



CREATE *healthy*  
STEVENS WELLNESS CENTER


# Start Your Fitness Journey Here

Choose the path that best suits you:

FOUNDATION CLASSES	LEVEL UP CLASSES	ADVANCED CLASSES
AEROBIC STRENGTH	BOOT CAMP	FIT FUSION
SIT TO BE FIT	PILATES	SHAPE UP
H2O WORKOUT / AQUA POWER	ZUMBA	ROCK & ROW AM
CORE & MORE	AQUA POWER	POWER HOUR
FUNCTIONAL FLEXIBILITY	MASTERS SWIM	HYBRID TRX
TAI CHI	ROCK & ROW PM	
ARTHRITIS THERAPY	INDO ROW	
STEP IT UP	CYCLE & SCULPT	
TOTAL BODY STRENGTH	CYCLING FITNESS	
YOUR FLOW	CORE, BALANCE & BARRE	
	FIT & FUN	
	SMART BARRE	
	RISE, STRETCH & SHINE	

## Choose your modality:

<b>STRENGTH &amp; CARDIO COMBO</b> BOOT CAMP AEROBIC STRENGTH	<b>STRENGTH TRAINING</b> CORE & MORE TOTAL BODY STRENGTH FIT & FUN	<b>CARDIO DANCE</b> SHAPE UP ZUMBA STEP IT UP	<b>CYCLING</b> POWER HOUR CYCLE & SCULPT CYCLING FITNESS
<b>ROWING</b> ROCK & ROW INDO ROW	<b>FUNCTIONAL / ACTIVE AGING</b> FUNCTIONAL FLEXIBILITY SIT TO BE FIT SMART BARRE	<b>MIND / BODY RECOVERY</b> PILATES TAI CHI RISE STRETCH & SHINE YOUR MIDWEEK REGROUP FLOW	<b>AQUA</b> CORE, BALANCE & BARRE H2O WORKOUT MASTERS SWIM AQUA POWER ARTHRITIS THERAPY DEEP WATER TRAINING

