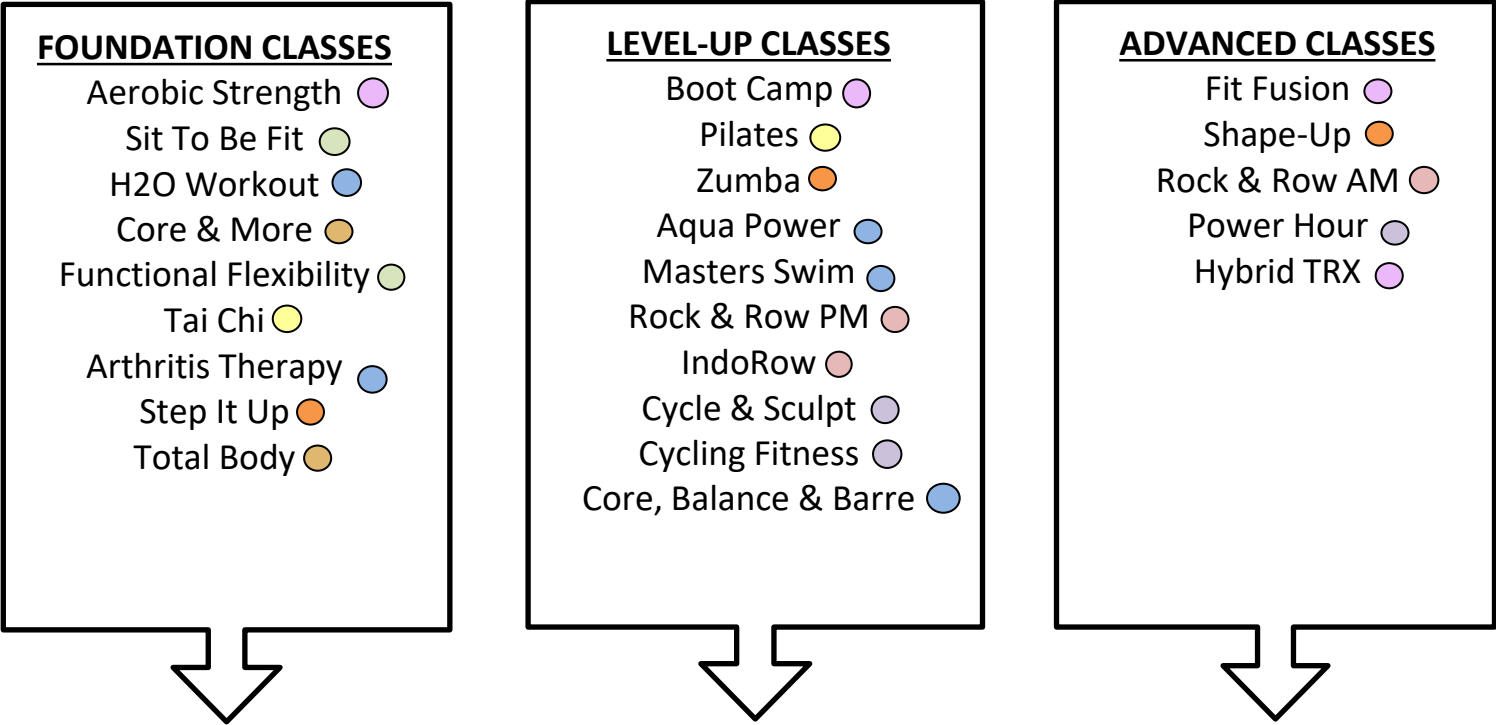


# Start Your Fitness Journey Here!

Choose the path that best suites you:



