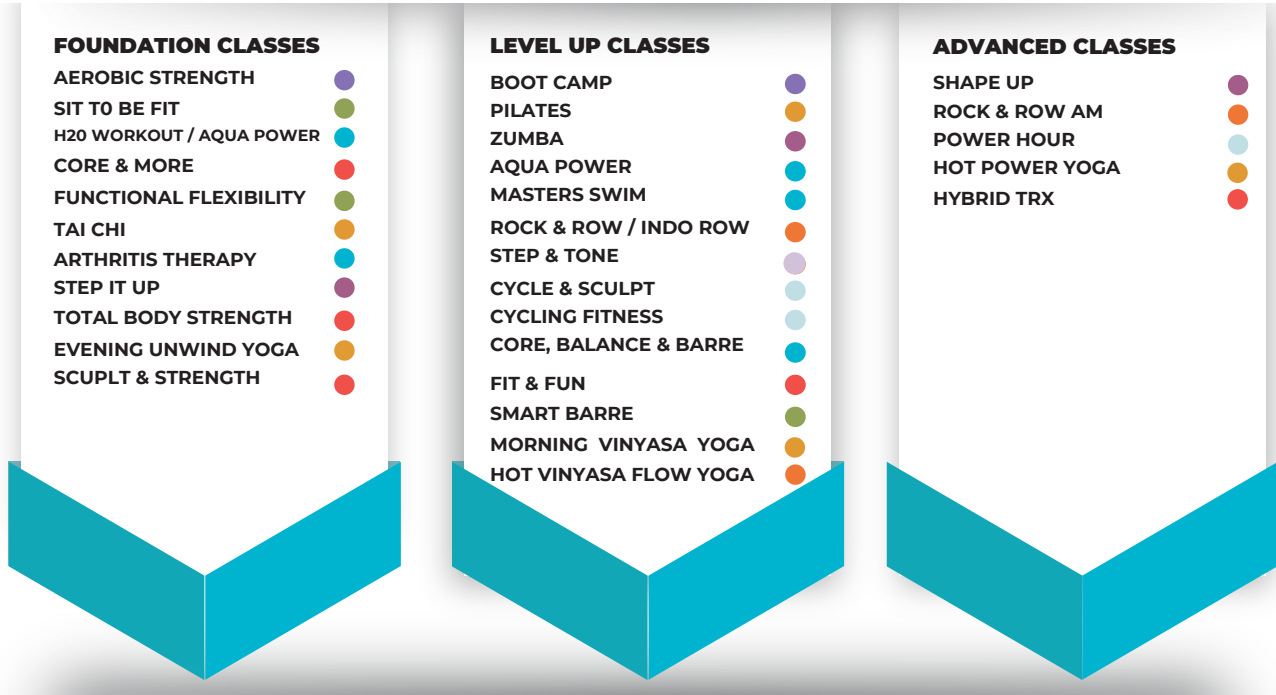
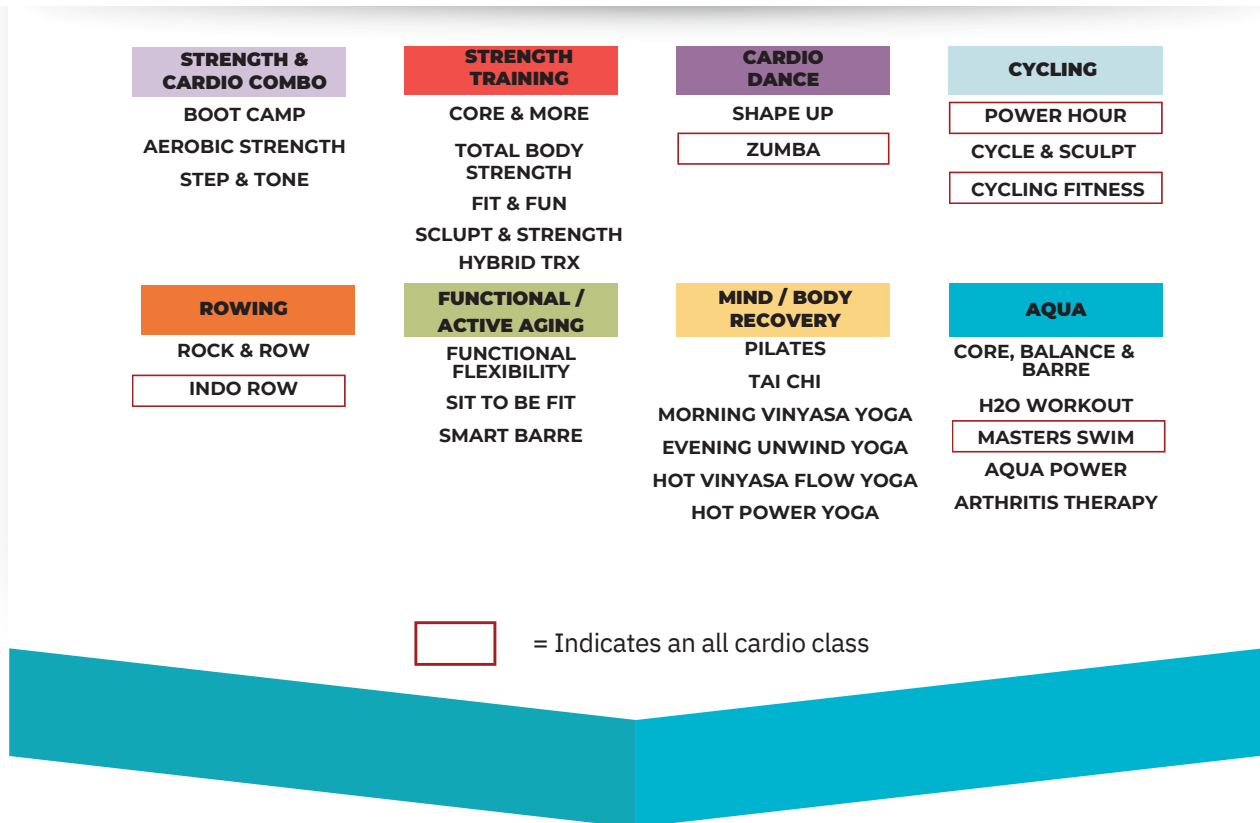