 = Indicates an all cardio class

## Coordinate your modality with class time:




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# Group Fitness Schedule

## January 2024

MON	TUE	WED	THU	FRI	SAT
<b>BOOT CAMP</b> Kris 5:15a - 6:15a Multi Purpose Studio	<b>TOTAL BODY STRENGTH</b> Heather 5:15a - 6:15a Multi Purpose Studio	<b>CYCLE &amp; SCULPT</b> Julie 5:45a - 6:15a Cycling Studio	<b>Rock &amp; Row</b> Kris 5:15a - 6:00a Multi Purpose Studio		<b>INDO ROW</b> Julie 8:30a - 9:00a Multi Purpose Studio
<b>HIGH SCHOOL SWIM</b> Lanes 2, 3 & 4 reserved 6:00a - 7:30a Fitness Pool	<b>HIGH SCHOOL SWIM</b> Lanes 2, 3 & 4 reserved 6:00a - 7:30a Fitness Pool	<b>HIGH SCHOOL SWIM</b> Lanes 2, 3 & 4 reserved 6:00a - 7:30a Fitness Pool	<b>HIGH SCHOOL SWIM</b> Lanes 2, 3 & 4 reserved 6:00a - 7:30a Fitness Pool	<b>HIGH SCHOOL SWIM</b> Lanes 2, 3 & 4 reserved 6:00a - 7:30a Fitness Pool	<b>CYCLING FITNESS</b> Julie 9:15a - 10:00a Cycle Studio
<b>AEROBIC STRENGTH</b> Kim B. 7:30a - 8:30a Multi Purpose Studio	<b>CORE &amp; MORE</b> Shannon 7:30a - 8:00a Multi Purpose Studio	<b>AEROBIC STRENGTH</b> Kim B. 7:30a - 8:30a Cycle Studio		<b>AEROBIC STRENGTH</b> Kim B. 7:30a - 8:30a Multi Purpose Studio	
	<b>POWER HOUR</b> Shannon 8:15a - 9:15a Cycling Studio		<b>POWER HOUR</b> Shannon 8:15a - 9:15a Cycling Studio	<b>YOGA - POWER</b> Dana-Marie 8:45a - 9:45a Mind Body Studio	
<b>H2O WORKOUT</b> Felicia 8:30a - 9:30a Fitness pool	<b>H2O WORKOUT</b> Felicia 8:30a - 9:30a Fitness pool	<b>H2O WORKOUT</b> Diane 8:30a - 9:30a Fitness Pool	<b>H2O WORKOUT</b> Diane 8:30a - 9:30a Fitness Pool	<b>CORE, BALANCE &amp; BARRE</b> Felicia 8:30a - 9:30a Fitness Pool	
<b>SHAPE UP</b> Shannon 10:00a - 11:00a Multi Purpose Studio	<b>YOGA RISE, STRETCH &amp; SHINE</b> Dana-Marie 8:30a - 9:30a Multi Purpose Studio	<b>SHAPE UP</b> Shannon 10:00a - 11:00a Multi Purpose Studio	<b>YOGA RISE, STRETCH &amp; SHINE</b> Dana-Marie 8:30a - 9:30a Multi Purpose Studio	<b>SHAPE UP</b> Shannon 10:00a - 11:00a Multi Purpose Studio	
<b>SIT TO BE FIT</b> Kim T. 10:15 - 11:15a Mind Body Studio	<b>FUNCTIONAL FLEXIBILITY</b> Shannon 9:30a - 10:30a Multi Purpose Studio	<b>SIT TO BE FIT</b> Kim T. 10:15 - 11:15a Mind Body Studio	<b>FUNCTIONAL FLEXIBILITY</b> Shannon 9:30a - 10:30a Multi Purpose Studio	<b>SIT TO BE FIT</b> Kim T. 10:15-11:15a Mind Body Studio	
<b>PILATES</b> Kim T. 11:30a - 12:30p Mind Body Studio	<b>ARTHRITIS THERAPY</b> Diane 9:30a - 10:30a Warm Water Pool	<b>PILATES</b> Kim T. 11:30a - 12:30p Mind Body Studio	<b>ARTHRITIS THERAPY</b> Diane 9:30a - 10:30a Warm Water Pool	<b>PILATES</b> Kim T. 11:30a - 12:30p Mind Body Studio	
	<b>FIT &amp; FUN</b> Laura 9:45a - 10:45a Mind Body Studio		<b>FIT &amp; FUN</b> Laura 9:45a - 10:45a Mind Body Studio		
	<b>MASTER SWIM</b> Shannon 11:00a - 12:00p Fitness Pool		<b>MASTER SWIM</b> Shannon 11:00a - 12:00p Fitness Pool		
	<b>TAI CHI</b> Diane 11:00a - 11:45a Mind Body Studio		<b>TAI CHI</b> Diane 11:00a - 11:45a Mind Body Studio		
	<b>PHYSICAL THERAPY</b> Warm Water Pool reserved 12:00p - 2:00p		<b>PHYSICAL THERAPY</b> Warm Water Pool reserved 12:00p - 2:00p		
			<b>YOGA - VINYASA FLOW</b> Christin 12:00P - 1:00P Mind Body Studio		
	<b>SMART BARRE</b> Kim T. 1:30p - 2:15p Mind Body Studio	<b>YOUTH PROGRAMMING</b> Warm Water Pool reserved 4:00p - 5:30p	<b>SMART BARRE</b> Kim T. 1:30p - 2:15p Mind Body Studio		
<b>YOUTH PROGRAMMING</b> Lane 1, 2, 3 & 4 reserved 4:00p - 5:30p Fitness Pool	<b>SIT TO BE FIT</b> Lisa 2:30p - 3:30p Mind Body Studio	<b>YOUTH PROGRAMMING</b> Lane 1, 2, 3 & 4 reserved 4:00p - 5:30p Fitness Pool	<b>SIT TO BE FIT</b> Lisa 2:30p - 3:30p Mind Body Studio	<b>YOUTH PROGRAMMING</b> Lane 1, 2, 3 & 4 reserved 4:00p - 5:30p Fitness Pool	
<b>YOGA - VINYASA FLOW</b> Christin 5:15p - 6:15p Mind Body Studio	<b>YOUTH PROGRAMMING</b> Lane 1, 2, 3 & 4 reserved 4:00p - 5:30p Fitness Pool	<b>YOGA SLOW FLOW</b> Dana-Marie 5:15p - 6:15p Mind Body Studio	<b>YOUTH PROGRAMMING</b> Lane 1, 2, 3 & 4 reserved 4:00p - 5:30p Fitness Pool	<b>YOUTH PROGRAMMING</b> Multi Purpose Studio reserved 4:00p - 5:00p	
<b>TOTAL BODY STRENGTH</b> Heather 5:30p - 6:30p Multi Purpose Studio	<b>YOUTH PROGRAMMING</b> Multi Purpose Studio reserved 4:00p - 5:00p	<b>CYCLE &amp; SCULPT</b> Heidi 5:30p - 6:30p Cycle Studio	<b>YOUTH PROGRAMMING</b> Multi Purpose Studio reserved 4:00p - 5:00p		
<b>AQUA POWER</b> Felicia 5:45p - 6:45p Fitness Pool	<b>ROCK &amp; ROW</b> Heidi 5:30p - 6:30p Multi Purpose Studio	<b>AQUA POWER</b> Felicia 5:45p - 6:45p Fitness Pool	<b>TOTAL BODY STRENGTH</b> Heather 5:30p - 6:30p Multi Purpose Studio		
<b>ZUMBA</b> Casey 6:30p - 7:30p Mind Body Studio	<b>STEP IT UP</b> Felicia 5:30pm - 6:30pm Mind Body Studio	<b>ZUMBA</b> Casey 6:30p - 7:30p Mind Body Studio			

