



GROUP FITNESS

APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
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8:00 AM - AQUA FIT Monica	8:00 AM - GENTLE YOGA Jeff	5:15 AM - STEP & STRENGTH Ginger	5:15 AM - P90X Ginger
8:00 AM - VINYASA FLOW Breeana	8:00 AM - AQUA FIT Monica	8:00 AM - AQUA FIT Monica	8:00 AM - AQUA FIT Monica
9:00 AM - STEP & STRENGTH Ginger	9:00 AM - WALK THIS WAY Rachel	9:00 AM - DEEP WATER Jeniver	8:00 AM - GENTLE YOGA Jeff
9:00 AM - DEEP WATER Jeniver	9:15 AM - AQUA FIT DEEP Monica	9:00 AM - CHAIR YOGA Breeana	9:00 AM - TONE & TIGHTEN Ashley
10:00 AM - TONE & TIGHTEN CHAIR Ginger	10:00 AM - FULL BODY BLAST Rachel	10:00 AM - AQUA SPLASH Jeniver	9:15 AM - AQUA FIT DEEP Monica
10:00 AM - AQUA SPLASH Jeniver	11:00 AM - KNOCK-OUT PARKINSON'S BOXING Terry/Ginger	10:00 AM - PILATESCORE Ginger	10:00 AM - POUND Courtney
12:15 PM - CARDIO SCULPT* Matrasa	12:15 PM - STRENGTH & SCULPT* Rachel	12:15 PM - TABATA* Matrasa	11:00 AM - KNOCK-OUT PARKINSON'S BOXING Shellie
6:00 PM - RHYTHM PUMP Stevie	5:00 PM - POUND Courtney	5:00 PM - FULL BODY BLAST Rachel	5:00 PM - STEP PARTY Ally
7:00 PM - DANCE FOR FUN Rochelle	6:00 PM - HATHA YOGA Jeff	6:00 PM - RHYTHM PUMP Stevie	6:00 PM - YIN YOGA Katelyn
	7:00 PM - WATER AEROBICS Melanie	6:15 PM - CLIMB FIT Rachel	7:00 PM - INTRO TO BOXING Will
			7:00 PM - WATER AEROBICS Melanie

FRIDAY	SATURDAY	SUNDAY
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9:00 PM - STEP & STRENGTH Ashley	8:00 AM - POWER YOGA Jenny	5:30 PM - RUMBLE Rochelle
10:00 AM - TONE & TIGHTEN CHAIR Debbie	9:15 AM - STRONG Courtney	
6:00 PM - R.I.P.P.E.D. Rochelle	10:00 AM - ZUMBA Rochelle	
	11:00 AM - CORE & MORE Rochelle	

Pre-registration on the Mindbody app is required to attend class. See the fitness desk for assistance.
*Denotes 30 minute class

Schedule subject to change.



CLASS DESCRIPTIONS | APRIL 2024

AQUA FIT

Location: Warmup pool

Instructor: Monica

Mix it up in this energetic class fusing intervals of strength exercises with aerobic exercises giving you the benefits of both a cardiovascular and strength workout.

AQUA FIT DEEP

Location: Competition pool

Instructor: Monica

A deep pool, low-impact workout with a high impact on your cardiovascular system.

Wear a flotation belt for support in the deep water as you perform dynamic deep water aerobics routines.

AQUA SPLASH

Location: Warmup pool

Instructor: Jeniver

Work at your own pace while having fun in the water with new and old friends. The resistance and support of water allows this class to incorporate an assortment of exercises. Cardio conditioning, strength building & flexibility components will be featured in each class.

BOXING

Location: Group exercise room

Instructor: Will

This class will be a mix of walking through fundamentals of boxing along with high intensity interval training applying the skills learned beforehand. All levels welcome.

