

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Xcelerate 5:15am - 45min Danielle	HIIT 5:15am - 30min Danielle	Xcelerate 5:15am - 45 min Audrey	Xcelerate 5:15am - 45min Dan	Xcelerate 5:15am - 45min John	BodyPump 7:15am - 45min Kim
Flexibility/ Balance & Stretch 6:15am - 30min Danielle	Power Core 5:50am - 40min Danielle	Bootcamp 6am - 45 mins Danielle	Bootcamp 6am - 45 mins Brett	Flexibility/ Balance & Stretch 6am - 30min Danielle	Xcelerate 7:30am - 45 min Mandy/ Mia
Pyramid H2O 8am - 45min Judy	SEASONAL Barre PILOXING® Style 7am - 45min Cindy	Warm Water Flow 8am - 45min Josie	SEASONAL Barre PILOXING® Style 7am - 45min Cindy	Cardio Dance 8am - 45min Susan	Sunrise Yoga 8am - 60min Chelly
SEASONAL Silver Strength 8am - 45min Karin D	PILOXING® 8am - 45min Cindy	SEASONAL Silver Strength 8am - 45min Karin D	PILOXING® 8am - 45min Cindy	Chair Yoga 8am - 45min Josie	WATERinMOTION® 8:30am - 60min Judy
Yoga 9am - 45min Kerry	SEASONAL Silver Strength 9am - 45min Karin D	Yoga 9am - 45min Kerry	SEASONAL Silver Strength 9am - 45min Karin D	Barre 9am - 45min Susan	Strength 8:30am - 45 min Mandy /Cindy
Pyramid H2O 9am - 45min Judy	WATERinMOTION® 9am - 60min Cara	Pyramid H2O 9am - 45min Judy	WATERinMOTION® 9am - 60min Cara	WATERinMOTION® 9am - 60min Judy	Yoga Foundations 9:15am - 60min Chelly
Strength 9am - 45min Linda	Power Core 9am - 45min Linda	Strength 9am - 45min Katie	Power Core 9am - 45min Linda	BodyPump + Core 9am - 60min Aliesa	Cardio Dance 9:30am - 45min Jess/Cindy
Stretch/Mobility 10am - 45min Linda	Xcelerate 9am - 45min Bobbie	Pilates With Props 10am - 45min Hayley	Barre 10am - 45min Susan	Yoga Fusion 10am - 45min Josie	SEASONAL Silver Strength 10:30am - 45min Karin D
BodyPump 11am - 60min Aliesa	HIIT The Barre 10am - 45min Bobbie	BodyPump 11am - 60min Linda	Strength & Balance 10am - 45min Del	Cardio Drumming 10:15am - 45min Jess	Type of Class <input type="checkbox"/> Lap Pool <input type="checkbox"/> Therapy Pool <input type="checkbox"/> Cycling <input type="checkbox"/> Sports Performance <input type="checkbox"/> Group Fitness <input type="checkbox"/> Yoga/Pilates
SEASONAL Joys of Movement 11am - 45min Karin D	Strength & Balance 10am - 45min Del	SEASONAL Joys of Movement 11am - 45min Karin D	WATERinMOTION® Strength 10:15am - 45min Cara	Pilates 11am - 45min Jonell	
Les Mills Core 12:05pm - 30min Aliesa	WATERinMOTION® Strength 10:15am - 45min Cara	SEASONAL BodyPump 12:15pm - 45min Michelle	Cardio Drumming 11am - 45min Susan	Strength 11:15am - 45min Katie	
Cardio Dance 4pm - 45min Jess	Tai Chi 11am - 60min Swan	Cardio Dance 4pm - 45min Jess	Yoga NOON - 45min Jessica	Xcelerate 12:15pm - 45min Mandy	
Barre 5pm - 45min Susan	Slow Flow Yoga NOON - 60min Jessica	Yin Yoga 5:30pm - 45min Emily H	BodyPump 5:30pm - 45min Linda	Tai Chi & Qi Gong for Active Recovery 12:30pm - 60min Swan	
Xcelerate 5:30pm - 45min Lynda/Dan	Low Impact Cardio Drumming 12:15pm - 45min Teresa	Xcelerate 5:30pm - 45min Mia	Pilates 5:30pm - 45min Hayley		
BodyPump 5:45pm - 45min Mandy	Chair Yoga 1:15pm - 45min Jessica	Strength 5:45pm - 40min Mandy	Cardio Dance 6:30pm - 45min Tory		
WATERinMOTION® Strength 5:45pm - 45min Casie	BodyPump 5:30pm - 45min Karen	Pyramid H2O 5:45pm - 45min Lisa			
Power Yoga 6:30pm - 45min Emily H	Vinyasa Yoga 5:45pm - 60min Wayne/Karin L	Low Impact Cardio Dance Zumba Style 6:30pm - 45min Kimmi			
Cardio Kickboxing 6:45pm - 30min Mandy	Cardio Dance 6:30pm - 45min Natalie				



