


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

Class Descriptions

Classes

Granger

Aqua Cardio + Strength | This class combines strength and cardio training in a fun, high-energy environment. Participants engage in resistance exercises that target all major muscle groups, building strength while boosting cardiovascular healthy.

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 Endurance | 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.

Power Pilates | You'll learn Pilate's principles: core, balance, strength & control along with using some props.

Pyramid H2O | 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.

Warm Water Strength & Balance | Water causes less stress on the joints and allows individuals to experience posture they would not be able to achieve on land. The resistance of the water also helps to build strength & balance.

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.

- **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!

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

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 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/Pilates Fusion** - Yoga with Pilates Influence using props to enhance the experience
- **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.