



CreateHealthy

WELLNESS CENTER

Start Your Fitness Journey Here

Choose the path that best suits you:

<p>FOUNDATION CLASSES</p> <ul style="list-style-type: none"> AEROBIC STRENGTH ● SIT TO BE FIT ● H2O WORKOUT / AQUA POWER ● CORE & MORE ● FUNCTIONAL FLEXIBILITY ● TAI CHI ● ARTHRITIS THERAPY ● STEP IT UP ● TOTAL BODY STRENGTH ● EVENING UNWIND YOGA ● SCUPLT & STRENGTH ● 	<p>LEVEL UP CLASSES</p> <ul style="list-style-type: none"> BOOT CAMP ● PILATES ● ZUMBA ● AQUA POWER ● MASTERS SWIM ● ROCK & ROW ● INDO ROW ● CYCLE & SCULPT ● CYCLING FITNESS ● CORE, BALANCE & BARRE ● FIT & FUN ● SMART BARRE ● MORNING VINYASA YOGA ● VINYASA FLOW YOGA ● 	<p>ADVANCED CLASSES</p> <ul style="list-style-type: none"> SHAPE UP ● ROCK & ROW AM ● POWER HOUR ● BAPTISTE POWER YOGA ● HYBRID TRX ●
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Choose your modality:

<p>STRENGTH & CARDIO COMBO</p> <ul style="list-style-type: none"> BOOT CAMP AEROBIC STRENGTH 	<p>STRENGTH TRAINING</p> <ul style="list-style-type: none"> CORE & MORE TOTAL BODY STRENGTH FIT & FUN SCLUPT & STRENGTH HYBRID TRX 	<p>CARDIO DANCE</p> <ul style="list-style-type: none"> SHAPE UP ZUMBA 	<p>CYCLING</p> <ul style="list-style-type: none"> POWER HOUR CYCLE & SCULPT CYCLING FITNESS
<p>ROWING</p> <ul style="list-style-type: none"> ROCK & ROW INDO ROW 	<p>FUNCTIONAL / ACTIVE AGING</p> <ul style="list-style-type: none"> FUNCTIONAL FLEXIBILITY SIT TO BE FIT SMART BARRE 	<p>MIND / BODY RECOVERY</p> <ul style="list-style-type: none"> PILATES TAI CHI MORNING VINYASA YOGA EVENING UNWIND YOGA VINYASA FLOW YOGA 	<p>AQUA</p> <ul style="list-style-type: none"> CORE, BALANCE & BARRE H2O WORKOUT MASTERS SWIM AQUA POWER ARTHRITIS THERAPY

= Indicates an all cardio class

Coordinate your modality with class time:



