

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:50a	The Ride (A) Cynthia (55 min) 29 max <input checked="" type="checkbox"/>	Body Pump (A) Viola (55 min) 30 max	The Ride (A) Kathy (55 min) 29 max <input checked="" type="checkbox"/>	Body Pump (A) Viola (55 min) 30 max	The Ride (A) Cynthia (55 min) 29 max <input checked="" type="checkbox"/>		
8:00a						The Ride (A) Kathy (55 min) 29 max <input checked="" type="checkbox"/>	
8:15a	Step & Sculpt (A) Deb (55 min) 25 max	The Ride (A) Karen (45 min) 29 max <input checked="" type="checkbox"/>	Integration Training (A) Deb (55 min) 25 max	The Ride (A) Kelly (45 min) 29 max <input checked="" type="checkbox"/>	Yoga Mix (B) Beth (55 min) 25 max <input checked="" type="checkbox"/>	Sunrise Yoga (B) Lari (55 min) 25 max	
8:30a	Cardio Water Fit (LP) Liz (55 min) 30 max	Xtreme 4D (C) Laura (45 min) 8 max L2	Gym Fit (Multi) Laura (55 min) 20 max <input checked="" type="checkbox"/>	Xtreme 4D (C) Laura (45 min) 8 max L2	Body Pump Express (A) Laura (45 min) 30 max		
9:00a	TRX Level 2 (FC) Richard (55 min) 8 max L2	TRX Fighter (FC) Richard (55 min) 8 max L2		TRX Level 2 (FC) Karen (55 min) 8 max L2		Turbo Kickboxing (C) Amy (55 min) 25 max L2 <input checked="" type="checkbox"/>	The Ride (A) Caelin (55 min) 29 max <input checked="" type="checkbox"/>
9:15a	Body Pump (A) Karen (55 min) 30 max		Body Pump (A) Heather (55 min) 30 max		Bring It! (C) Kathy (55 min) 15 max L2	Body Pump (A) Chrissy (55 min) 30 max	
9:30a	Stretch & Splash (LP) Liz (55 min) 30 max	Cycling Intervals (A) Kathy (55 min) 29 max	Xtreme 4D (C) Richard/Kathy (55 min) 8 max L2	Stretch & Splash (LP) Pat (55 min) 30 max	Cycling Intervals (A) Heather (55 min) 29 max	Pilates (B) Michele (55 min) 25 max	
	Turbo Kickboxing (C) Michele/Laura (55 min) 20 max <input checked="" type="checkbox"/>	Deep H2O: Cardio & Core (CP) Pat (55 min) 12 max	TRX Move (FC) Karen (45 min) 8 max L2	Gym Fit (Multi) Michele (55 min) 20 max <input checked="" type="checkbox"/>	Deep H2O: Cardio & Core (CP) Michelle (55 min) 12 max	TRX Boot Camp (FC) Michelle (55 min) 12 max	
		Block it! (B) Amy/Michelle (55 min) 19 max		Body Pump (A) Laura (55 min) 30 max			
9:45a	Yoga Flex (B) Lori (55 min) 25 max	Yoga Mix (C) Beth (55 min) 18 max <input checked="" type="checkbox"/>	Vinyasa Yoga (B) Pooja (55 min) 25 max	Gentle Yoga (B) Beth (55 min) 25 max <input checked="" type="checkbox"/>	Power Yoga (B) Kim (55 min) 25 max L2		
			Cardio Water Fit (LP) Kim (55 min) 30 max				
10:00a	Forever Fit (Gym) Deb (55 min) 30 max	Zumba Gold (Gym) Jackie (55 min) 30 max	Forever Fit (Gym) Deb (55 min) 30 max		Forever Fit/Yoga (MMC) Pooja (55 min) 20 max		
10:30a	FitQuest (Lounge) Karen (10 min) 12 max <input checked="" type="checkbox"/>	Body Pump (A) Laura (55 min) 30 max	FitQuest (Lounge) Karen/Heather (10 min) 12 max <input checked="" type="checkbox"/>	Turbo Kickboxing (A) Karen/Michelle (55 min) 30 max <input checked="" type="checkbox"/>	Body Pump (C) Karen (55 min) 25 max	FitQuest (Lounge) Amy (10 min) 12 max <input checked="" type="checkbox"/>	
