



# FITNESS SCHEDULE

## AQUATIC + GROUP X CLASSES BY PROGRAM

Effective March 2, 2020

**CORE MEMBERS CAN ADD-ON THESE 100+ CLASSES FOR \$20/mo (INDIVIDUALS) + \$30/mo (FAMILIES)**

Schedule is subject to change without advanced notice. **Classes in red denote change or new class.** Denotes Silver Fitness programming

### AQUATIC FITNESS

Mon	9am-10am	Oodles of Noodles	FAMILY POOL	Vanessa S	<b>AQUA BOOTCAMP:</b> High intensity speed and movement training that maximizes your fitness in a low impact, fun environment. During the class, at least one lap lane will be left open for lap swimmers.
Mon	11am-12pm	Oodles of Noodles	FAMILY POOL	Vanessa S	
Mon	6:30-7:30pm	Aqua Zumba	FAMILY POOL	Steve C	<b>AQUA INTERVALS:</b> High interval class followed by strength, toning and balance exercises.
Tue	8:30-9:30am	HydroRider	FAMILY POOL	Christy S	
Tue	9:30-10:30am	Aqua Bootcamp	LAP POOL	Maddy R	<b>AQUA CARDIO:</b> Submerged running, cycling and kicking to raise your heart rate and reduce the impact to your joints.
Tue	11:15-12pm	Joint in Motion	FAMILY POOL	Christy S	
Tue	6-7pm	Aqua Cardio	LAP POOL	Christy S	<b>AQUA RECOVERY:</b> This class restores mobility, decreases joint pain, and restores your muscle tension while stretching in our warm family pool water.
Tue	6:30-7:30pm	Aqua Zumba	FAMILY POOL	Steve C	
Wed	8:30-9:30am	Yoga Flow	FAMILY POOL	Wendy B	<b>AQUA ZUMBA®:</b> Latin dance beats follows exercisers into the pool in this unique blend of water aerobics and dance.
Wed	10-10:45am	Aqua Cardio	LAP POOL	Christy S	
Wed	11-11:45pm	Water Sculpt	FAMILY POOL	Christy S	<b>JOINTS IN MOTION:</b> Ideal for anyone suffering from joint pain, range of motion and flexibility problems to push yourself in the pool.
Wed	5:45-6:30pm	Aqua Intervals	FAMILY POOL	Maddy R	
Wed	6:30-7:30pm	HydroRider	FAMILY POOL	Andrea K	<b>HYDRORIDER:</b> Spin your wheels in the water in this unique indoor cycling class in the pool.
Thu	9-10am	Aqua Bootcamp	FAMILY POOL	Beth H	
Thu	11-11:45am	Water Sculpt	FAMILY POOL	Christy S	<b>OODLES OF NOODLES:</b> A full hour of non-stop aerobics with noodles and other pool equipment that will leave you hooting and hollering. Come join an upbeat, gentle way to work out in the water.
Fri	8:30-9:15am	Aqua Zumba	FAMILY POOL	Maddy R	
Fri	9:15-10am	Water Sculpt	LAP POOL	Christy S	<b>WATER SCULPT:</b> Define your entire body with intervals of resistance training and cardio bursts to maximize calorie burning and muscle development.
Fri	10-10:45am	Aqua Recovery	FAMILY POOL	Christy S	
Sat	9:15-10:15am	HydroRider	FAMILY POOL	Andrea K	<b>YOGA FLOW:</b> Let the water flow as you move through poses in low impact motions to develop posture, static balance and range of motion.
Sat	10:30-11:30am	HydroRider	FAMILY POOL	Andrea K	

