



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------------------------------------------------|----------------------------------------------------------------------|------------------------------------------------------|----------------------------------------------------------------------|-------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Xcelerate30 5:15am - 30min Danielle | HIIT 5:15am - 30min Danielle | BodyPump 5:10am - 45min Aleigha | HIIT 5:15am - 30min Staff | Xcelerate30 5:15am - 30min John | Xcelerate 7:30am - 45 min Danielle/Mia |
| Xcelerate30 6am - 30min Danielle | Power Core 5:50am - 40min Danielle | Xcelerate 5:15am - 45 min Audrey | Power Core 5:50am - 40min Staff | Xcelerate30 6am - 30min John | Sunrise Yoga 8am - 60min Chelly |
| Yoga 8am - 45min Emily | PILOXING® 8am - 45min Cindy | Bootcamp 6am - 45 mins Danielle | PILOXING® 8am - 45min Cindy | Bootcamp 9am - 45min Cindy | WATERinMOTION® 8:30am - 60min Judy |
| Pyramid H2O 8am - 45min Judy | Power Core 9am - 45min Linda | Yoga 8am - 45min Heather | Power Core 9am - 45min Linda | WATERinMOTION® 9am - 60min Jess | Strength 8:30am - 45 min Danielle/Cindy |
| Pyramid H2O 9am - 45min Judy | WATERinMOTION® 9am - 60min Mandy | Aqua Yoga 8am - 45min Emily | WATERinMOTION® 9am - 60min Mandy | Pilates 10am - 45min Heather | Yoga Foundations 9:15am - 60min Chelly |
| Strength 9am - 45min Emily | Strength & Balance 10am - 45min Del | Pyramid H2O 9am - 45min Judy | Strength & Balance 10am - 45min Del | NEW Cardio Drumming 10:10am - 40min Jess | Cardio Dance 9:30am - 45min Christine/Cindy |
| Stretch/Balance 10am - 45min Heather | WATERinMOTION® Strength 10:15am - 45min Mandy | Strength 9am - 45min Mandy | WATERinMOTION® Strength 10:15am - 45min Mandy | Pyramid H2O 10:15am - 45min Tama | Type of Class <input type="checkbox"/> Lap Pool <input type="checkbox"/> Therapy Pool <input type="checkbox"/> Cycling <input type="checkbox"/> Group Fitness <input type="checkbox"/> Yoga/Pilates <input checked="" type="checkbox"/> Outdoor Class (weather permitting) |
| BodyPump 11 am - 55min Mandy | Tai Chi 11 am - 60min Swan | Pilates With Props 10am - 45min Jenny G | NEW Cardio Drumming 11 am - 45min Jess | BodyPump 11 am - 45min Aleigha | |
| Xcelerate 12:30pm - 45min Mandy | Slow Flow Yoga NOON - 45min Emily | BodyPump 11 am - 55min Linda | Yoga NOON - 45min Jessica | Sculpt & Tone 11 am - 45min Jonell | |
| Cardio Dance 4pm - 45min Jess | Strength 5:30pm - 45min Emily H | Cardio Dance 4pm - 45min Jess | Xcelerate 5:30pm - 45min Mandy | HIIT NOON - 30min Aleigha | |
| Xcelerate 5:30pm - 45min Lynda | Vinyasa Yoga 5:45pm - 45min Brenda | Yin Yoga 5:30pm - 45min Emily H | BodyPump 5:30pm - 55min Linda | Xcelerate 12:30pm - 45min Mandy | |
| BodyPump 5:45pm - 45min Mandy | NEW Cardio Dance 101 6:30pm - 45min RA | HIIT 5:45pm - 30min Mandy | Vinyasa Yoga 5:45pm - 45min Brenda | | |
| WATERinMOTION® Strength 5:45pm - 45min RA | | WATERinMOTION® 5:45pm - 60min Judy/RA | Cardio Dance 6:30pm - 45min Christine | | |
| Power Yoga 6:30pm - 45min Emily H | | Bootcamp Circuit 6:30pm - 45min Mandy | | | |
| HIIT 6:45pm - 30min Mandy | | | | | |





Class Descriptions

Aqua Yoga | Water causes less stress on the joints & allows students to experience postures they may be unable to achieve on land. The resistance of the water also helps to build strength & allow students to achieve a greater range of motion while enhancing relaxation for a deeper meditative experience.

BODYPUMP™ | THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, to give you a total body workout. You'll leave the class feeling challenged & motivated, ready to come back for more.

Bootcamp | Boot your way back into shape! Challenge your strength, cardio, balance and flexibility with a variety of exercises.

Bootcamp Circuit | Boot your way into shape! Challenge your strength, cardio, balance and flexibility with a variety of exercises circuit style.

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.

Cardio Drumming | High-intensity drumming which uses hand eye coordination and fun movements for the whole body. This class uses a stability ball, drum sticks and fun music to get your heart pumping.

HIIT | Strength, Athletic and Cardio, 30-minute workouts designed to get you real results, fast.

Pilates | Based on the teachings of Joseph Pilates, learn the mat exercises to develop better posture and improve torso strength.

PILOXING® | A non-stop interval fusion of Pilates, boxing and dance, that will push you to your limits. Feel and let loose with fun and funky dance moves.

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

Pyramid H2O | Interval training - aqua style.

Sculpt & Tone | This class will sculpt you into shape quickly and effectively! Tone your arms, legs and get a rock-solid mid-section by utilizing free weights, resistance bands, physio balls, and your own body weight.

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

Stretch/Balance | Work the whole body using barbells, weights, plates, stability ball, bosu's gliding discs, resistance bands, body weight and focus on using your balance.

Tai Chi | An ancient Chinese tradition that involves a series of movements performed in a slow, focused manner accompanied by deep breathing. Posture, relaxed deep breathing, flowing movement and a basic understanding of mind-body connection, appropriate for all levels.

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. Use 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.

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.

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

- **Power yoga** - A powerful, energetic form of yoga where students connect their breathing to their movements. chaturanga, upward facing dog & downward facing dog.
- **Slow Flow Yoga** - Experience a blend of deep restorative stretching balanced with a strength building flow to build heat in the body. Each class is designed to warm the muscles and allow for deeper stretches, increase mobility, and ease tension in the body. Restore the body, mind, and spirit in this meditative practice.
- **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.
- **Yoga Foundations** - Whether you are brand new to yoga or an experienced yogi who prefers slower sequences, this class is for you. Poses and sequences will be broken down more to encourage safety in practice and mindful movement.
- **Yin Yoga** - A deep, meditative, passive, and grounding practice. Through the use of passive holds, the yin style involves surrendering into poses and exploring them for longer periods of time in order to let go of tensions stored in the body to calm the nervous system.
- **Vinyasa Yoga** - Stimulate the connective tissues & joints, and improve the flow of Chi or Prana through these areas. Passive holding stretches for 3-5 minutes, using breath to ease the body further into the pose.