	Zumba (A) Jackie (55 min) 40 max <input checked="" type="checkbox"/>	Pilates (B) Karen/Michele (55 min) 25 max <input checked="" type="checkbox"/>	Zumba (A) Rachel (55 min) 40 max <input checked="" type="checkbox"/>		Zumba (A) Rachel (55 min) 40 max <input checked="" type="checkbox"/>		
11:00a						Zumba (A) Jackie/Viola (55 min) 40 max <input checked="" type="checkbox"/>	
12:00p	TRX Move (FC) Laura (30 min) 8 max L2	The Ride (C) Kelly (45 min) 14 max <input checked="" type="checkbox"/>	TRX Abs Xpress (FC) Viola (30 min) 8 max	The Ride (C) Heather (45 min) 14 max <input checked="" type="checkbox"/>	TRX Level 1 (FC) Viola (30 min) 8 max		
12:30p	FitQuest (Lounge) Laura (10 min) 12 max <input checked="" type="checkbox"/>		FitQuest (Lounge) Viola (10 min) 12 max <input checked="" type="checkbox"/>		FitQuest (Lounge) Viola (10 min) 12 max <input checked="" type="checkbox"/>		Power Yoga (B) Kim (55 min) 25 max L2
4:00p	Zumba** (A) Jackie (45 min) 15 max <input checked="" type="checkbox"/>		Kids Boot Camp (A) Viola (45 min) 15 max <input checked="" type="checkbox"/>				
5:30p	Bring Your Own Body (B) Jackie (55 min) 20 max <input checked="" type="checkbox"/>	TRX Fighter (FC) Richard (55 min) 8 max L2	Turbo Kickboxing (B) Kelly/Michelle (55 min) 30 max L2 <input checked="" type="checkbox"/>	TRX Level 2 (FC) Richard (55 min) 8 max L2			
6:00p	Turbo Kickboxing (A) Amy (55 min) 30 max <input checked="" type="checkbox"/>		20/20/20 (A) George (55 min) 25 max	Down to the Core (MLng) Kevin (55 min) 25 max L2 <input checked="" type="checkbox"/>			
6:30p	Flow Yoga (B) Pooja (55 min) 25 max	Gentle Yoga (B) Beth (55 min) 25 max <input checked="" type="checkbox"/>	Yoga Flex (B) Lori (55 min) 25 max	Cardio Yoga (B) Kim (55 min) 25 max L2	<b>LOCATIONS</b> Studio A (A) Meeting Room (MR) Leisure Pool (LP) Studio B (B) Gymnasium (Gym) Competition Pool (CP) Studio C (C) Multipurpose Room (Multi) Outdoor Pool (OP) Fitness Center (FC) Member Lounge (MLng) Lou Eves Municipal Pool Outdoor Fitness (D) Municipal Center: (MMC) Room 1029		
	Cycling Intervals (C) Caelin (55 min) 12 max	Body Pump (A) Chrissy (55 min) 30 max	Cycling Intervals (C) Caelin (55 min) 12 max	Body Pump (C) Chrissy (55 min) 25 max			
6:35p	Cardio Water Fit (LP) Michelle (55 min) 30 max	Aqua Zumba (LP) Jackie (55 min) 30 max <input checked="" type="checkbox"/>	Cardio Water Fit (LP) Liz (55 min) 30 max		<b>LEVELS</b> Beginner L1 Intermediate L2 Advanced L3		
7:00p	Zumba (A) Viola (55 min) 40 max <input checked="" type="checkbox"/>		Just Dance (A) Michele (55 min) 40 max <input checked="" type="checkbox"/>	Zumba (A) Jackie (55 min) 40 max <input checked="" type="checkbox"/>	<b>SYMBOLS</b> Teen-friendly class <input checked="" type="checkbox"/> Requires registration <input checked="" type="checkbox"/> Premier Perk <input checked="" type="checkbox"/>		
7:45p		FitQuest (Lounge) Chrissy (10 min) 12 max <input checked="" type="checkbox"/>		FitQuest (Lounge) Chrissy (10 min) 12 max <input checked="" type="checkbox"/>	<b>FEES</b> Premier: Free Basic: \$2 Non-Member: \$20 adult day pass		
8:00p				Intro to Deep H2O (CP) Sandy (55 min) 12 max	<b>New class formats are highlighted in blue!</b>		

\*\* "Inclusive" Zumba. See description for full details.