Group Fitness Schedule

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March 2024

MON	TUE	WED	THU	FRI	SAT
BOOT CAMP Kris 5:15a - 6:00a Multi Purpose Studio	TOTAL BODY STRENGTH Heather 5:15a - 6:15a Multi Purpose Studio	CYCLE & SCULPT Julie 5:45a - 6:30a Cycling Studio	Rock & Row Kris 5:15a - 6:00a Multi Purpose Studio		INDO ROW Heidi 8:30a - 9:00a Multi Purpose Studio
HIGH SCHOOL SWIM Lanes 2, 3 & 4 reserved 6:00a - 7:30a Fitness Pool	HIGH SCHOOL SWIM Lanes 2, 3 & 4 reserved 6:00a - 7:30a Fitness Pool	HIGH SCHOOL SWIM Lanes 2, 3 & 4 reserved 6:00a - 7:30a Fitness Pool	HIGH SCHOOL SWIM Lanes 2, 3 & 4 reserved 6:00a - 7:30a Fitness Pool	HIGH SCHOOL SWIM Lanes 2, 3 & 4 reserved 6:00a - 7:30a Fitness Pool	CYCLING FITNESS Heidi 9:15a - 10:00a Cycle Studio
AEROBIC STRENGTH Kim B. 7:30a - 8:30a Multi Purpose Studio	CORE & MORE Shannon 7:30a - 8:00a Multi Purpose Studio	AEROBIC STRENGTH Kim B. 7:30a - 8:30a Multi Purpose Studio	CORE & MORE Shannon 7:30a - 8:00a Multi Purpose Studio	AEROBIC STRENGTH Kim B. 7:30a - 8:30a Multi Purpose Studio	
SCULPT & STRENGTH Gina 8:45a - 9:30a Multi Purpose Studio	POWER HOUR Shannon 8:15a - 9:15a Cycling Studio	HYBRID TRX Lindsay 8:20a - 9:20a Multi Purpose Studio	POWER HOUR Shannon 8:15a - 9:15a Cycling Studio	BAPTISTE POWER YOGA Dana-Marie 8:45a - 9:45a Mind Body Studio	
H2O WORKOUT Felicia 8:30a - 9:30a Fitness pool	H2O WORKOUT Felicia 8:30a - 9:30a Fitness pool	H2O WORKOUT Diane 8:30a - 9:30a Fitness pool	H2O WORKOUT Diane 8:30a - 9:30a Fitness pool	CORE, BALANCE & BARRE Felicia 8:30a - 9:30a Fitness Pool	
SHAPE UP Shannon 10:00a - 11:00a Multi Purpose Studio	MORNING VINYASA YOGA Dana-Marie 8:30a - 9:30a Mind Body Studio	SHAPE UP Shannon 10:00a - 11:00a Multi Purpose Studio	MORNING VINYASA YOGA Dana-Marie 8:30a - 9:30a Mind Body Studio	SHAPE UP Shannon 10:00a - 11:00a Multi Purpose Studio	
SIT TO BE FIT Kim T. 10:15 - 11:15a Mind Body Studio	FUNCTIONAL FLEXIBILITY Shannon 9:30a - 10:30a Multi Purpose Studio	SIT TO BE FIT Kim T. 10:15 - 11:15a Mind Body Studio	FUNCTIONAL FLEXIBILITY Shannon 9:30a - 10:30a 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	ARTHRITIS THERAPY Diane 9:30a - 10:30a Warm Water Pool	PILATES Kim T. 11:30a - 12:30p Mind Body Studio	ARTHRITIS THERAPY Diane 9:30a - 10:30a Warm Water Pool	PILATES Kim T. 11:30a - 12:30p Mind Body Studio	
	FIT & FUN Laura 9:45a - 10:45a Mind Body Studio		FIT & FUN Laura 9:45a - 10:45a Mind Body Studio		
	MASTER SWIM Shannon Mistr 11:00a - 12:00p Fitness Pool		MASTER SWIM Shannon Mistr 11:00a - 12:00p Fitness Pool		
	TAI CHI Diane 11:00a - 11:45a Mind Body Studio		TAI CHI Diane 11:00a - 11:45a Mind Body Studio		
	PHYSICAL THERAPY Warm Water Pool reserved 12:00p - 2:00p		PHYSICAL THERAPY Warm Water Pool reserved 12:00p - 2:00p		
		FUNCTIONAL FLEXIBILITY Shannon 3:00p - 4:00p Multi Purpose Studio		VINYASA FLOW YOGA Christin 12:00P - 1:00P Mind Body Studio	
YOUTH PROGRAMMING Mind Body Studio reserved 4:00p - 5:00p	SMART BARRE Kim T. 1:30p - 2:15p Mind Body Studio	YOUTH PROGRAMMING Warm Water Pool reserved 4:00p - 5:00p	SMART BARRE Kim T. 1:30p - 2:15p Mind Body Studio		YOUTH PROGRAMMING Lane 1, 2, 3 & 4 reserved 4:00p - 5:30p Fitness Pool
YOUTH PROGRAMMING Lane 1, 2, 3 & 4 reserved 4:00p - 5:30p Fitness Pool	SIT TO BE FIT Lisa 2:30p - 3:30p Mind Body Studio	YOUTH PROGRAMMING Lane 1, 2, 3 & 4 reserved 4:00p - 5:30p Fitness Pool	SIT TO BE FIT Lisa 2:30p - 3:30p Mind Body Studio		YOUTH PROGRAMMING Mind Body Studio reserved 4:00p - 5:00p
VINYASA FLOW YOGA Christin 5:15p - 6:15p Mind Body Studio	YOUTH PROGRAMMING Lane 1, 2, 3 & 4 reserved 4:00p - 5:30p Fitness Pool	EVENING UNWIND YOGA Dana-Marie 5:15p - 6:15p Mind Body Studio	YOUTH PROGRAMMING Lane 1, 2, 3 & 4 reserved 4:00p - 5:30p Fitness Pool		YOUTH PROGRAMMING Mind Body Studio reserved 4:00p - 5:00p
TOTAL BODY STRENGTH Heather 5:30p - 6:30p Multi Purpose Studio	YOUTH PROGRAMMING Multi Purpose Studio reserved 4:00p - 5:00p	CYCLE & SCULPT Heidi 5:30p - 6:30p Cycle Studio	YOUTH PROGRAMMING Multi Purpose Studio reserved 4:00p - 5:00p		
AQUA POWER Kim B. 5:45p - 6:45p Fitness Pool	ROCK & ROW Heidi 5:30p - 6:30p Multi Purpose Studio	AQUA POWER Felicia 5:45p - 6:45p Fitness Pool	TOTAL BODY STRENGTH Heather 5:30p - 6:30p Multi Purpose Studio		
ZUMBA Casey 6:30p - 7:30p Mind Body Studio		ZUMBA Casey 6:30p - 7:30p Mind Body Studio			