Group Fitness Menu

= indicates an all cardio class

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>BOOT CAMP Kris 5:15a-6:00a Multi Studio</div>	<div>Rock &amp; Row AM Lindsay 5:15a-6:00a Multi Studio</div>	<div>CYCLE &amp; SCULPT Julie 5:45a-6:30a Cycle Studio</div>	<div>ROCK &amp; ROW AM Kris 5:15a-6:00a Multi Studio</div>	<div>HYBRID TRX Lindsay 5:15a-6:00a Multi Studio</div>	<div>INDO ROW Julie 8:30a-9:00a Multi Studio</div>
<div>Fitness Pool Lane 3 &amp; 4 reserved for Youth Programming 6:00a-7:30a</div>	<div>Fitness Pool Lane 3 &amp; 4 reserved for Youth Programming 6:00a-7:30a</div>	<div>Fitness Pool Lane 3 &amp; 4 reserved for Youth Programming 6:00a-7:30a</div>	<div>Fitness Pool Lane 3 &amp; 4 reserved for Youth Programming 6:00a-7:30a</div>	<div>Fitness Pool Lane 3 &amp; 4 reserved for Youth Programming 6:00a-7:30a</div>	<div>CYCLING FITNESS Julie 9:15a-10:00a Cycle Studio</div>
<div>AEROBIC STRENGTH Kim B. 7:30a-8:30a Multi Studio</div>	<div>CORE &amp; MORE Shannon 7:30a-8:00a Multi Studio</div>	<div>AEROBIC STRENGTH Kim B. 7:30a-8:30a Cycle Studio</div>	<div>POWER HOUR Shannon 8:15a-9:15a Cycle Studio</div>	<div>AEROBIC STRENGTH Kim B. 7:30a-8:30a Multi Studio</div>	
<div>FIT FUSION Lindsay 8:20a-9:20a Mind Body Studio</div>	<div>POWER HOUR Shannon 8:15a-9:15a Cycle Studio</div>	<div>HYBRID TRX Lindsay 8:20a-9:20a Multi Studio</div>	<div>H2O WORKOUT Diane 8:30a-9:30a Fitness Pool</div>	<div>CORE, BALANCE &amp; BARRE Felicia 8:30a-9:30a Fitness Pool</div>	
<div>H2O WORKOUT Felicia 8:30a-9:30a Fitness Pool</div>	<div>H2O WORKOUT Felicia 8:30a-9:30a Fitness Pool</div>	<div>H2O WORKOUT Diane 8:30a-9:30a Fitness Pool</div>	<div>FUNCTIONAL FLEXIBILITY Shannon 9:30a-10:15a Multi Studio</div>	<div>SHAPE UP Shannon 10:00a-11:00a Multi Studio</div>	
<div>SHAPE UP Shannon 10:00a-11:00a Multi Studio</div>	<div>FUNCTIONAL FLEXIBILITY Shannon 9:30a-10:15a Multi Studio</div>	<div>SHAPE UP Shannon 10:00a-11:00a Multi Studio</div>	<div>ARTHRITIS THERAPY Diane 9:30a-10:30a Warm Water Pool</div>	<div>SIT TO BE FIT Kim T 10:15a-11:15a Mind Body Studio</div>	
<div>SIT TO BE FIT Kim T 10:15a-11:15a Mind Body Studio</div>	<div>ARTHRITIS THERAPY Diane 9:30a-10:30a Warm Water Pool</div>	<div>SIT TO BE FIT Kim T 10:15a-11:15a Mind Body Studio</div>	<div>MASTERS SWIM Shannon 10:30a-11:30a Fitness Pool</div>	<div>PILATES Kim T 11:30a-12:30p Mind Body Studio</div>	
<div>PILATES Kim T 11:30a-12:30p Mind Body Studio</div>	<div>MASTERS SWIM Shannon 10:30a-11:30a Fitness Pool</div>	<div>PILATES Kim T 11:30a-12:30p Mind Body Studio</div>	<div>TAI CHI Diane 11:00a-11:45a Mind Body Studio</div>	<div>Fitness Pool Reserved for Youth Programming 4:00p-5:30p</div>	
<div>Fitness Pool Reserved for Youth Programming 4:00p-5:30p</div>	<div>TAI CHI Diane 11:00a-11:45a Mind Body Studio</div>	<div>Fitness Pool Reserved for Youth Programming 4:00p-5:30p</div>	<div>Fitness Pool Reserved for Youth Programming 4:00p-5:30p</div>		
<div>TOTAL BODY Heather 5:30p-6:30p Multi Studio</div>	<div>Fitness Pool Reserved for Youth Programming 4:00p-5:30p</div>	<div>CYCLE &amp; SCULPT Heidi 5:30p-6:30p Cycle Studio</div>	<div>TOTAL BODY Heather 5:30p-6:30p Multi Studio</div>		
<div>AQUA POWER Kim B 5:45p-6:45p Fitness Pool</div>	<div>ROCK &amp; ROW PM Heidi 5:30p-6:30p Multi Studio</div>	<div>AQUA POWER Felicia 5:45p-6:45p Fitness Pool</div>			
<div>ZUMBA CASEY 6:30p-7:30p Mind Body Studio</div>	<div>STEP IT UP Felicia 5:30p-6:30p Mind Body Studio</div>	<div>ZUMBA CASEY 6:30p-7:30p Mind Body Studio</div>			



