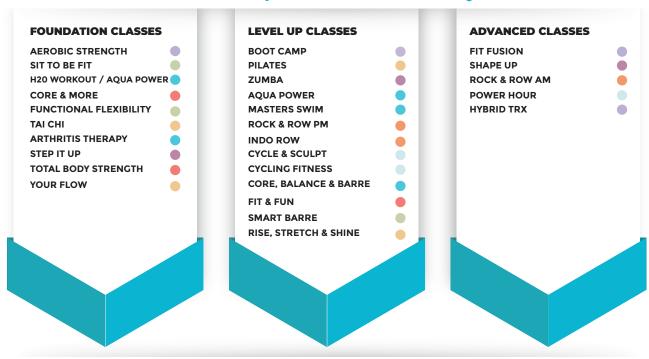
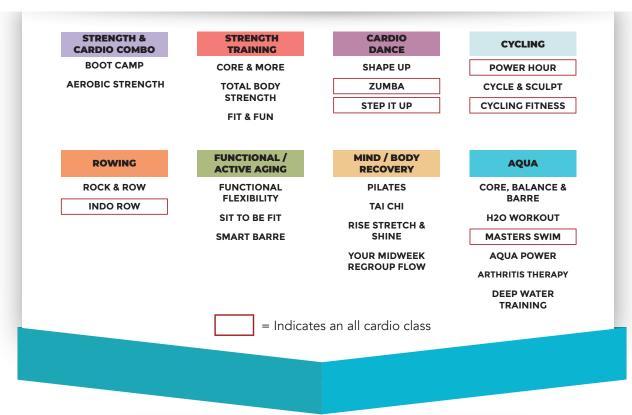


Start Your Fitness Journey Here Choose the path that best suits you:



Choose your modality:





Group Fitness Schedule

January 2024

MON

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5:15a - 6:15a Multi Purpose Studio