### DANCE FITNESS

Mon	9:45-10:30am	Zumba	UGX	Eva M	<b>BARRE:</b> A unique, high-energy class that combines elements of yoga, Pilates, dance, and functional training with barre to tone.
Mon	10:45-11:30am	Barre	DANCE	Eva M	
Mon	4:45-5:30pm	Barre	DANCE	Niki C	<b>LINE DANCE:</b> Learn popular steps and dances you can take out on the town. Workout and learn at the same time.
Mon	5:45-6:30pm	Zumba	UGX	Niki C	
Tue	5:45-6:30am	Zumba	DANCE	Steve C	<b>WERQ®:</b> A wildly addictive cardio dance workout based on the hottest pop and hip hop music.
Tue	10-10:45am	Line Dance	DANCE	Kathy M	
Tue	6:45-7:30pm	WerQ	UGX	Gabie H	<b>ZUMBA®:</b> Infused with Latin, hip hop and international influences, you won't even know that you are exercising!
Wed	9:45-10:30am	Zumba	UGX	Niki C	
Wed	10:45-11:30am	Barre	DANCE	Eva M	<b>ZUMBA® GOLD:</b> Based on the same dance used in the original Zumba class, the Gold class, however, is less intense, with dance routines designed for beginners and older adults using modified movement
Wed	11-11:45am	Zumba Gold	UGX	Dylan M	
Wed	4:45-5:30pm	Barre	DANCE	Niki C	
Wed	5:45-6:30pm	Zumba	UGX	Eva M	
Thu	5:45-6:30am	Barre	DANCE	Ashley A	
Thu	9:30-10:30am	Nia	DANCE	Netta Z	
Fri	9:45-10:45am	Zumba	UGX	Niki C	
Sat	10:15-11am	Barre	DANCE	Angelina S	
Sat	11-12pm	Zumba	UGX	Crisanta T	
Sun	10-11am	WerQ	DANCE	Gabie H	



**STUDIO LOCATIONS** UGX: Upstairs Group X Studio // DGX: Downstairs Group X Studio // TRX Studio: Across from DGX Studio, CYCLING Studio: Next to UGX // YOGA Studio: Bottom of Circular Staircase // DANCE Studio: Across from Auditorium CGYM: Downstairs outside the Lockers Room // FAMILY POOL: Bobry Family Pool // LAP POOL: Max A. Adler Pool

## GENERAL GROUP FITNESS

Mon	5:45-6:45am	BodyPump	DGX	Marcy B
Mon	6:30-7:15am	STRONG by Zumba	UGX	Shalom S
Mon	9:15-10:15am	Cardio Fit	GYM	Kathy M
Mon	10:15-11:15am	BodyPump	DGX	Joween O
Mon	11-11:45am	SilverSneakers Classic	UGX	Bev H
Mon	5:45-6:45pm	BodyPump	DGX	Steve R
Mon	7-7:45pm	H.I.I.T. Bootcamp	DGX	Karyn V
Tue	9-9:45am	Core & More	DGX	Kathy M
Tue	9-9:45am	STRONG by Zumba	UGX	Eva M
Tue	10-10:45am	Healthy Back	UGX	Joween O
Tue	11-11:45am	SilverSneakers Circuit	UGX	Kathy M
Tue	12:15-1pm	Stations	DGX	Bev H
Tue	5:30-6:30pm	Cardio Kick and Step	UGX	Dennis S
Tue	5:45-6:30pm	Compound X	DGX	Eva M
Tue	7-7:45pm	BodyPump	DGX	Diane R
Wed	5:45-6:45am	BodyPump	DGX	Marcy B
Wed	9-10am	BodyPump	DGX	Elizabeth L
Wed	9:15-10:15am	Cardio Fit	GYM	Kathy M
Wed	5:45-6:45pm	BodyPump	DGX	Joween O
Thu	9-10am	Core & More	UGX	Angeline T
Thu	10-10:45am	Healthy Back	UGX	Joween O
Thu	10:15-11:15am	BodyPump	DGX	Rhonda G
Thu	11-11:45am	SilverSneakers Classic	UGX	Joween O
Thu	5:30-6:30pm	STRONG by Zumba	UGX	Shalom S
Thu	5:45-6:30pm	H.I.I.T. Bootcamp	GYM	Stephen W
Thu	7-7:45pm	BodyPump	DGX	Diane R
Fri	5:45-6:45am	BodyPump	DGX	Marcy B
Fri	9-9:45am	Burn Zone	UGX	Eva M
Fri	9:15-10:15am	Cardio Fit	GYM	Kathy M
Fri	10-10:45am	Total Strength	DGX	Michelle L
Fri	11-11:45am	SilverSneakers Circuit	UGX	Kathy M
Sat	8:30-9:15am	H.I.I.T. Bootcamp	GYM	Stephen W
Sat	8:45-9:45am	20/20/20	UGX	Suzy E
Sat	10-11am	BodyPump	DGX	Heather S
Sat	12-1pm	BodyPump	DGX	Diane R
Sun	9:30-10:30am	Cardio Kick and Pump	UGX	Karyn V
Sun	11-11:45am	Silver&Fit Experience	UGX	Andrea K
Sun	11-12pm	BodyPump	DGX	Steve R