# Group Fitness Descriptions

## AEROBIC STRENGTH

This total-body strength & cardiovascular training is a great way to start your day! Strengthen your body with proper technique for functional fitness. You can keep the intensity low or pump it up for the ultimate fitness experience!

## FUNCTIONAL FLEXIBILITY

This 45-minute mat class focuses on full range of motion and flexibility improvement through static and dynamic stretching. Blocks, straps, foam rollers and tennis balls will be used to assist in stretching, balance and self-myofascial release.

## SHAPE UP

This high-energy crosstraining class incorporates cardiovascular conditioning, strength training and stretching. Fun and variety are the keys to sticking with your fitness regime! This is the only place in town to offer advanced step aerobics! Check with Shannon for class programming.

## ARTHRITIS THERAPY

This warm water class is designed for those with arthritis who want to control pain and improve mobility, flexibility and general movements.

## H2O WORKOUT / AQUA POWER

These classes combine a variety of aerobic movement with intervals of resistance training in the Fitness Pool. Water noodles, aqua dumbbells, aqua steps, medicine balls and resistance bands are used to challenge participants.

## SIT TO BE FIT

This social class is designed for those wanting to remain active and enjoy a complete, non-impact workout. A combination of toning exercises is performed while sitting in a chair! This class is ideal for individuals with limited mobility.

## BOOT CAMP

Jump start your day with this high-energy variety hour that will kick your booty and challenge you to new levels of fitness! Boot camp classes are held indoors & outdoors.

## INDO ROW

This indoor rowing class is “the perfect calorie burn!” Designed around elements in real row training & racing, instructors will lead you through skills & drills, wave workouts & racing!

## STEP IT UP

This BEGINNER Step class will get your heart pumping. Step choreography will be broken down to the base layer and built up.

## CYCLE & SCULPT

Mix it up with indoor group cycling intervals and strength training intervals. Get your cardio and strength training in this one high intensity hybrid class if you are short on time!

## MASTERS SWIM

This Total Immersion swim workout is designed to improve stroke technique, speed and fitness level for both athletes and fitness enthusiasts.

## TAI CHI

Improve balance, coordination & mental wellness with circular, fluid movements at a slow tempo. This class is ideal for people with arthritis

## CORE & MORE

Hit those abdominal and back muscles with this short and sweet core workout! Flex, extend, rotate and stabilize the body to create a stronger center for every functional movement.

## PILATES

Progressive series of floor movements will strengthen the core muscles of the abdomen, lower back and pelvic area. Increase strength, flexibility and balance of the entire body, focusing on breathing and mindful movement.

## TOTAL BODY STRENGTH

This endurance strength training class is designed to create strong, well-balanced bodies by utilizing a variety of exercises and equipment. This high-energy class uses barbells, dumbbells, BOSU, body weight and more to target all muscle groups. Total Body Strength includes a 15 minute stretch to aid in muscle recovery. All fitness levels are welcome.

## CORE, BALANCE & BARRE

Power up your water aerobics routine with this high intensity class. Increase your postural strength, alignment, flexibility and balance.

## POWER HOUR

Intense indoor cycling in a group setting will motivate you to achieve your personal fitness goals! This indoor cycling class is a great training ground for outdoor cyclists!

## ZUMBA

Join this high-energy dance party! Have a fun aerobic workout with the rhythmic moves of Latin dance!

## CYCLING FITNESS

This cardiovascular class on our indoor stationary bikes is always a great workout. Indoor cycling is a great training ground for outdoor cyclists & fitness enthusiasts alike.

## ROCK & ROW

This class combines basic IndoRow intervals & strength training in a circuit format that will keep your muscles guessing!

## FIT FUSION / HYBRID TRX

A combination of strength, cardio & core using the TRX suspension straps. Your body weight becomes your resistance as you work against gravity to control each movement.