HIGH SCHOOL SWIM

6:00a - 7:30a Fitness Pool

AEROBIC STRENGTH

Kim B. 7:30a - 8:30a Multi Purpose Studio

H2O WORKOUT

8:30a - 9:30a Fitness pool

SHAPE UP Shannon

10:00a - 11:00a Multi Purpose Studio

SIT TO BE FIT

Kim T. 10:15 - 11:15a Mind Body Studio

PILATES

Kim T. 11:30a - 12:30p Mind Body Studio

YOUTH PROGRAMMING

Lane 1, 2, 3 & 4 reserved

YOGA- VINYASA FLOW

TOTAL BODY STRENGTH

4:00p - 5:30p

Fitness Pool

Christin 5:15p - 6:15p

Mind Body Studio

Heather 5:30p - 6:30p Multi Purpose Studio

AQUA POWER

Mind Body Studio

5:45p - 6:45p

Fitness Poo

ZUMBA Casey 6:30p - 7:30p TUE

TOTAL BODY STRENGTH Heather 5:15a - 6:15a

Multi Purpose Studio

HIGH SCHOOL SWIM

Lanes 2, 3 & 4 6:00a - 7:30a Fitness Pool

Shannon 7:30a - 8:00a Multi Purpose Studio

POWER HOUR

8:15a - 9:15a Cycling Studio

H2O WORKOUT

8:30a - 9:30a Fitness pool

YOGA RISE, STRETCH & SHINE Dana-Marie

8:30a - 9:30a Multi Purpose Studio

FUNCTIONAL FLEXIBILITY

Shannon 9:30a - 10:30a Multi Purpose Studio

ARTHRITIS THERAPY

9:30a - 10:30a Warm Water Pool

FIT & FUN

Laura 9:45a - 10:45a Mind Body Studio

MASTER SWIM

11:00a - 12:00p Fitness Pool

TAI CHI

Diane 11:00a - 11:45a Mind Body Studio

PHYSICAL THERAPY

Warm Water Pool reserved 12:00p - 2:00p

WED

CYCLE & SCULPT

5:45a - 6:15a Cycling Studio

HIGH SCHOOL SWIM

6:00a - 7:30a Fitness Pool

AEROBIC STRENGTH

Kim B. 7:30a - 8:30a Cycle Studio

H2O WORKOUT

8:30a - 9:30a Fitness Pool

SHAPE UP

Shannon 10:00a - 11:00a Multi Purpose Studio

SIT TO BE FIT

10:15 - 11:15a Mind Body Studio

PILATES

Kim T. 11:30a - 12:30p Mind Body Studio THU

Rock & Row 5:15a - 6:00a Multi Purpose Studio

HIGH SCHOOL SWIM

6:00a - 7:30a Fitness Pool

POWER HOUR

Shannon 8:15a - 9:15a Cycling Studio

H2O WORKOUT

Diane 8:30a - 9:30a Fitness Poo

YOGA RISE, STRETCH

& SHINE Dana-Marie 8:30a - 9:30a Multi Purpose Studio

FUNCTIONAL FLEXIBILITY Shannon

9:30a - 10:30a Multi Purpose Studio

ARTHRITIS THERAPY

Diane 9:30a - 10:30a Warm Water Pool

FIT & FUN

Laura 9:45a - 10:45a

MASTER SWIM

Shannon 11:00a - 12:00p

TAI CHI

Diane 11:00a - 11:45a Mind Body Studio

PHYSICAL THERAPY

Pool reserved 12:00p - 2:00p

YOGA- VINYASA FLOW

Christin 12:00P - 1:00P Mind Body Studio

SMART BARRE

Kim T. 1:30p - 2:15p Mind Body Studio

SIT TO BE FIT

2:30p - 3:30p Mind Body Studio

YOUTH PROGRAMMING

Lane 1, 2, 3 & 4 reserved 4:00p - 5:30p Fitness Pool

YOUTH PROGRAMMING

Multi Purpose Studio reserved 4:00p - 5:00p

TOTAL BODY STRENGTH

Heather 5:30p - 6:30p Multi Purpose Studio

SAT

INDO ROW

Julie 8:30a - 9:00a Multi Purpose Studio

CYCLING FITNESS

Julie 9:15a - 10:00a Cycle Studio

6:00a - 7:30a Fitness Pool

AFROBIC STRENGTH Kim B. 7:30a - 8:30a Multi Purpose Studio

HIGH SCHOOL SWIM

FRI

YOGA - POWER

Dana-Marie 8:45a -9:45a Mind Body Studio

CORE, BALANCE & BARRE

8:30a - 9:30a Fitness Pool

SHAPE UP

Shannon 10:00a - 11:00a Multi Purpose Studio

SIT TO BE FIT

Kim T. 10:15-11:15a Mind Body Studio

Kim T. 11:30a - 12:30p Mind Body Studio

SMART BARRE

Kim T. 1:30p - 2:15p Mind Body Studio

SIT TO BE FIT

2:30p - 3:30p Mind Body Studio

YOUTH PROGRAMMING

4:00p - 5:30p Fitness Pool

YOUTH PROGRAMMING Multi Purpose

Studio reserved 4:00p - 5:00p **ROCK & ROW**

Heidi 5:30p - 6:30p Multi Purpose Studio

STEP IT UP 5:30pm - 6:30pm

Mind Body Studio

YOUTH PROGRAMMING

Pool reserved 4:00p - 5:30p

YOUTH PROGRAMMING

Lane 1, 2, 3 & 4 reserved 4:00p - 5:30p

YOGA SLOW FLOW Dana-Marie

Mind Body Studio **CYCLE & SCULPT** Heidi 5:30p - 6:30p

5:15p - 6:15p

Cycle Studio AQUA POWER 5:45p - 6:45p

Fitness Pool

ZUMBA Casey 6:30p - 7:30p Mind Body Studio OUTH PROGRAMMING

Lane 1, 2, 3 & 4 reserved 4:00p - 5:30p

YOUTH PROGRAMMING

Multi Purpose Studio reserved



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



H20 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 Yogi. 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 & Streneth training in a aircuntormal 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 regimel 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