

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM		WATER AEROBICS JENNIFER, POOL B		WATER AEROBICS JENNIFER, POOL B		
6:30AM	GROUP CYCLE MEG, CYCLE STUDIO	STRENGTH TRAINING HENNY, STUDIO A	GROUP CYCLE MEG, CYCLE STUDIO	STRENGTH TRAINING HENNY, STUDIO A	GROUP CYCLE MEG, CYCLE STUDIO	
7:00AM	WATER AEROBICS LENESHA, POOL B					
7:30AM						
8:30AM	WATER AEROBICS KIM, POOL B CARDIO STRENGTH LENESHA, STUDIO A TOTAL BODY HENNY, OUTDOORS	WATER AEROBICS KIM, POOL B PULSE BARRE MEGHAN, STUDIO B ZUMBA SERENNE, STUDIO A	CARDIO STRENGTH HENNY, STUDIO A	WATER AEROBICS KIM, POOL B ZUMBA LAURA, STUDIO A GROUP CYCLE JANET, CYCLE STUDIO PULSE BARRE MEGHAN, STUDIO B	WATER AEROBICS KIM, POOL B CIRCUIT TRAINING YANET, STUDIO A TOTAL BODY JOSE, OUTDOORS GROUP CYCLE JANET, CYCLE STUDIO	WATER AEROBICS JENNIFER, POOL B BODY SCULPT JANET, STUDIO A
9:30AM	GROUP CYCLE JANET, CYCLE STUDIO ZUMBA LENESHA, STUDIO B STRENGTH & STRETCH HENNY, STUDIO A	STRENGTH TRAINING HENNY, STUDIO A	GROUP CYCLE HENNY, CYCLE STUDIO ZUMBA SERENNE, STUDIO B STRENGTH & STRETCH JANET, STUDIO A	STRENGTH TRAINING JANET, STUDIO A	ZUMBA SERENNE, STUDIO B STRENGTH & STRETCH HENNY, STUDIO A	GENTLE YOGA JANET, STUDIO B
10:30AM	CORE AND MORE HENNY, STUDIO A YOGA FLOW JANET, STUDIO B WATER AEROBICS LENESHA, POOL A	MAT PILATES JANET, STUDIO A WATER AEROBICS YANET, POOL A	CORE AND MORE HENNY, STUDIO A WATER AEROBICS YANET, POOL A	MAT PILATES JANET, STUDIO A POWER YOGA SOPHIE, STUDIO B WATER AEROBICS YANET, POOL A	CORE AND MORE HENNY, STUDIO A YOGA FLOW JANET, STUDIO B WATER AEROBICS YANET, POOL A	WATER AEROBICS YANET, POOL A
11:30AM	SEAT LENESHA, STUDIO A TAI CHI QIGONG CLAYTON, STUDIO B WATER AEROBICS YANET, POOL A	SEAT JOSE, STUDIO A	SEAT STUDIO A	SEAT JASON, STUDIO A	SEAT JASON, STUDIO A	
12:30PM	FUNCTIONAL AGING JASON, STUDIO A	FUNCTIONAL AGING JASON, STUDIO A	FUNCTIONAL AGING JASON, STUDIO A	FUNCTIONAL AGING JASON, STUDIO A	FUNCTIONAL AGING JASON, STUDIO A	
5:30PM	CARDIO STRENGTH JOSE, STUDIO A	STRENGTH TRAINING MEG, STUDIO A	CARDIO STRENGTH JOSE, STUDIO A	STRENGTH TRAINING MEG, STUDIO A		
6:30PM	ZUMBA SERENNE, STUDIO A					

