



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Xcelerate30 5:15am - 30min Danielle	HIIT 5:15am - 30min Danielle	Xcelerate 5:15am - 45 min Audrey	PILOXING® 8am - 45min Cindy	Xcelerate30 5:15am - 30min John	Xcelerate 7:30am - 45 min Danielle/Mia
Xcelerate30 6am - 30min Danielle	Power Core 5:50am - 40min Danielle	Bootcamp 6am - 45 mins Danielle	Power Core 9am - 45min Linda	Xcelerate30 6am - 30min John	Sunrise Yoga 8am - 60min Chelly
Yoga 8am - 45min Emily	PILOXING® 8am - 45min Cindy	Yoga 8am - 45min Heather	WATERinMOTION® 9am - 60min Mandy	Cardio Dance 8am - 45min Natalie	WATERinMOTION® 8:30am - 60min Judy
Pyramid H2O 8am - 45min Judy	Power Core 9am - 45min Linda	Aqua Yoga 8am - 45min Emily	Strength & Balance 10am - 45min Del	Bootcamp 9am - 45min Cindy	Strength 8:30am - 45 min Danielle/Cindy
Pyramid H2O 9am - 45min Judy	WATERinMOTION® 9am - 60min Mandy	Pyramid H2O 9am - 45min Judy	WATERinMOTION® Strength 10:15am - 45min Mandy	WATERinMOTION® 9am - 60min Jess	Yoga Foundations 9:15am - 60min Chelly
Strength 9am - 45min Emily M	Strength & Balance 10am - 45min Del	Strength 9am - 45min Mandy	Cardio Drumming 11 am - 45min Jess	Pilates 10am - 45min Heather	Cardio Dance 9:30am - 45min Jess/Cindy
Stretch/Balance 10am - 45min Heather	WATERinMOTION® Strength 10:15am - 45min Mandy	Pilates With Props 10am - 45min Jenny G	Yoga NOON - 45min Jessica	Cardio Drumming 10:10am - 40min Jess	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
BodyPump 11 am - 55min Mandy	Tai Chi 11 am - 60min Swan	BodyPump 11 am - 55min Linda	Xcelerate 5:30pm - 45min Mia	BodyPump 11 am - 55min Mandy	
Xcelerate 12:15pm - 45min Mandy	Slow Flow Yoga NOON - 45min Emily	Roll Out The Stress 11 am - 45min Heather	BodyPump 5:30pm - 55min Linda	Sculpt & Tone 11 am - 45min Jonell	
Cardio Dance 4pm - 45min Jess	Cardio Drumming 4pm - 45min Tiffany	Cardio Dance 4pm - 45min Jess	Vinyasa Yoga 5:45pm - 45min Jill	Xcelerate 12:15pm - 45min Mandy	
Xcelerate 5:30pm - 45min Lynda	Strength 5:30pm - 45min Hayley	Yin Yoga 5:30pm - 45min Emily H	Cardio Dance 6:30pm - 45min Jess		
BodyPump 5:45pm - 45min Mandy	Vinyasa Yoga 5:45pm - 45min Jill	HIIT 5:45pm - 30min Mandy			
WATERinMOTION® Strength 5:45pm - 45min Casie	Cardio Dance 6:30pm - 45min Natalie	WATERinMOTION® 5:45pm - 40min Tiffany			
Power Yoga 6:30pm - 45min Emily H		Advanced Tai Chi 6:30pm - 55min Swan			
Cardio Kickboxing 6:45pm - 30min Mandy		Cardio Drumming 6:35pm - 40min Tiffany			



Effective 10.3.22





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.

Roll Out The Stress | Release tension in your muscles by using a combination of a massage ball and stretching. We'll go a little deeper into the tension with slow, intentional movements and placement of the massage ball.

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.