


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
UPDATED Spin Zone 5:15am - 45min Danielle	HIIT 5:15am - 30min Danielle	UPDATED Spin Zone 5:15am - 45 min Audrey	UPDATED Rhythm Revolution 5:15am - 45min Dan	UPDATED Go for a Spin 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	Barre PILOXING® Style 7am - 45min Cindy	UPDATED Flexibility/ Balance & Stretch 5:45am - 45min Danielle	UPDATED HIIT the Bike 7:30am - 45 min Mandy/ Mia
Pyramid H2O 8am - 45min Judy	Barre PILOXING® Style 7am - 45min Cindy	Warm Water Flow 8am - 45min Josie	PILOXING® 8am - 45min Cindy	UPDATED Cardio Dance Zumba Style 8am - 45min Kimmie	Sunrise Yoga 8am - 60min Chelly
Silver Strength 8am - 45min Karin D	PILOXING® 8am - 45min Cindy	UPDATED Silver Strength 8am - 45min Katie	Silver Strength 9am - 45min Karin D	Chair Yoga 8am - 45min Josie	WATERinMOTION® 8:30am - 60min Judy
UPDATED Yoga 9am - 45min Josie	Silver Strength 9am - 45min Karin D	UPDATED Power Vinyasa Yoga 9am - 45min Stacy	WATERinMOTION® 9am - 60min Cara	UPDATED Barre 9am - 45min Stacy	Strength 8:30am - 45 min Mandy /Cindy
Pyramid H2O 9am - 45min Judy	WATERinMOTION® 9am - 60min Cara	Pyramid H2O 9am - 45min Judy	Power Core 9am - 45min Linda	WATERinMOTION® 9am - 60min Judy	Yoga Foundations 9:15am - 60min Chelly
Strength 9am - 45min Linda	Power Core 9am - 45min Linda	Strength 9am - 45min Katie	Barre 10am - 45min Susan	BodyPump + Core 9am - 60min Aliesa	Cardio Dance 9:30am - 45min Jess/Cindy
Stretch/Mobility 10am - 45min Linda	UPDATED Spin Zone 9am - 45min Bobbie	Pilates With Props 10am - 45min Hayley	Strength & Balance 10am - 45min Del	Yoga Fusion 10am - 45min Josie	Silver Strength 10:30am - 45min Karin D
UPDATED BodyPump + Core 11 am - 75min Aliesa	HIIT The Barre 10am - 45min Bobbie	UPDATED BodyPump + Core 11 am - 75min Linda	WATERinMOTION® Strength 10:15am - 45min Cara	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
Joys of Movement 11 am - 45min Karin D	Strength & Balance 10am - 45min Del	Cardio Dance 4pm - 45min Jess	Cardio Drumming 11 am - 45min Susan	Pilates 11 am - 45min Jonell	
Cardio Dance 4pm - 45min Jess	WATERinMOTION® Strength 10:15am - 45min Cara	UPDATED HIIT the Bike + Core 5:30pm - 60min Mia	Yoga NOON - 45min Jessica	UPDATED HIIT the Bike 12:15pm - 45min Mandy	
UPDATED Barre 5:15pm - 45min Susan	Tai Chi 11 am - 60min Swan	Strength 5:45pm - 40min Mandy	BodyPump 5:30pm - 45min Linda	Tai Chi & Qi Gong for Active Recovery 12:30pm - 60min Swan	
UPDATED Spin Zone 5:30pm - 45min Lynda	Slow Flow Yoga NOON - 60min Jessica	Pyramid H2O 5:45pm - 45min Lisa	Pilates 5:30pm - 45min Hayley		
BodyPump 5:45pm - 45min Mandy	Low Impact Cardio Drumming 12:15pm - 45min Teresa	Low Impact Cardio Dance Zumba Style 6:30pm - 45min Kimmie	Cardio Dance 6:30pm - 45min Tory		
WATERinMOTION® Strength 5:45pm - 45min Casie/Karen	Chair Yoga 1:15pm - 45min Jessica				
UPDATED Yoga 6:30pm - 45min Kerry	BodyPump 5:30pm - 45min Karen				
Cardio Kickboxing 6:45pm - 30min Mandy	UPDATED Vinyasa Yoga 5:30pm - 60min Wayne				
	Cardio Dance 6:30pm - 45min Natalie				

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. These exercises enhance muscles elasticity and balance while improving range of motion and posture.

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 to learn line dancing that will improve your balance and coordination, while having fun. In this class, you will learn all the basic line dances from 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.

Spin Zone | 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.

- **Go for a Spin** | This class is going to immerse you into specific destinations selected by the instructor each class. With music that will surround you with the feeling of being placed right into that location you are riding through. Get ready to bike around the world!
- **HIIT the Bike** | A 45 min high intensity interval training cycling class, consisting of short burst of speed, power, and intense anaerobic exercise with brief periods of recovery, for maximum cardio conditioning, fat loss, and lean muscle growth. This class is a high-energy class that will get you results fast.

- **Rhythm Revolution** | Get ready to ride the rhythm! This class is a high-energy spin class that takes you on a journey through the best pop hits of the 80s, 90s, and today. Designed to match the tempo and feel of each song, this class blends heart-pumping cardio with the nostalgic beats you love. Whether you are looking to push your limits or just have fun, every ride is a dance party on wheels!

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.

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.

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.

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 improving flexibility and power.

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 Vinyasa Yoga** - Focus on moving your body in-synch with your breath. Using fluid and smooth movements of Vinyasa yoga. You are learning to use the power within you to use yoga as your guide to align your mind, body and spirit.
- **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.
- **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.