## class descriptions

### BODY & MIND

**Cardio Yoga:** Lengthen and sculpt muscles while increasing your heart rate to burn maximum calories. Build balance, strength, endurance, and flexibility. *Intermediate to advanced.*

**Flow Yoga:** Move at your own pace as you explore meditative flows of movement linked via breath, classic yoga postures, and creative variations. *All levels welcome.*

**Gentle Yoga:** A gently paced sequence of classic Hatha yoga postures to stretch, tone, and strengthen. *All levels welcome.*

**Pilates:** Balance your overall development through core stability, flexibility, and awareness to support efficient, graceful movement. *All levels welcome.*

**Power Yoga:** Combine heat with breath and movement of Vinyasa Flow for an empowering workout. *Intermediate to advanced.*

**Sunrise Yoga:** A physically energizing form of Vinyasa yoga fusing classic poses and power. *All levels welcome.*

**Yoga Flex:** Designed for active athletes looking for a good, total body stretch. *All levels welcome.*

**Yoga Mix:** This moderately paced class mixes dynamic and gentle postures in a flowing sequence. Some yoga experience is helpful but not required. *All levels welcome.*

**Vinyasa Yoga:** Synchronize breath and movement by linking postures together into a dynamic practice. *All levels welcome.*

### BODY & CARDIO

**20/20/20:** Three workouts in one! 20/20/20 is designed to give you the ultimate challenge and total body workout. Sweat through 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of core. *All levels welcome.*

**Block it!** Combine cardio segments using 4- to 6-pound body bars with the squats, lifts, and curls of Train it! in this energetic interval workout. *All levels welcome.*

**Bring it!** High impact and high energy! Combine agility, endurance, and speed drills in this indoor/outdoor (weather permitting) class. *Intermediate to advanced.*

**Cycling Intervals:** Combine the cardio of cycling with strength training on and off the bicycle in a heart-pumping workout. *All levels welcome.*

**FitQuest:** New to group fitness? Want some direction? Need help improving your problem areas? The FitQuest circuit challenge can help! See how many times you can complete the circuit in 10 minutes. A group fitness instructor will time you and analyze your performance, then suggest which of our many diverse group exercise programs will help you improve and achieve your fitness goals. Come back in 6 weeks for a follow-up challenge to see how much you've improved and be entered into a drawing for a free massage at our Spa. *All levels welcome.*

**Forever Fit:** Created for older adults. Strength training and movements in a fun group setting utilizing weights, resistance bands, mats, and chairs to help balance. *All levels welcome.*

**Gym Fit:** Take advantage of all the benefits of running, jumping, skipping, and floor work on a spring floor. Reduce impact on your joints while performing cardio segments, strength training, and flexibility on a wide open floor. No shoes please. *All levels welcome.*

**Integration Training:** This dynamic circuit workout incorporates agility, plyometrics, and core conditioning through fitness games, kickboxing, medicine ball drills, and obstacle courses. *All levels welcome.*

**Kids Boot Camp:** Take your workout further by integrating dynamic moves for strength, stability, balance, and endurance. *All levels welcome.*

**The Ride:** Vary your intensity level by using your bicycle's resistance knob. A great cardio workout that really challenges your lower body. *All levels welcome.*

**Step & Sculpt:** Combine step aerobics and muscular conditioning. Class ends with abdominal and back work and a cool down stretch session. *All levels welcome.*

**TRX Abs Xpress:** The perfect workout for those looking to experience a core-focused fitness workout in a casual, fun group setting. *All levels welcome.*