# Group Fitness Descriptions

 = Indicates an all cardio class



## 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 workout. Located in the Mind Body Studio.



## ARTHRITIS THERAPY

This warm water class is designed for those with arthritis who want to control pain and improve mobility, flexibility and general movements. Located in the Warm Water Pool.



## 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. Located in the Mind Body Studio.



## CORE, BALANCE & BARRE

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



## 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. Located in the Multi Purpose Studio.



## 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! Located in the Multi Purpose Studio.



## 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. Located in the Multi Purpose Studio.



## 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. Located in the Multi Purpose Studio



## FIT & FUN

This cardio toning class is designed for all levels of fitness. We will improve your cardiovascular condition and strengthen your muscles while improving your flexibility and balance. You will get fit and have fun! Located in the Multi Purpose Studio.



## 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 flexibility and balance. You will get fit and have fun! Located in the Multi Purpose Studio.



## 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. Located in the Fitness Pool.



## 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. Located in the Multi Purpose Studio.



## MASTERS SWIM

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



## 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. Located in the Mind Body Studio.



## Rise, Stretch, and Shine

This class starts gently and then moves to a more intense flow to heat up the body. We will challenge the body and mind with balance poses, core work and flows that safely push your comfort zone while creating a healthier and happier you. This class is about discovering how amazing our own unique bodies are and connecting to them while contributing the necessary input to strengthen and nourish. Yoga is for everyone, and all are welcome, there are modifications for every level of Yoga. You will leave this class shining and ready to take on the day! Located in the Mind Body Studio.



## 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! Located in the Cycling Studio.



## ROCK & ROW

This class combines basic IndoRow intervals & Strength training in a aircunormal hat will Located in the Multi Purpose Studio.



## 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. Located in the Multi Purpose Studio.



## SMART BARRE

This class incorporates lower body and core strengthening moves which will improve balance and protect and improve bone density. This class will also give you improvements in posture, flexibility, and breath control. Using the ballet barre and other small equipment, you will be challenged to be more functionally fit with a strong and beautifully aligned body. Located in the Mind Body Studio.



## 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! Located in the Mind Body Studio.



## 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. Located in the Mind Body Studio.



## TAI CHI

Improve balance, coordination & mental wellness with circular, fluid movements at a slow tempo. This class is ideal for people with arthritis. Located in the Mind Body Studio.



## 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. Located in the Multi Purpose Studio.



## YOUR MIDWEEK REGROUP FLOW

A yoga class perfect for all Yogi's of any level. This midweek check in is made to unwind and recenter. Designed to bring movement and breath into the body while gently releasing tightness and stress. Each class will end with a sound bowl waking you from Shavasana (the instructor's favorite pose). You will leave this class rejuvenated and relaxed, ready to conquer the rest of the week. Located in the Mind Body Studio.



## ZUMBA

Join this high-energy dance party Have a fun aerobic workout with the rhythmic moves of Latin dance! Located in the Mind Body Studio.