**20/20/20:** 20 minutes of cardio, 20 minutes of step and 20 minutes of strength.

**BODYATTACK:** Jump, kick, and move your body to a group training session for a better total body.

**BODYPUMP:** The original barbell and weight class. Squat, press, curl and lift your way to a new you.

**BURN ZONE:** Cardio and strength segments alternate for a total body workout.

**CARDIO FIT:** Choose your intensity level and train and improve your cardiovascular system.

**CARDIO KICK & PUMP:** Fun movements designed to increase cardio endurance using kick boxing moves and weight segment.

**CARDIO KICK & STEP:** Choreographed movements to increase cardio endurance using p step benches and kick boxing moves.

**CARDIO STEP:** Using a step bench with adjustable heights and choreographed movements on, over and around the step.

**COMPOUND X:** Work multiple muscle groups all at once in this explosive, NEW, strength and conditioning class! Challenge your body with compound movement and variations on classic exercises. This class is recommended for experienced exercisers. Modifications will be shown.

**CORE & MORE:** Work muscles mainly responsible for the core with an extended flexibility/stretching segment. **H.I.I.T. BOOTCAMP:** High Intensity Interval Training incorporates tough, quick bursts of activity, followed by periods of recovery.

**SILVER&FIT® EXPERIENCE:** This class is designed to increase and challenge flexibility, joint stability and balance. **SILVERSNEAKERS® CIRCUIT:** Circuit workout will strength using a variety of equipment and choreographed non-impact aerobics.

**SILVERSNEAKERS® CLASSIC:** For senior adults, the class remains seated for the majority of the class.

**STATIONS:** Work through a series of exercises for a set time or number of repetitions.

**STRONG BY ZUMBA®:** Combines body weight, muscle conditioning, and cardio training synced to original music.

**TOTAL STRENGTH:** Use a variety of weight training equipment to change the shape of your body. No muscle gets neglected!

**TRX TRAINING:** The TRX strap leverages body weight exercises using suspension. This full body workout maximizes core benefit.



**STUDIO LOCATIONS** UGX: Upstairs Group X Studio // DGX: Downstairs Group X Studio // TRX Studio: Across from DGX Studio, CYCLING Studio: Next to UGX // YOGA Studio: Bottom of Circular Staircase // DANCE Studio: Across from Auditorium CGYM: Downstairs outside the Lockers Room // FAMILY POOL: Bobry Family Pool // LAP POOL: Max A. Adler Pool

## YOGA & PILATES CLASSES

Mon	9-10:15am	Power Vinyasa Yoga	YOGA	Jen Z
Mon	10:30-11:45am	Mixed Lvl Alignment Yoga	YOGA	Carrie B
Mon	12-1pm	Gentle Yoga	YOGA	Carrie B
Mon	4:30-5:45pm	Yoga Basics	YOGA	Vanessa A
Mon	6-7:15pm	Mixed Lvl Alignment Yoga	YOGA	Vanessa A
Tue	8:30-9:30am	Mixed Levels Pilates	YOGA	Melissa D
Tue	10-11am	Gentle Yoga	YOGA	Becky S
Tue	11:15-12:30pm	Mixed Lvl Alignment Yoga	YOGA	Wendy B
Tue	12-12:45pm	SilverSneakers Yoga	UGX	Joween O
Tue	5-6pm	Pilates Basic	YOGA	Bev H
Tue	6:15-7:15pm	PiYo Live	DANCE	Angelina S
Wed	8-9am	Mixed Level Pilates	YOGA	Melissa D
Wed	9:15-10am	Balance Fusion	YOGA	Bev H
Wed	10:30-11:45am	Power Vinyasa Yoga	YOGA	Becky S
Wed	4:30-5:45pm	Mixed Level Vinyasa Yoga	YOGA	Tisah H
Wed	6-7pm	Mixed Level Pilates	YOGA	Bev H
Wed	7:15-8:30pm	Power Vinyasa Yoga	YOGA	Vee I
Thu	8:30-9:30am	Mixed Level Pilates	YOGA	Melissa D
Thu	9:45-11am	Mixed Lvl Alignment Yoga	YOGA	Wendy B
Thu	11:15-12:15pm	Gentle Yoga	YOGA	Carrie B
Thu	12-12:45pm	SilverSneakers Yoga	UGX	Joween O
Thu	6:15-7:15pm	PiYo Live	DANCE	Angelina S
Fri	9:45-11am	Mixed Lvl Alignment Yoga	YOGA	Wendy B
Fri	11:15-12:15pm	Shabbat Yoga (First Friday)	YOGA	Wendy B
Fri	12:30-1:30pm	Mixed Level Vinyasa Yoga	YOGA	Meaghen P
Sat	9-10am	Mixed Levels Pilates	YOGA	Melissa D
Sat	10:15-11:30am	Power Vinyasa Yoga	YOGA	Becky S
Sat	1:15-2:15pm	Yin Yoga	YOGA	Liza S
Sun	9:30-10:30am	Mixed Level Pilates	YOGA	Bev H
Sun	11:15-12:30pm	Power Vinyasa Yoga	YOGA	Vee I
Sun	12:45-2pm	Yoga Basics	YOGA	Krista K

