

# GROUP FITNESS SCHEDULE

Oct. 1st -  
Dec. 31st

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>6:00AM</b>		WATER AEROBICS JENNIFER, <b>POOL B</b>		WATER AEROBICS JENNIFER, <b>POOL B</b>	GROUP CYCLE WILL, <b>CYCLE STUDIO</b>	
<b>6:30AM</b>	GROUP CYCLE WILL, <b>CYCLE STUDIO</b>	STRENGTH TRAINING HENNY, <b>STUDIO A</b>	GROUP CYCLE WILL, <b>CYCLE STUDIO</b>	STRENGTH TRAINING HENNY, <b>STUDIO A</b>		
<b>7:00AM</b>						
<b>7:30AM</b>		CARDIO STEP <b>NEW!</b> HENNY, <b>STUDIO B</b>				
<b>8:30AM</b>	WATER AEROBICS KIM, <b>POOL B</b> CARDIO STRENGTH HENNY, <b>STUDIO A</b>	WATER AEROBICS KIM, <b>MARSHWOOD</b> PULSE BARRE MEGHAN, <b>STUDIO B</b> ZUMBA SERENNE, <b>STUDIO A</b> GROUP CYCLE <b>NEW!</b> LIZ, <b>CYCLE STUDIO</b>	CARDIO STRENGTH HENNY, <b>STUDIO A</b> GROUP CYCLE WILL, <b>CYCLE STUDIO</b> TRX JOSE, <b>STUDIO B</b>	WATER AEROBICS KIM, <b>MARSHWOOD</b> ZUMBA LAURA, <b>STUDIO A</b> PULSE BARRE MEGHAN, <b>STUDIO B</b> GROUP CYCLE JANET, <b>CYCLE STUDIO</b>	WATER AEROBICS KIM, <b>MARSHWOOD</b> CARDIO STRENGTH YANET, <b>STUDIO A</b> GROUP CYCLE JANET, <b>CYCLE STUDIO</b>	CARDIO STRENGTH <b>NEW!</b> WILLIAM, <b>STUDIO A</b> WATER AEROBICS JENNIFER, <b>MARSHWOOD</b>
<b>9:30AM</b>	GROUP CYCLE JANET, <b>CYCLE STUDIO</b> ZUMBA SERENNE, <b>STUDIO B</b> STRENGTH & STRETCH HENNY, <b>STUDIO A</b>	STRENGTH TRAINING HENNY, <b>STUDIO A</b> MAT PILATES <b>NEW!</b> LIZ, <b>STUDIO B</b>	ZUMBA SERENNE, <b>STUDIO B</b> STRENGTH & STRETCH JANET, <b>STUDIO A</b>	STRENGTH TRAINING JANET, <b>STUDIO A</b> MAT PILATES <b>NEW!</b> LIZ, <b>STUDIO B</b>	ZUMBA SERENNE, <b>STUDIO B</b> STRENGTH & STRETCH HENNY, <b>STUDIO A</b>	GENTLE YOGA BIANCA, <b>STUDIO B</b>
<b>10:30AM</b>	CORE BLAST! <b>NEW!</b> JANET, <b>STUDIO A</b> YOGA FLOW BIANCA, <b>STUDIO B</b>	WATER AEROBICS YANET, <b>POOL A</b> YOGA FLOW JANET, <b>STUDIO A</b> TRX HENNY, <b>STUDIO B</b>	POWER YOGA HENNY, <b>STUDIO B</b> WATER AEROBICS YANET, <b>POOL A</b>	WATER AEROBICS YANET, <b>POOL A</b> <b>NEW!</b> HATHA YOGA JANET, <b>STUDIO A</b> TRX HENNY, <b>STUDIO B</b>	CORE BLAST! <b>NEW!</b> HENNY, <b>STUDIO A</b> YOGA FLOW JANET, <b>STUDIO B</b> WATER AEROBICS YANET, <b>POOL A</b>	WATER AEROBICS YANET, <b>POOL A</b> ZUMBA SERENNE, <b>STUDIO B</b>
<b>11:30AM</b>	SIT: FIT HENNY, <b>STUDIO A</b> TAI CHI QIGONG CLAYTON, <b>STUDIO B</b> WATER AEROBICS YANET, <b>POOL A</b>	SIT: FIT JOSIAH, <b>STUDIO A</b>	SIT: FIT JOSIAH, <b>STUDIO A</b>	SIT: FIT JASON, <b>STUDIO A</b>	SIT: FIT JENNIFER, <b>STUDIO A</b>	CARDIO PUMP <b>NEW!</b> LIZ, <b>STUDIO A</b>
<b>12:30PM</b>		SIT: BALANCE JASON, <b>STUDIO A</b>		SIT: BALANCE JASON, <b>STUDIO A</b>		
<b>5:45PM</b>	CARDIO STRENGTH JOSE, <b>STUDIO A</b>		CARDIO STRENGTH JOSE, <b>STUDIO A</b>			
<b>6:30PM</b>						

