Deanna	
4:00pm			W.O.W.** Deanna			
5:45Ppm	Empower Jose		Kickboxing H.I.I.T. Jose			

**W.O.W. - Women on Weights is a small group personal training program. The focus is on endurance, balance, power and agility. The small group dynamic allows each participant to receive personalized instruction tailored to their individual needs while enjoying the socialization of a group environment. Must schedule an assessment prior to class. Class is limited to 10 participants. Additional fees apply.

***Golf Fit is a 12-week program designed to improve your game. Challenge yourself with golf specific workouts that will improve your range of motion, stability, and swing speed. Learn and implement the specific training protocols used by professional golfers to hit balls further and with more accuracy. Golfers will be scheduled for a pre class assessment to learn their swing catalyst data and a post class assessment to measure improvement. Additional fees apply.

The anchor represents our classes geared specifically toward active aging. These classes will focus on activities that will help you stay active and independent. 

*Free Class appropriate for all fitness levels

**Small Group Personal Training Classes are \$26.00