CARDIO SCULPT (30 MINUTES)

Location: Turf

Instructor: Matrasa

Build athletic fitness as you sweat through smart and safe progressions. Use your body-weight as a tool to develop speed, balance, and agility. Workouts will also utilize weights to sculpt lean muscles.

CHAIR YOGA

Location: Group fitness room

Instructor: Judy

This class is a gentle form of yoga. You will practice yoga sitting in a chair or standing using the chair for support. Complicated maneuvers and complex movements are not present in this class. Students can experience the many benefits of yoga without having to get up or down from the floor. You will learn many yoga postures, breathing techniques, meditation, and ways of relaxation with the aid of a chair. Benefits include increased balance, strength, flexibility, range of motion, and stress reduction.

CLIMB FIT

Location: Clip 'n Climb

Instructor: Rachel

Catering to adults who are tired of the weekly gym routine. This class will work all muscle groups along with their flexibility, agility and concentration.

CORE & MORE

Location: Group fitness room

Instructor: Ginger/Rochelle

A challenging mix of intense, dynamic core stabilizing exercises using planks, sliders, light weights and exercise balls.

DANCE FOR FUN

Location: Group fitness room

Instructor: Rochelle

This class combines a great cardio workout with fun, simple to learn dance-style choreography for everyone. This high-energy social dance fitness class offers a variety of physical activities for all levels of fitness and can be easily modified for beginners. Improve your endurance, coordination and balance but have fun dancing to music from 70's to hits of today!



DEEP WATER

Location: Competition pool

Instructor: Jeniver

This deep water workout, with a flotation belt, is a nearly zero impact exercise environment. Deep water running and bicycling alongside other exercises will challenge your body and core. All fitness levels welcome; no swimming required.

FULL BODY BLAST

Location: Group exercise room

Instructor: Rachel

This full-body workout is designed to get your heart pumping, muscles burning, and spirits soaring through a combination of full body weight exercises, cardio bursts and dynamic stretching. Prepare to leave feeling energized, invigorated and ready to take on the day!

GENTLE YOGA

Location: Group fitness room

Instructor: Jeff

Gentle yoga is a calming, stress-relieving yoga class to stretch and strengthen the body gradually. This class focuses on vinyasa (connecting breath to movement) and builds strength and flexibility.

HATHA YOGA

Location: Group fitness room

Instructor: Jeff

Hatha Yoga is practiced at a slower pace, with focus on the breath, controlled movements, and stretching. Hatha Yoga improves flexibility in the spine and hamstrings and is also recommended for older adults who need help improving the range of motion in their joints.

KNOCK-OUT PARKINSON'S BOXING

Location: Group fitness room

Instructor: Shellie, Ginger, or Terry

This class is a full-body workout exercise regimen that includes: non-contact boxing to help improve hand-eye coordination, balance, agility, and reaction time. Class members will also work on voice activation exercises, mobility, core, stretching, and strength exercises that will help with everyday functional activities and promote improved posture and better cognitive processing. Class will provide a fun and socializing atmosphere for all participants. Each participant will need to have their own boxing gloves.

P90X

Location: Turf

Instructor: Ginger

P90X is a total-body, cardio, and strength training class that uses body weight as well as dumbbells and resistance toning. A sequence of blocks may include: lower body, upper body, cardio, and core. Warm up and cool down included-no time wasted. This class is fast moving, hard-hitting workout.

PILATES

Location: Group exercise room

Instructor: Ginger

A low-intensity muscle strengthening workout that focuses on integrated movement utilizing the core. This class promotes flexibility, mobility and posture.

POUND

Location: Group fitness room

Instructor: Courtney

Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out!

POWER YOGA

Location: Group fitness room

Instructor: Jenny

Join Jenny for a powerful start to your Saturday! Incorporating a more traditional Vinyasa Flow that focuses on whole strength, building on hip-opening series that helps release physical tension and emotional stress. Gains= Better Balance, Improved Memory, Increased Muscle Strength, Enhanced Range of Motion, Feeling Calm, Peaceful and Confident.