Class Descriptions

Barre | A full body workout with a focus on endurance & balance using a fusion of yoga, pilates, strength training & Ballet.

Barre PILOXING® Style | Ballet inspired Pilates & boxing, along with the use of the Ballet barre for support & resistance.

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

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.

Low Impact Cardio Drumming - This class is for those who are new to Cardio Drumming. A slowed down version that enables participants to learn the moves while having fun!

Cardio Kickboxing | Get fast and strong using non-contact exercises to fuel cardio fitness and train the whole body.

Flexibility/Balance + Stretch | Recover & lengthen muscles with a gentle stretch class that focuses on flexibility, balance, stabilization and core. Experiment with long, slow holds in prone, seated and standing positions. These exercises enhance muscle elasticity and balance; improve range of motion & posture, and target joint imbalances as well as stress release.

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

HIIT The Barre | Focus on both cardiovascular and muscular endurance through high intensity interval training using low-to-no impact movements.

Joy of Movement | Easy Line Dancing

Learn easy line dancing and improve your balance, leg and ankle strength and coordination - all while having fun. Going to a wedding soon? Miss going out to dance clubs? Here you'll learn all the basic line dances in a fun group to a variety of music styles.

Les Mills BODYPUMP™ | THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned & fit – fast. Using light to moderate weights with lots of repetition, to give you a total body workout.

Les Mills Core | Build strength, stability and endurance in the muscles supporting your core, improve balance & prevent injury.

Low Impact Cardio Dance Zumba Style | This class is made for those who are new to cardio dance. A slowed down version that enables participants to learn the moves while having fun!

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 H20 | Interval training - aqua style.

Silver Strength | This class teaches basic introductory weight lifting for all. Here you will regain muscle and strength to allow you to stay strong for the next decades. If you participate regularly you will increase strength and muscle mass while having fun in a group setting.

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

Strength & Balance | Same as Strength class (above) with a focus on adding balance to movements.

Stretch & Mobility | Utilize gentle stretching along with range of motion exercises to improve flexibility & mobility

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.

Tai Chi Qi Gong For Active Recovery | After a hard week of work & working out, engage in active recovery to maximize restoration within your body & mind over the weekend

Warm Water Flow | 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.

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

WATERinMOTION® Strength | Take advantage of the aqua environment to build muscular endurance, power & overall tone in a workout using aqua dumbbells. 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!

- **Chair Yoga** - Gentle practice in which postures are preformed while seated and/or with the aid of a chair.
- **Power Yoga** - a vigorous form of yoga that combines elements of Vinyasa and Ashtanga yoga through a flowing sequence of poses linked by breath. You'll flow between different poses (think lunges, downward-facing dog, and warrior poses) while using breathe work to help focus and center yourself throughout the practice.
- **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 to allow for deeper stretches, increase mobility, and ease tension. 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.
- **Yoga Fusion** - Yoga with Pilates Influence using props to enhance the experience
- **Yin Yoga** - a gentle and meditative style of yoga, that targets your deeper connective tissues or fascia. You'll hold passive floor poses for 3-10 minutes at a time, allowing your body to sink into the stretch and promoting relaxation
- **Vinyasa Yoga** - Focuses on linking breath with movement to attain balance in the mind and body. Several postures will be linked together in a sequence or flow at a medium to faster pace.