**BALANCE FUSION:** Improve overall fitness, focusing on mind-centering exercises, including various stances and equipment.

**GENTLE YOGA:** This class moves at a slower pace to encourage gentle stretching and the use of props for support.

**HEALTHY BACK:** Learn techniques to strengthen your core, proper stretching and relaxation for pain management

**MIXED LEVELS ALIGNMENT YOGA:** More challenging postures are introduced, poses are held longer, and refinements are taught.

**MIXED LEVELS PILATES:** Physical conditioning involving low impact moves and stretches designed to strengthen muscles of the torso.

**MIXED LEVELS VINYASA YOGA:** Refinements in alignment are taught, as well as an emphasis on linking breath with movement.

**PILATES BASICS:** Enjoy low impact moves and stretches designed to strengthen muscles of the torso.

**POWER VINYASA YOGA:** This challenging class offers a sequence of poses flowing together to maximize strength and flexibility.

**SILVERSNEAKERS® YOGA:** Move your whole body through a complete series of seated and standing yoga poses.

**SHABBAT YOGA (1ST FRI):** Gentle yoga movements infused with Jewish teachings as a way to deepen your entry into Shabbat.

**YIN YOGA:** Students passively stretch and energize the deep connective tissues, open the joints, and restore alignment.

**YOGA BASICS.** Learn the basic principles of alignment and introductory poses.

## CYCLING CLASSES

Mon	9:30-10:15am	Cycling	CYCLING	Niki C
Mon	12-12:45pm	Cycling	CYCLING	Lisa B
Mon	6-7:30pm	Performance Based Cycling	CYCLING	Kim L
Tue	5:45-6:30am	Cycling	CYCLING	Ursula B
Tue	10-10:45am	Cycling	CYCLING	Melinda A
Tue	4:30-5:15pm	H.I.I.T. Cycle	CYCLING	Niki C
Wed	6-6:45pm	Cycling	CYCLING	Staff
Thu	5:45-6:30am	Cycling	CYCLING	Nancy P
Thu	10-10:45am	Performance Based Cycling	CYCLING	Kim L
Thu	6-6:45pm	Cycling	CYCLING	Bev H
Sat	9-10am	Cycling	CYCLING	Angelina S
Sat	3-4pm	Performance Based Cycling	CYCLING	Kim L
Sun	8:30-9:30am	Cycling	CYCLING	Lisa B
Sun	10-11am	Cycling	CYCLING	Shawna S

**CYCLING:** Develop your cardiovascular strength and endurance, against a soundtrack of amazing music and motivating guidance.

**H.I.I.T. CYCLE:** Get the intensity you are looking for and get your workout done in less time with repeated bouts of short duration, high-intensity exercise intervals.

**PERFORMANCE BASED CYCLING:** Your instructor will lead you through a longer ride with motivational music and instruction.



**STUDIO LOCATIONS** UGX: Upstairs Group X Studio // DGX: Downstairs Group X Studio // TRX Studio: Across from DGX Studio, CYCLING Studio: Next to UGX // YOGA Studio: Bottom of Circular Staircase // DANCE Studio: Across from Auditorium CGYM: Downstairs outside the Lockers Room // FAMILY POOL: Bobry Family Pool // LAP POOL: Max A. Adler Pool



**STUDIO LOCATIONS** UGX: Upstairs Group X Studio // DGX: Downstairs Group X Studio // TRX Studio: Across from DGX Studio\_CYCLING Studio: Next to UGX // YOGA Studio: Bottom of Circular Staircase // DANCE Studio: Across from Auditorium CGYM: Downstairs outside the Lockers Room // FAMILY POOL: Bobry Family Pool // LAP POOL: Max A. Adler Pool