RHYTHM PUMP

Location: Group fitness room

Instructor: Stevie

A one hour total body toning class set to a playlist that is sure to keep you motivated. Using light-to-medium weight dumbbells and bodyweight resistance, we will focus on all major muscle groups. This class is low impact and great for any fitness level. We'll build strength and increase muscle endurance while also hitting those cardio heart rates so you can knock it all out in just one hour!

R.I.P.P.E.D.

Location: Group fitness room

Instructor: Rochelle

The One Stop Body Shop is a "Plateau Proof Fitness Formula" that helps you to create continuity, consistency, and challenge in each and every R.I.P.P.E.D. class. It is Plateau Proof because each component of the workout provides a uniquely different emphasis or system response, so your body never gets accustomed to the constantly changing format. Participants achieve undeniable, ultimate results in minimal time, boasting 750-1,000 calories burned in just 50 minutes.

RUMBLE

Location: Group exercise room

Instructor: Rochelle

RUMBLE by R.I.P.P.E.D. is an authentic, yet simple to master, cardio mixed martial arts adapted for the group exercise environment. You will use a weapon: The RUMBLE Stick- which creates a higher degree of training and is an extension of your body, which enhances spatial awareness and overall movement. RUMBLE is formulated with systematic science-based techniques that are safe, effective, and most importantly, FUN! Each routine is set up in a way that anyone can understand and complete, but difficult enough to get a full body workout that challenges your cardio and strength.

STEP AND STRENGTH

Location: Group fitness room

Instructor: Ginger

A great cardio workout that is sure to please. This workout incorporates a step platform with intervals of strength training.

STEP PARTY

Location: Group fitness room

Instructor: Ally

A high intensity interval training dance workout that feels like you're going to the club with friends! Although it works your whole body, let the beat move you and dance your heart out! All levels welcome.

STRENGTH & SCULPT

Location: Group fitness room

Instructor: Rachel

This full body workout tones muscles and increases bone density. This class is designed for all levels and can be done with or without weights.

STRONG

Location: Group fitness room

Instructor: Courtney

Stop counting the reps. Start training to the beat. STRONG Nation™ combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

TABATA (30 MINUTES)

Location: Group fitness room

Instructor: Matrasa

Tabata is a high-intensity interval training that consists of eight sets of fast-paced exercises, each performed for 20 seconds interspersed with a brief rest of ten seconds.

TONE & TIGHTEN

Location: Group fitness room

Instructor: Ashley/Ginger

Target all major components of fitness in one class. Class begins with a standing cardiovascular warm up followed by a cardio intensive block, then a strength training block, ending with a total body stretch.

TONE & TIGHTEN CHAIR

Location: Group fitness room

Instructor: Ginger/Debbie

This class features a chair as a movement tool while targeting all major components of fitness in one class.

WATER AEROBICS

Location: Warmup pool

Instructor: Melanie

Use this class to make the pool your gym. This low impact water workout incorporates upbeat music to encourage you as you work build strength and endurance. Classes will feature cardio intervals and the use of resistance equipment including water dumbbells and noodles.

YIN YOGA

Location: Group fitness room

Instructor: Katelyn

With roots in martial arts and yoga, this class is designed to increase joint circulation and improve flexibility through holding deep stretches for a minute or longer. Focusing on healing the body's connective tissue, this style aids recovery for sore muscles from a hard workout. All levels are welcome.

ZUMBA

Location: Group fitness room

Instructor: Rochelle

Latin inspired, dance-fitness class that incorporates Latin, International, and some pop music with dance movements to create a dynamic, exciting and effective fitness system. The combination of fast and slow rhythms is an aerobic/fitness workout giving you a balance of cardio and muscle-toning benefits. Get ready to move, dance, and have a blast in this party atmosphere. Invite your friends! No experience necessary! Remember everyone is a beginner first, but you learn by doing.