■ ACTIVE AGING CLASSES
■ WATER AEROBICS CLASSES

ATHLETIC SHOES REQUIRED FOR ALL CLASSES EXCEPT YOGA, PILATES, AND BARRE

SCHEDULE SUBJECT TO CHANGE

SUNDAY WATER AEROBICS, 2:15PM, **POOL A**

WATER AEROBICS	A LOW IMPACT CLASS WHERE NO SWIMMING SKILLS ARE NEEDED. EXERCISES ARE GEARED TO USE RESISTANCE OF THE WATER TO IMPROVE FLEXIBILITY, RANGE OF MOTION, STRENGTH, MUSCLE TONE AND CARDIOVASCULAR ENDURANCE. CLASS IS CONDUCTED TO LIVELY, MOTIVATING MUSIC AND MOVES ARE EASY TO FOLLOW. CALL 9125983450 FOR WEATHER CANCELLATIONS.
STRENGTH TRAINING	A FULL BODY STRENGTH WORKOUT. THIS CLASS UTILIZES MANY FORMATS AND TYPES OF EQUIPMENT TO DELIVER A WORKOUT THAT WILL INCREASE STRENGTH, INCREASE BONE DENSITY, BURN BODY FAT, IMPROVE JOINT STABILITY, AND BOOST METABOLISM.
GROUP CYCLE	GROUP CYCLE IS A MULTILEVEL CYCLING EXPERIENCE. THIS CLASS IS A HIGH INTENSITY CARDIO BOOST THAT WILL HELP BURN CALORIES, IMPROVE CARDIOVASCULAR HEALTH, AND STRENGTHEN YOUR LEGS.
FUN FRIDAY	FUN FRIDAY IS A FULL BODY WORKOUT USING BODYWEIGHT EXERCISES AND A VARIETY OF EQUIPMENT TO CONDITION, STRENGTHEN AND BLAST THOSE CALORIES. CLASS IS LIMITED TO 12 TO ENSURE YOU RECEIVE A MORE PERSONALIZED WORKOUT. THIS CLASS IS A SMALL GROUP PERSONAL TRAINING. PLEASE CALL 9125985566 FOR MORE DETAILS ON REGISTRATION.
CARDIO STRENGTH	A HIGH ENERGY INTERVAL CLASS GEARED TO CREATING A SERIOUS CALORIE BURN. THE CLASS COMBINES FULL-BODY STRENGTH TRAINING AND HIGH-INTENSITY MOVEMENTS TO GET YOUR BLOOD FLOWING AND TO IMPROVE STRENGTH, BALANCE, AND CORE.
TOTAL BODY	A FULL-BODY, OUTDOOR INTERVAL WORKOUT DESIGN TO INCREASE STRENGTH, ENDURANCE, AND POWER ALL WHILE GETTING YOUR DAILY DOSE OF VITAMIN D.
PULSE BARRE	PULSE BARRE IS A FULL-BODY CHALLENGE INCORPORATING WEIGHTED ARM WORK AND PUSHUPS, NO IMPACT CARDIO INTERVALS, AND GRUELING SEAT AND THIGH WORK AT THE BARRE.
ZUMBA	ZUMBA IS A FITNESS PROGRAM THAT COMBINES INTERNATIONAL MUSIC WITH DANCE MOVES. ZUMBA ROUTINES INCORPORATE INTERVAL TRAINING — ALTERNATING FAST AND SLOW RHYTHMS — TO HELP IMPROVE CARDIOVASCULAR FITNESS
BODY SCULPT	BODY SCULPT IS AN ENDURANCE TRAINING CLASS THAT USES RESISTANCE BANDS, HAND WEIGHTS AND BODY WEIGHT TO DELIVER A FULL-BODY BURN . ALL LEVELS ARE WELCOME.
STRENGTH & STRETCH	THIS CLASS FOCUSES ON PRESERVING AND BUILDING MUSCLE MASS, BONE MASS AND RANGE OF MOTION TO SUPPORT STRENGTH, BONE AND JOINT HEALTH THROUGH EVERY YEAR. WITH AN EVER-CHANGING COMBINATION OF WEIGHT-BEARING, MUSCLE-STRENGTHENING, BALANCE AND FLEXIBILITY EXERCISES, THIS FULL BODY WORKOUT WILL HELP YOU MAINTAIN AN ACTIVE LIFESTYLE
TRX	TRX IS A FORM OF SUSPENSION TRAINING THAT USES BODY WEIGHT EXERCISES TO DEVELOP STRENGTH, BALANCE, FLEXIBILITY AND CORE STABILITY SIMULTANEOUSLY. IT REQUIRES THE USE OF THE TRX SUSPENSION TRAINER, A PERFORMANCE TRAINING TOOL THAT LEVERAGES GRAVITY AND THE USER'S BODY WEIGHT TO COMPLETE THE EXERCISES.
GENTLE YOGA	GENTLE YOGA IS AN ENTRY LEVEL CLASS PERFECT FOR ALL FITNESS LEVELS. THIS CLASS FOCUSES ON TEACHING THE BASIC YOGA POSES ALONG WITH PROPER BODY POSITIONING AND ALIGNMENT AS WELL AS PROPER BREATHING TECHNIQUES
CORE & MORE	THIS CLASS FOCUSES ON STRENGTHENING THE ABDOMINALS, GLUTES, LOWER BACK, HIPS, AND SHOULDERS EITHER AS THE PRIMARY OR SUPPORTIVE MUSCLES. ALL LEVELS WELCOME.
YOGA FLOW	THIS CLASS IS A MODERATE YOGA CLASS THAT FOCUSES ON BUILDING UPON THE STUDENT'S KNOWLEDGE OF BASIC YOGA POSES AND BREATHING TECHNIQUES
POWER YOGA	POWER YOGA IS A DYNAMIC AND HIGH ENERGY DRIVEN CLASS THAT PROMOTES MOBILITY, FLEXIBILITY, OVERALL STRENGTH, AND IMMUNE HEALTH.
SEAT	SUPPORTED EXERCISE FOR AGELESS TRAINING. THIS IS A CHAIR-BASED FITNESS PROGRAM THAT STRENGTHENS THE BODY AND MIND, WHILE IMPROVING BALANCE AND FLEXIBILITY THROUGH FUNCTIONAL FITNESS.
TAI CHI QIGONG	A CHINESE SYSTEM OF PHYSICAL EXERCISES AND BREATHING CONTROL. THE FOCUS OF THIS CLASS IS TO DEVELOP HEALTH, STRENGTH, AWARENESS AND GENERAL PHYSICAL RESILIENCE.
FUNCTIONAL AGING	THIS CLASS IS DESIGNED TO ENHANCE BALANCE, REDUCE THE RISK OF FALLING, AND TEACH FALL PREVENTION STRATEGIES. THE CLASS USES A COLLECTION OF TOOLS TO TRAIN BALANCE, COORDINATION, REACTION TIME, STRENGTH, POWER, AND FLEXIBILITY TO IMPROVE FUNCTIONAL ABILITY AND LONGEVITY.
CIRCUIT TRAINING	CIRCUIT TRAINING IS A FORM OF HIGH ENERGY EXERCISE THAT USES A SERIES OF TIME-BOUND ROUNDS AND STATIONS TO PROVIDE A TOTAL BODY WORKOUT THAT WILL TONE MUSCLES AND BURN FAT.



**SCAN HERE TO SIGN UP
ON THE MYWELLNESS
APP!**