■ ACTIVE AGING CLASSES  
■ WATER AEROBICS CLASSES

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

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

SCHEDULE SUBJECT TO CHANGE

\*OAKRIDGE OUTDOOR POOL CLEANINGS ARE EVERY WEDNESDAY FROM 8-10AM\*

<b>WATER AEROBICS</b>	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.
<b>STRENGTH TRAINING</b>	A FULL BODY STRENGTH WORKOUT. THIS CLASS UTILIZES MANY FORMATS AND TYPES OF EQUIPMENT TO DELIVER A WORKOUT THAT WILL INCREASE STRENGTH AND BONE DENSITY, BURN BODY FAT, IMPROVE JOINT STABILITY, AND BOOST METABOLISM.
<b>GROUP CYCLE</b>	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 LOWER BODY.
<b>CORE BLAST</b>	CORE BLAST IS A HIGH-INTENSITY, CORE-STRENGTHENING WORKOUT DESIGNED TO BUILD CORE STRENGTH, IMPROVE POSTURE, ENHANCE SPORT PERFORMANCE, AND TONE YOUR MIDSECTION USING A VARIETY OF EQUIPMENT AND EXERCISES.
<b>CARDIO STRENGTH</b>	A HIGH ENERGY 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.
<b>HATHA YOGA</b>	HATHA YOGA IS A GENTLE ROUTINE FOCUSING ON CHANNELING WILL AND FORCE TO PROVIDE BALANCE AND HARMONY. EACH CLASS USES A COMBINATION OF GENTLE SEQUENCES, BREATHWORK, AND STRENGTHENING POSES TO ENHANCE PHYSICAL AND MENTAL HEALING, PROMOTE MINDFULNESS, AND REDUCE STRESS.
<b>PULSE BARRE</b>	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.
<b>ZUMBA</b>	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
<b>MAT PILATES</b>	MAT PILATES IS A MIND-BODY WORKOUT THAT REQUIRES CORE STABILITY, STRENGTH, FLEXIBILITY, AND ATTENTION TO MUSCLE CONTROL AND POSTURE. IT PUTS EMPHASIS ON ALIGNMENT, BREATHING, CORE DEVELOPMENT, AND IMPROVING COORDINATION AND BALANCE. MAT PILATES IS BENEFICIAL FOR ALL AGE GROUPS AND FITNESS LEVELS.
<b>STRENGTH &amp; STRETCH</b>	THIS CLASS FOCUSES ON PRESERVING AND BUILDING MUSCLE MASS, BONE MASS AND RANGE OF MOTION TO SUPPORT STRENGTH AND JOINT HEALTH THROUGH EVERY PHASE OF LIFE. WITH AN EVER-CHANGING COMBINATION OF WEIGHT-BEARING, MUSCLE-STRENGTHENING, BALANCE AND FLEXIBILITY EXERCISES, THIS FULL BODY WORKOUT WILL HELP YOU MAINTAIN A HEALTHY AND ACTIVE LIFESTYLE.
<b>TRX</b>	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.
<b>YOGA FLOW</b>	YOGA FLOW IS A BEGINNER FRIENDLY 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 BREATHING TECHNIQUES TO PROMOTE INNER AND OUTER HEALING.
<b>POWER YOGA</b>	POWER YOGA IS A DYNAMIC AND HIGH ENERGY DRIVEN CLASS THAT PROMOTES MOBILITY, FLEXIBILITY, OVERALL STRENGTH, AND IMMUNE HEALTH.
<b>S.I.T. CLASSES</b>	SENIOR INTERACTIVE TRAINING (S.I.T.) CLASSES ARE PART OF A COMPREHENSIVE FITNESS PROGRAM THAT STRENGTHENS THE BODY AND MIND, WHILE IMPROVING BALANCE AND FLEXIBILITY THROUGH FUNCTIONAL FITNESS. TYPES OF S.I.T. CLASSES INCLUDE SIT: FIT, SIT: BALANCE, AND SIT: YOGA.
<b>TAI CHI QIGONG</b>	TAI CHI IS A CHINESE SYSTEM OF PHYSICAL EXERCISES AND BREATHING CONTROL. THE FOCUS OF THIS CLASS IS TO DEVELOP HEALTH, STRENGTH, AWARENESS AND GENERAL PHYSICAL RESILIENCE.
<b>CARDIO STEP</b>	CARDIO STEP IS A HIGH ENERGY, FULL-BODY, HEART-POUNDING WORKOUT THAT USES MOTIVATING MUSIC AND FAST-PACED MOVEMENTS TO OBLITERATE CALORIES AND INCREASE CARDIOVASCULAR HEALTH, STRENGTH, COORDINATION, AND BALANCE.
<b>CARDIO PUMP</b>	CARDIO PUMP IS A HIGH ENERGY BLEND OF DANCE AND RESISTANCE EXERCISE TO GET YOUR HEART PUMPING AND CALORIES BURNING! CLASS IS OPEN TO ALL FITNESS LEVELS.



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