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MODIFIED Group Fitness Schedule: March 11 - 16


MON	TUE	WED	THU	FRI	SAT
BOOT CAMP Kris 5:15a - 6:00a Multi Purpose Studio	TOTAL BODY STRENGTH Heather 5:15a - 6:15a Multi Purpose Studio	CYCLE & SCULPT Julie 5:45a - 6:30a Cycling Studio	Rock & Row Kris 5:15a - 6:00a Multi Purpose Studio		INDO ROW Heidi 8:30a - 9:00a Multi Purpose Studio
HIGH SCHOOL SWIM Lanes 2, 3 & 4 reserved 6:00a - 7:30a Fitness Pool	HIGH SCHOOL SWIM Lanes 2, 3 & 4 reserved 6:00a - 7:30a Fitness Pool	HIGH SCHOOL SWIM Lanes 2, 3 & 4 reserved 6:00a - 7:30a Fitness Pool	HIGH SCHOOL SWIM Lanes 2, 3 & 4 reserved 6:00a - 7:30a Fitness Pool	HIGH SCHOOL SWIM Lanes 2, 3 & 4 reserved 6:00a - 7:30a Fitness Pool	CYCLING FITNESS Heidi 9:15a - 10:00a Cycle Studio
AEROBIC STRENGTH Kim B. 7:30a - 8:30a Multi Purpose Studio	CORE & MORE Shannon 7:30a - 8:00a Multi Purpose Studio	AEROBIC STRENGTH Kim B. 7:30a - 8:30a Multi Purpose Studio	CORE & MORE Shannon 7:30a - 8:00a Multi Purpose Studio	AEROBIC STRENGTH Kim B. 7:30a - 8:30a Multi Purpose Studio	
SCULPT & STRENGTH Gina 8:45a - 9:30a Multi Purpose Studio	POWER HOUR Shannon 8:15a - 9:15a Cycling Studio	HYBRID TRX Lindsay 8:20a - 9:20a Multi Purpose Studio	POWER HOUR Shannon 8:15a - 9:15a Cycling Studio	BAPTISTE POWER YOGA Dana-Marie 8:45a - 9:45a Mind Body Studio	
		H2O WORKOUT Diane 8:30a - 9:30a Fitness pool	H2O WORKOUT Diane 8:30a - 9:30a Fitness pool		
SHAPE UP Shannon 10:00a - 11:00a Multi Purpose Studio	MORNING VINYASA YOGA Dana-Marie 8:30a - 9:30a Mind Body Studio	SHAPE UP Shannon 10:00a - 11:00a Multi Purpose Studio	MORNING VINYASA YOGA Dana-Marie 8:30a - 9:30a Mind Body Studio	SHAPE UP Shannon 10:00a - 11:00a Multi Purpose Studio	
SIT TO BE FIT Kim T. 10:15 - 11:15a Mind Body Studio	FUNCTIONAL FLEXIBILITY Shannon 9:30a - 10:30a Multi Purpose Studio		FUNCTIONAL FLEXIBILITY Shannon 9:30a - 10:30a Multi Purpose Studio		
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	FIT & FUN Laura 9:45a - 10:45a Mind Body Studio		FIT & FUN Laura 9:45a - 10:45a Mind Body Studio		
	MASTER SWIM Shannon Mistr 11:00a - 12:00p Fitness Pool		MASTER SWIM Shannon Mistr 11:00a - 12:00p Fitness Pool		
	TAI CHI Diane 11:00a - 11:45a Mind Body Studio		TAI CHI Diane 11:00a - 11:45a Mind Body Studio		
	PHYSICAL THERAPY Warm Water Pool reserved 12:00p - 2:00p		PHYSICAL THERAPY Warm Water Pool reserved 12:00p - 2:00p		
		FUNCTIONAL FLEXIBILITY Shannon 3:00p - 4:00p Multi Purpose Studio		VINYASA FLOW YOGA Christin 12:00P - 1:00P Mind Body Studio	
YOUTH PROGRAMMING Mind Body Studio reserved 4:00p - 5:00p	SMART BARRE Kim T. 1:30p - 2:15p Mind Body Studio	YOUTH PROGRAMMING Warm Water Pool reserved 4:00p - 5:00p			YOUTH PROGRAMMING Lane 1, 2, 3 & 4 reserved 4:00p - 5:30p Fitness Pool
YOUTH PROGRAMMING Lane 1, 2, 3 & 4 reserved 4:00p - 5:30p Fitness Pool	SIT TO BE FIT Lisa 2:30p - 3:30p Mind Body Studio	YOUTH PROGRAMMING Lane 1, 2, 3 & 4 reserved 4:00p - 5:30p Fitness Pool			
VINYASA FLOW YOGA Christin 5:15p - 6:15p Mind Body Studio	YOUTH PROGRAMMING Lane 1, 2, 3 & 4 reserved 4:00p - 5:30p Fitness Pool	EVENING UNWIND YOGA Dana-Marie 5:15p - 6:15p Mind Body Studio	YOUTH PROGRAMMING Lane 1, 2, 3 & 4 reserved 4:00p - 5:30p Fitness Pool	YOUTH PROGRAMMING Mind Body Studio reserved 4:00p - 5:00p	
TOTAL BODY STRENGTH Heather 5:30p - 6:30p Multi Purpose Studio	YOUTH PROGRAMMING Multi Purpose Studio reserved 4:00p - 5:00p	CYCLE & SCULPT Heidi 5:30p - 6:30p Cycle Studio	YOUTH PROGRAMMING Multi Purpose Studio reserved 4:00p - 5:00p		
AQUA POWER Kim B. 5:45p - 6:45p Fitness Pool	ROCK & ROW Heidi 5:30p - 6:30p Multi Purpose Studio	AQUA POWER Felicia 5:45p - 6:45p Fitness Pool	TOTAL BODY STRENGTH Heather 5:30p - 6:30p Multi Purpose Studio		
ZUMBA Casey 6:30p - 7:30p Mind Body Studio		ZUMBA Casey 6:30p - 7:30p Mind Body Studio			



