

Classes Granger

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spin City 5:15 a.m. - 45min Danielle	HIIT 5:15 a.m. - 30min Danielle	Spin City 5:15 a.m. - 45 min Audrey	Rhythm Revolution 5:15 a.m. - 45min Dan	Flexibility/ Balance & Stretch 5:45 a.m. - 45min Danielle	BodyPump 7:15 a.m. - 45min Kim	Barre 10:30 a.m. - 45min Shelley
Flexibility/ Balance & Stretch 6:15 a.m. - 30min Danielle	Power Core 5:50 a.m. - 45min Danielle	Bootcamp 6 a.m. - 45 mins Danielle	Strength & Balance 6 a.m. - 45min Sally	Cardio Dance Zumba Style 8 a.m. - 45min Kim	Sunrise Yoga 8 a.m. - 60min Chelly	Yoga for the Mind 11:30 a.m. - 45min Shelley
Pyramid H2O 8 a.m. - 45min Judy	Barre PILOXING® Style 7 a.m. - 45min Cindy	Warm Water Strength & Balance 8 a.m. - 45min Lisa	Barre PILOXING® Style 7 a.m. - 45min Cindy	Chair Yoga 8 a.m. - 45min Josie	WATERinMOTION® 8:30 a.m. - 60min Caroline/Karen	Intro to Rowing 12 p.m. - 45min Krista <i>First Sunday of the Month</i>
Silver Strength 8 a.m. - 45min Karin D	Silver Strength 8 a.m. - 45min Karin D	Silver Strength 8 a.m. - 45min Lydia	Silver Strength 8 a.m. - 45min Karin D	Barre 9 a.m. - 45min Stacy	Strength 8:30 a.m. - 45 min Cindy/Mia	
Yoga 9 a.m. - 45min Josie	PILOXING® 8 a.m. - 45min Cindy	Yoga/Pilates Fusion 9 a.m. - 45min Colleen	PILOXING® 8 a.m. - 45min Cindy	WATERinMOTION® 9 a.m. - 60min Judy	Yoga Foundations 9:15 a.m. - 60min Chelly	
Pyramid H2O 9 a.m. - 45min Judy	Silver Strength 9 a.m. - 45min Karin D	Pyramid H2O 9 a.m. - 45min Judy	Silver Strength 9 a.m. - 45min Karin D	BodyPump 9 a.m. - 60min Aliesa	HIIT the Bike 9:15 a.m. - 45 min Dan/Krista	
Strength 9 a.m. - 45min Linda	WATERinMOTION® 9 a.m. - 60min Toni	Strength 9 a.m. - 45min Staff	WATERinMOTION® 9 a.m. - 60min Toni	Yoga 10 a.m. - 45min Josie	Cardio Dance/ Piloxing 9:30 a.m. - 45min Jess/Cindy	
Stretch/Mobility 10 a.m. - 45min Linda	Power Core 9 a.m. - 45min Linda	Pilates with Props 10 a.m. - 45min Kayla	Power Core 9 a.m. - 45min Linda	Cardio Drumming 10:15 a.m. - 45min Jess	Silver Strength 10:30 a.m. - 45min Karin D	
BodyPump + Core 11 a.m. - 75min Aliesa	Spin City 9 a.m. - 45min Bobbie	BodyPump + Core 11 a.m. - 75min Linda	Spin City 9 a.m. - 45min Bobbie	Suspension Training 11:15 a.m. - 45min Josie	Power Pilates 10:30 a.m. - 45min Hayley	
Joy of Movement 11 a.m. - 45min Karin D	HIIT the Barre 10 a.m. - 45min Bobbie	Cardio Dance 4 p.m. - 45min Jess	Barre 10 a.m. - 45min Bobbie	HIIT the Bike 12:15 p.m. - 45min Mandy		
Cardio Dance 4 p.m. - 45min Jess	Strength & Balance 10 a.m. - 45min Del	Pilates 5:15 p.m. - 45min Hayley	Strength & Balance 10 a.m. - 45min Del	Tai Chi & Qi Gong for Active Recovery 12:30 p.m. - 60min Swan		
Barre 5:15 p.m. - 45min Jonell/Hayley/Bobbie	WATERinMOTION® Strength 10:15 a.m. - 45min Toni	Spin City + Core 5:30 p.m. - 60min Mia	Aqua Zumba Style 10:15 a.m. - 45min Toni			
Spin City 5:30 p.m. - 45min Lynda	Tai Chi 11 a.m. - 60min Swan	BodyPump 5:45 p.m. - 40min Aliesa	Cardio Drumming 11 a.m. - 45min Judy			
BodyPump 5:45 p.m. - 60min Mandy	Slow Flow Yoga 12 p.m. - 60min Jessica	Aqua Cardio + Strength 5:45 p.m. - 45min Caroline	Stretch & Mobility 12 p.m. - 45min Linda			
WATERinMOTION® Strength 5:45 p.m. - 45min Karen	Low Impact Cardio Drumming 12:15 p.m. - 45min Teresa	Low Impact Cardio Dance Zumba Style 6:30 p.m. - 45min Kimmi	Yoga 12 p.m. - 45min Jessica			
Yoga 6:30 p.m. - 45min Kerry	Chair Yoga 1:15 p.m. - 45min Jessica		BodyPump 5:30 p.m. - 45min Michelle			
	BodyPump 5:30 p.m. - 45min Karen		Yoga 5:30 p.m. - 45min Shelley			
	Yoga 5:30 p.m. - 60min Chelly		Cardio Dance 6:30 p.m. - 45min Tory			
	Cardio Dance 6:30 p.m. - 45min Natalie					

Class Location

- Lap Pool
- Therapy Pool
- Cycling
- Sports Performance
- Group Fitness
- Yoga/Pilates



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.

Aqua Zumba Style | Combines Zumba dance with water resistance to create a low-impact, high-energy aquatic class.

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!

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.

Intro to Rowing | "If you have never used a rowing machine, or never learned proper rowing form and function, now is the time! Rowing is a fantastic cardiovascular and full-body strength training workout. It uses over 85% of the body's muscles, is no-impact, and great for all ages and fitness levels. Class begins with an introduction to "The Erg" and how to use it properly. Next, we'll learn how to row using three simple moves and try a short rowing workout.

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.

Slow Flow Pyramid | 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.

Spin City | 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

Suspension Training | Functional movement using the TRX suspension system with a variety of additional equipment.

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 sync 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
- **Yoga for the Mind** - Focuses on linking breath with movement to attain balance in the mind and body. Poses and sequences will encourage relaxation and stress relief.