<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Strength &amp; Core</strong></td>
<td><strong>Power Core</strong></td>
<td><strong>Sunrise Yoga</strong></td>
<td><strong>Sunrise Yoga</strong></td>
<td><strong>Xcelerate</strong></td>
<td><strong>Boot Camp</strong></td>
</tr>
<tr>
<td>5:30am - 45min Kara</td>
<td>5:15am - 30min Ashle</td>
<td>6am - 45min Jenny</td>
<td>6am - 45min Jenny</td>
<td>7:15am - 45min Kara</td>
<td>8am - 45min Ashle</td>
</tr>
<tr>
<td><strong>NEW</strong></td>
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<tr>
<td><strong>Senior Pep Fitness</strong></td>
<td><strong>HIIT</strong></td>
<td><strong>Senior Pep Fitness</strong></td>
<td><strong>Senior Pep Fitness</strong></td>
<td><strong>WATERinMOTION®</strong></td>
<td><strong>Yoga</strong></td>
</tr>
<tr>
<td>8am - 45min Peggy</td>
<td>6am - 30min Ashle</td>
<td>8am - 45min Peggy</td>
<td>8am - 45min Peggy</td>
<td>8am - 45min</td>
<td>8:15am - 45min Andrea/Emily</td>
</tr>
</tbody>
</table>

**Classes**

- **Xcelerate**
  - 9am - 45min Stacy
- **Strength**
  - 9am - 45min Mallory
- **Strength & Core**
  - 9am - 45min Kaylin
- **Deep Aqua**
  - 10am - 45min Andy
- **Stretch & Balance**
  - 10am - 45min Josie
- **Barre, Ball & Burn**
  - 10am - 45min Peggy
- **Nature Walk**
  - 11:30 - 45min Stacy
- **WATERinMOTION®**
  - 9am - 45min Ashle
  - 9am - 45min Ashle
- **Pyramid H2O**
  - 9am - 45min Ashle
- **WATERinMOTION®**
  - 9am - 45min Ashle
- **Xcelerate**
  - 9am - 45min Stacy
- **Strength**
  - 9am - 45min Mallory
- **Island Walk**
  - 11:30 - 45min Peggy
- **Xcelerate**
  - 12:15pm - 45min Stacy
- **Yoga**
  - 11am - 60min Jenny
- **WATERinMOTION®**
  - 9am - 45min Ashle
  - 9am - 45min Ashle
- **Boot Camp**
  - Noon - 30min Ashle
- **Power Core**
  - 5:30am - 45min Mia
- **HIIT Boxing**
  - 5:30 - 30min Halle
- **Tabata Burn**
  - 5:30pm - 30min Halle
- **Shred Strength**
  - 5:30 - 30min Missy
- **Tai Chi**
  - 12:15 - 60min Swan
- **Metal Monday**
  - **Xcelerate**
    - 5:30pm - 45min Ashley
- **Cardio Strength**
  - 6:15pm - 45min Mia
- **Power Core**
  - 6:15pm - 45min Halle
- **Pump Strength**
  - 6:15pm - 60min Halle
- **Cardio Dance**
  - 6:15pm - 45min Missy
- **Yoga**
  - 6:30pm - 60min Jenny
- **Yoga**
  - 6:30pm - 60min Jenny

**Location of Class**

- Pool
- Cycling Studio
- Group Fitness
- Yoga/Pilates
- Commons Lobby
- Commons Gym
Class Descriptions

Barre, Ball, and Burn
Sculpt, tone and align your entire body while you melt away the calories! Rooted in strength training, Pilates, and dance; this fun fast-paced class uses safe options for all ages and abilities. You won’t be bored - we provide the perfect props! Ab Ball, balance bolster, stretch bands, blocks, body bar, Bosu, PhysioBall, resistance bands, yoga straps, and swivel discs to name a few! Look and feel firm and fit fast!

Boot Camp
Come fire up your day with this class designed to provide a mix of aerobic, strength training, and conditioning elements utilizing different equipment and movements in every class. Variety is key!

Cardio Dance
Cardio dance classes fuse musical rhythms and choreographed dance moves together to create a dynamic workout that’s designed for fun—and a good workout! No prior dance experience is required. Classes offer easy-to-learn moves that anyone can pick up.

Deep Aqua
This deep-water exercise provides the benefits of cardiovascular training with little to no stress on your joints. This low impact workout utilizes flotation devices and offers new challenges to your muscles while easing the strain in those problematic areas. (Participants must be able to climb a pool ladder to enter and exit)

HIT (High Intensity Training)
Boot your way back into shape with this high intensity workout! Challenge your strength and cardio with a variety of exercises.

HIIT Boxing
In this class you’ll experience a combination of short bursts of intense exercises including boxing and martial arts inspired moves. Options for all moves are provided. You’ll burn calories, improve your cardiovascular health, and punch and kick your way to a leaner, stronger body!

Nature/Island Walk
Nature Walk, a free program open to members and non-members alike, takes a 45-minute stroll outside. Meet in the Commons lobby of Elkhart Health & Aquatics for a walk on Elkhart’s walking paths.

Power Core
A class designed to focus on your foundation - the core. Create stability from the axis, or the middle of your body, which is the basis of all movement, then layers on mobility, strength and power.

Pyramid H20
High intensity interval training - aqua style.

Strength
Use weights, bands, stability balls, body bars and the bosu to work all the muscle groups of the body.

Strength & Core
Total Strength with Core and more!

Strong & Lean
Come and experience the unique workout that will fuse the movements of barre, Pilates, yoga, aerobics, and strength exercises. Feel the burn and reap the benefits.

Stretch/Balance
Gentle stretching from head to toe while working on your balance. Leave feeling refreshed and open.

Tai Chi
Tai chi is an ancient Chinese tradition that involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. This class will cover the basic concepts of Tai Chi. Posture, relaxed deep breathing, flowing movement and a basic understanding of mind-body connection will be discussed. This class is appropriate for all levels.

Xcelerate
Our instructors will take you on a ride to the rhythm of music. Saddle up and prepare for a blast of speed in every track.

WATERinMOTION®
The newest aqua exercise workout that provides a low impact, high-energy challenge for cardiovascular workout tones and tapers the entire body.

WATERinMOTION® Strength
Takes advantage of the aqua environment to build muscular endurance, power and overall tone in a workout using aqua dumbbells. This class uses the unique properties of water to build lean muscle through the creative use of drag, resistance, and buoyancy. Water minimizes the strain of gravity on the joints and ligaments to prevent overuse on the muscles while enhancing recovery time and improving flexibility and power.

Yoga
Based on the Hatha style of yoga. Practice at your own pace & feel good in your body!

- Sunrise Yoga - Wake up and flow! This class will consist of some faster paced flows and an exploration of more challenging sequences. Some previous experience in yoga is recommended.