Group Fitness Descriptions

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 = 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.



ARTHRITIS THERAPY

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



BAPTISTE POWER YOGA

Journey into your power as we flow through the eleven sequences each week designed to build strength, endurance, and stability, all while evaluating your edge. This fast-paced, heated yoga links movement to breath allowing for modifications to fit the yogi's individual needs. Bring your mat, water, and an attitude of being a yes for something greater than yourself!



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.



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.



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!



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.



EVENING UNWIND YOGA

This midweek week yoga flow is for everyone! Designed to help you regroup with movement and breath. We incorporate a slower Vinyasa flow and end with a nice relaxing, restorative wind down and release. All levels encouraged to come.



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!



FUNCTIONAL FLEXIBILITY

This 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. You will get fit and have fun!



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.



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.



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.



MASTERS SWIM

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



MORNING VINYASA YOGA / VINYASA FLOW

We incorporate breath and movement to create heat and release stress in the body. We challenge ourselves with balance, flow, and core work allowing everyone to push their edge in a safe environment, creating a healthier and happier you. This class is for yogis of all levels.



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.



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!



ROCK & ROW

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



SCULPT & STRENGTH

This 45-min class is for those new strength training or those wanting to build muscle strength. In this class you choose your weight while enjoying the camaraderie in a group fitness setting.



SHAPE UP

This high-energy cross-training class incorporates cardiovascular conditioning, strength training and stretching. Fun and variety are the keys to sticking with your fitness regimen. This is the only place in town to offer advanced step aerobics.



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.



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 cardio, toning, balance and stretching moves are included in each class. All exercises are performed while sitting in a chair or using it as a balance tool.



TAI CHI

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



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.



ZUMBA

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