

Classes

Elkhart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cycling 5:15 a.m. - 45min Kristen	Strength 5:15 a.m. - 45min Kristen	Cycling 5:15 a.m. - 45min Kristen	Strength 5:15 a.m. - 45min Kristen	Cycling 5:15 a.m. - 45min Kristen	Bootcamp 7:15 a.m. - 45min Erin
Senior Pep Fitness 8:15 a.m. - 45min Cara	Sunrise Yoga 6 a.m. - 45min Davida	Senior Pep Fitness 8:15 a.m. - 45min Cara	Sunrise Yoga 6 a.m. - 45min Davida	WATERinMOTION® 9 a.m. - 45min Cara	Strength 8:15 a.m. - 45min Erin
WATERinMOTION® 9 a.m. - 45min Cara	WATERinMOTION® Strength 9 a.m. - 45min Cara	WATERinMOTION® 9 a.m. - 45min Cara	WATERinMOTION® Strength 9 a.m. - 45min Cara	Cycling 9 a.m. - 45min Stacy	WATERinMOTION® 9 a.m. - 45min Cara/Shellie
Cycling 9 a.m. - 45min Maria	Strength 9 a.m. - 45min Mallory/Kristen	Cycling 9 a.m. - 45min Stacy	Deep Aqua 10 a.m. - 45min Andy	Yoga 9 a.m. - 60min Davida	Cycling 9 a.m. - 45min Instructor varies
Stretch & Balance 10 a.m. - 45min Theresa	Basic Mat Pilates 9 a.m. - 45min Madeline	Stretch & Balance 10 a.m. - 45min Theresa	Deep Aqua 10 a.m. - 45min Andy	Mat Pilates 10 a.m. - 45min Madeline	Pop-up Yoga Classes Check app regularly to see when available
Silver Strength 11 a.m. - 45min Cara	Intermediate/ Advanced Mat Pilates 10 a.m. - 45min Madeline	Chair Stretch 11 a.m. - 45min Theresa	HIIT Bootcamp 5 p.m. - 60min Erin	Low-Impact Cardio Drumming* 10 a.m. - 45min Cara	
Chair Stretch 1 p.m. - 45min Theresa	Deep Aqua 10 a.m. - 45min Andy	Silver Strength 11 a.m. - 45min Cara	WATERinMOTION® 5:30 p.m. - 45min Cara/Shellie	Silver Strength 11 a.m. - 45min Cara	
Zumba 5:30 p.m. - 45min Michelle	Strong Cycle 10 a.m. - 45min Lindsay	WATERinMOTION® Strength 5:30 p.m. - 45min Cara/Shellie	Yoga* 5:30 p.m. - 45min Jill		
Power Hour 5:30 p.m. - 60min Erin	Cardio Dance 5 p.m. - 45min Michelle	Power Hour 5:30 p.m. - 60min Erin			
Deep Stretch 5:30 p.m. - 45min Jill	WATERinMOTION® 5:30 p.m. - 45min Cara/Shellie				
	Yoga* 5:30 p.m. - 45min Jill				
	Strength 6 p.m. - 45min Missey				

Class Location

-  Pool
-  Cycling Studio
-  Group Fitness
-  Yoga/Pilates
-  Commons Gym



*Yoga & Low-Impact Cardio Drumming are Commons class offerings. Members are welcome to join, subject to cancellation when Commons is closed for events.

Boot Camp

Come fire up your day with this class designed to provide a mix of aerobic, strength training, and conditioning elements utilizing different equipment and movements in every class. Variety is key!

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, drumsticks and fun music to get your heart pumping.

Chair Stretch

Based on the Hatha style of yoga. Practice at your own pace & feel good in your body!

Cycling

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.

Deep Aqua

This deep-water exercise provides the benefits of cardiovascular training with little to no stress on your joints. This low-impact workout utilizes flotation devices and offers new challenges to your muscles while easing the strain in those problematic areas. (Participants must be able to climb a pool ladder to enter and exit.)

Deep Stretch

This class is a slow, deeply relaxing practice that uses passive, long-held floor poses to stretch and heal the body's deep connective tissues.

HIIT Bootcamp

In this class you'll experience a combination of short bursts of intense exercises. Options for all moves are provided. You'll burn calories, improve your cardiovascular health, and work your way to a leaner, stronger body!

Mat Pilates

A low impact, full body workout that focuses on strengthening your core, improving posture and enhancing flexibility. Performed on a mat using your body weight for resistance. Each class guides you through controlled movements that engage deep muscles - especially your abs, back and glutes. Expect a calm, focused environment with exercises that can be modified for any fitness level. Great for building strength, improving mobility and reducing stress.

Power Hour

Our Instructor will take you through a Spin and Strength with free weights hybrid class!

Senior Pep Fitness

Get energized and improve endurance, flexibility and strength. This fitness class helps seniors stay active and live healthier lives. Classes are led by our specially trained instructors.

Silver Strength

A gentle approach towards building and maintaining strength and increasing range of motion and functionality—translating to a higher quality of life and increased levels of activity within the participating population. It is open to all and is an ideal exercise solution for participants with mobility limitations.

Strength

Use weights, bands, stability balls, body bars and the BOSU® to work all the muscle groups of the body.

Stretch/Balance

Gentle stretching from head to toe while working on your balance. Leave feeling refreshed and open.

Strong Cycle

A resistance and endurance based ride, focusing on incline work and longer runs.

WATERinMOTION®

The newest aqua exercise workout that provides a low impact, high-energy challenge. This cardio workout helps to tone the entire body.

**Lanes open to participants 10 minutes before class starts.*

WATERinMOTION® Strength

Takes advantage of the aqua environment to build muscular endurance, power and overall tone in a workout using aqua dumbbells. This class uses the unique properties of 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.

**Lanes open to participants 10 minutes before class starts.*

Yoga

Welcome to an All-Levels Yoga Flow, This is an adaptable practice designed to meet you exactly where you are today. Whether you are stepping onto the mat for the first time or are an experienced practitioner, this class offers the perfect balance of accessible movement and personal growth.

Zumba

Pump the jams and get moving in this fun, energetic class to get the heart pumping - you won't even know it's exercise.