

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

AQUA ARTHRITIS

8:15-9:00a

Noriko

RESISTANCE FOR ALL

8:30-9:30 a

Patty

AQUA AEROBICS

9:10-10:10a

Janine

YOGA

9:30-10:45a

Alta

DEEP WATER AEROBICS

11:00-12:00P

Gina

STRENGTH & TONE

11:15-12:15p

Janine

CARDIO KICKBOX

6:00-7:00p

Gina

PILATES

7:15-8:15P

Susan

CARDIO CYCLE

5:45-6:30a

Gina

SILVER SNEAKERS

8:30-9:15a

Patty

LOW IMPACT

8:15-9:15a

Linda

AQUA AEROBICS

8:15-9:15a

Beth

ZUMBA!

10:00-11:00a

Beth

FLOW YOGA

9:30-10:45a

Brian

CARDIO CYCLE

12:00-12:45p

Susan

CARDIO CYCLE

6:00-6:45p

Maureen

AQUA ZUMBA

6:30p-7:15p

Cathy

AQUA ARTHRITIS

8:15-9:00a

Noriko

RESISTANCE FOR ALL

8:30-9:30 a

Patty

AQUA AEROBICS

9:10-10:10a

Janine

TAI CHI

10:00-11:00a

Lisa

DEEP WATER AEROBICS

11:00-12:00p

Gina

STRENGTH & TONE

11:15-12:15p

Janine

ZUMBA!

6:00-7:00p

Brandi

YOGA

7:15-8:30P

Elijah

CARDIO CYCLE

5:45-6:30a

Gina

SILVER SNEAKERS

8:30-9:15a

Patty

LOW IMPACT

8:15-9:15a

Linda

AQUA AEROBICS

8:15-9:15a

Beth

ZUMBA!

10:00-11:00a

Beth

FLOW YOGA

9:30-10:45a

Brian

CARDIO CYCLE

12:00-12:45p

Susan

PILATES

1:00-2:00p

Susan

YOGA

5:50-6:50P

Brianna

AQUA AEROBICS

6:45-7:45p

Brandi

CARDIO CYCLE

6:30-7:15a

Maureen

BUTTS N' GUTS

7:30-8:30a

Maureen

AQUA ARTHRITIS

8:15-9:00a

Noriko

AQUA AEROBICS

9:00-9:45a

Janine

CIRCUIT

9:00-10:00a

Patty

BEGINNER TAI CHI

10:00-10:45a

Lisa

DEEP WATER AEROBICS

11:00-12:00p

Gina

YOGA

10:15-11:30a

Elijah

CARDIO CYCLE

12:-12:45p

April

YOGA

1:15-2:30p

JoAnne

Participants are asked not to enter classes after warm-up has begun.

All listed instructors are the scheduled instructors but may change without prior notice.

Please see reverse side for descriptions of classes.

Fees for program participants are \$8 per class.

All water classes meet in the pool.

Cycle Classes: Passes will be handed out no earlier than 30 minutes prior to class start time. Pass holders must check in with the instructor no later than 5 minutes prior to the start of the class. If you are not present 5 minutes prior to the start of the class, you will be considered a "no-show" and may lose your bike to someone on our wait list.

All participants are encouraged to have a checkup and receive clearance from a doctor prior to beginning any exercise program.

SPIRIT

Improve your cardiovascular health.

Cardio Cycle - All levels are welcome as you ride up hills, break away on a flat road, sprint your way to a great cardiovascular workout. Set to motivating music with guidance from the instructor, this class will keep you motivated! Each class is limited to 9 participants: Pick up a cycle pass at the member services desk no earlier than 30 minutes prior to the start of the class. Participants must be in class 5 minutes before class start time.

ZUMBA! - A fusion of Latin and International dance themes, the routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body. All levels welcome!

Kickboxing - A high intensity, empowering workout that focuses on punches, kicks, and drills designed to increase your fitness level. A great cardio, core, and overall work out.

Low Impact - Get that heart rate pumping using choreographed routines with minimal impact on the body. It's a great, energetic workout for all fitness levels.

MIND

Enhance your mind and body.

Tai Chi - Originally developed in China as a form of self-defense, Tai Chi is a system of exercises performed in a series of postures or movements in a slow, graceful manner. Each posture flows into the next without pausing. Tai Chi is used to: reduce stress, improve balance/posture, increase flexibility, improve muscular strength and increase feelings of well-being. (begins January 7)

Mixed-Level Flow Yoga - Move from one pose into another as this series of postures builds strength, increases flexibility, and reduces stress. Many modifications are offered for those who are stretching more gently and additional challenges are given for those looking for a more vigorous experience. All levels are welcome.

Yoga - Instructors will help you through a series of related flowing movements, or vinyasa, that will allow you to benefit physically by developing strength, balance and flexibility. Breathing and relaxation techniques will help you center yourself and connect with your body.

Pilates - Lengthen and strengthen the core muscles of the body through a series of floor based exercises designed to develop the deep muscles of the abdominals, back, hips and buttocks. Pilates can improve the strength, balance and flexibility of the muscles that control the trunk and spine.

BODY

Design a stronger, healthier body.

Resistance for All - Using weights and resistance bands, you'll tone and strengthen your upper and lower body. All levels welcome.

Butts and Guts - This is a great lower body toning class for all levels. Tone and tighten those glutes, thighs and abs using exercise balls, floor work, exercise bands and much more TODAY!

Strength and Tone - Come prepared to strengthen every major muscle group in your body! This class will utilize free weights, resistance bands, exercise balls, and your own body weight. All levels welcome.

Silver Sneakers - A chair based exercise class designed for everyone. Through the use of balls, small weights and resistance bands, participants improve their strength, flexibility, coordination and balance.

water classes

Arthritis Water Aerobics - Gentle control and moderate movements to help maintain muscular flexibility, strength and endurance.

Water Aerobics - A fun water workout that is easy on your joints. This class uses a combination of aerobic routines to improve cardiovascular endurance, conditioning exercises to strengthen muscles and gentle stretching.

Deep Water - A great cardiovascular workout using a flotation belt, this no impact class allows you to work against the water to increase cardiovascular endurance and tone muscles.

GROUP Policies and Procedures

- Non-member fee for ALL classes is \$8/class
- **Participants are asked not to enter classes after warm-up has begun.**
- For Cycle classes: Cycle passes will be handed out no earlier than 30 minutes prior to the class start time. Pass holders must check in with the instructor no earlier than 5 minutes prior to the start of the class. If you're not present 5 minutes prior to the start of the class, you will be considered a "no show," and your spot will be given to someone on the wait-list.
- All water classes meet in the pool