**TRX Boot Camp:** Hang in there and get a focused strength, endurance, and agility circuit style cardio challenge using TRX Suspension Training. *All levels welcome.*

**TRX Fighter:** Challenge your legs, shoulders, and core as you punch, kick, jump, and TRX your way to a tighter, stronger, more coordinated body. Focus on more advanced TRX and kickboxing moves to fight your way through a total body workout. *Intermediate to advanced.*

**TRX Level 1:** Let our instructor coach you through a non-competitive strength and endurance challenge using the TRX. *All levels welcome.*

**TRX Level 2:** A greater challenge for experienced fitness enthusiasts, our instructor will coach you through strength, endurance, agility, and flexibility challenges. *Intermediate to advanced.*

**TRX Move:** Burn calories and build muscular and cardiovascular endurance with a series of strength sets followed immediately with cardio intervals. Class is fast-paced with no time to rest. *Intermediate to advanced.*

**Turbo Kickboxing:** Maximize your workout with ab sculpting moves and fat-burning cardio. This unique blend of intense intervals and endurance training is perfectly choreographed to motivating music. *Intermediate to advanced.*

**Xtreme 4D:** Increase your fitness level and stamina through integration. Exercises include the GTS, kettlebells, TRX suspension training, and cycle bike with a focus on core strength and overall muscle endurance. Previous TRX and GTS experience is advised. *Intermediate to advanced.*

### BODY & DANCE

**Just Dance:** Bring your friends and "just dance" along with the instructor to the latest radio hits. *All levels welcome.*

**Zumba:** This fusion of Latin and international music and dance themes creates a dynamic, exciting, and effective fitness system. *All levels welcome.*

**Zumba Gold:** A fusion of Latin and international music and dance themes, modified to make it accessible to seniors and beginners. Build cardiovascular health by challenging the heart and working hip, leg, and arm muscles. *All levels welcome.*

**Zumba (Inclusive):** This modified Zumba® fitness class—designed for people of all abilities—will use slower, modified, low-impact steps and simple arm movements to gain the same benefits as any Zumba program! Participants are welcome to bring a helper, or buddy (family member or aide) to join in the fun at no extra charge. You will be dancing to a mix of Latin and World rhythms and learning to feel the music through dance and movement. The main objective of this class is to get participants moving, smiling, sweating and having fun! Individuals who use wheelchairs are welcome. Please bring a water bottle and wear comfortable clothing and sneakers. *All levels welcome.*

### BODY & STRENGTH

**Body Pump:** Body Pump is the original barbell class that shapes, tones, and strengthens your entire body. The key to Body Pump is the repetition effect, a breakthrough in fitness training focusing on high repetition movements with low weight loads. This will help you achieve strength and introduce lean body muscle conditioning, all while burning an average of 530 calories per class! *All levels welcome.*

**Bring Your Own Body:** An effective body weight exercise program that will push you in ways that a traditional gym workout won't. Discover how you can maximize your strength, flexibility, and agility using just your body weight. *All levels welcome.*

**Down to the Core:** The focus is on building strength through total body and isolation movements to trim and tone your core. *Intermediate to advanced.*

### BODY & WATER

**Aqua Zumba:** It's a pool party for all ages! Integrate Zumba moves into your traditional water fitness program and enjoy music along with dynamic, exciting, and effective cardio. *All levels welcome.*

**Cardio Water Fit:** This medium intensity, shallow water class incorporates cardio and choreographed movements to improve balance, coordination, flexibility, and range of motion. Hand buoys are used to improve upper body strength. *All levels welcome.*

**Deep H2O: Cardio & Core:** This medium to high intensity, deep water class challenges the core muscles and provides an effective cardio workout without the stress to your joints. Belts are worn in this class for neutral buoyancy. *Intermediate to advanced.*

**Intro to Deep H2O:** This low intensity, deep water class uses basic deep water movements to introduce new participants to the deep water environment. *All levels welcome.*

**Stretch & Splash:** This low intensity, shallow water class focuses on strength and stretching. *All levels welcome.*

# Drop-in Group Exercise Schedule

January 2 - March 31, 2012



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