# Start Your Fitness Journey Here

Choose the path that best suits you:



## Choose your modality:



Coordinate your modality with class time:



CreateHealthy  
WELLNESS CENTER

# Group Fitness Schedule

MAY 2024


MON	TUE	WED	THU	FRI	SAT
	<b>BOOT CAMP</b> Kris 5:15a - 6:00a Multi Purpose Studio	<b>CYCLE &amp; SCULPT</b> Julie 5:45a - 6:30a Cycling Studio	<b>Rock &amp; Row</b> Kris 5:15a - 6:00a Multi Purpose Studio		<b>INDO ROW</b> Heidi 8:30a - 9:00a Multi Purpose Studio
<b>HIGH SCHOOL SWIM</b> Lanes 3 & 4 reserved 6:00a - 7:30a Fitness Pool	<b>HIGH SCHOOL SWIM</b> Lanes 3 & 4 reserved 6:00a - 7:30a Fitness Pool	<b>HIGH SCHOOL SWIM</b> Lanes 3 & 4 reserved 6:00a - 7:30a Fitness Pool	<b>HIGH SCHOOL SWIM</b> Lanes 3 & 4 reserved 6:00a - 7:30a Fitness Pool	<b>HIGH SCHOOL SWIM</b> Lanes 3 & 4 reserved 6:00a - 7:30a Fitness Pool	<b>CYCLING FITNESS</b> Heidi 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 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 Multi Purpose Studio	
<b>SCULPT &amp; STRENGTH</b> Gina 8:45a - 9:30a Multi Purpose Studio	<b>POWER HOUR</b> Shannon 8:15a - 9:15a Cycling Studio	<b>HYBRID TRX</b> Lindsay 8:20a - 9:20a Multi Purpose Studio	<b>POWER HOUR</b> Shannon 8:15a - 9:15a Cycling Studio	<b>HOT POWER YOGA</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>MORNING VINYASA YOGA</b> Dana-Marie 8:30a - 9:30a Mind Body Studio	<b>SHAPE UP</b> Shannon 10:00a - 11:00a Multi Purpose Studio	<b>MORNING VINYASA YOGA</b> Dana-Marie 8:30a - 9:30a Mind Body 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 Mistr 11:00a - 12:00p Fitness Pool		<b>MASTER SWIM</b> Shannon Mistr 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>FUNCTIONAL FLEXIBILITY</b> Shannon 3:00p - 4:00p Multi Purpose Studio	<b>PHYSICAL THERAPY</b> Warm Water Pool reserved 12:00p - 2:00p		
		<b>YOUTH PROGRAMMING</b> Warm Water Pool reserved 4:00p - 5:00p	<b>HOT VINYASA FLOW YOGA</b> Christin 12:00P - 1:00P Mind Body Studio		
<b>YOUTH PROGRAMMING</b> Mind Body Studio reserved 4:00p - 5:00p	<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>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>EVENING UNWIND YOGA</b> Dana-Marie 5:15p - 6:15p Mind Body Studio	<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>HOT VINYASA FLOW YOGA</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>CYCLE &amp; SCULPT</b> Heidi 5:30p - 6:30p Cycle Studio	<b>YOUTH PROGRAMMING</b> Lane 1, 2, 3 & 4 reserved 4:00p - 5:30p Fitness Pool	<b>YOUTH PROGRAMMING</b> Mind Body 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>STEP &amp; TONE</b> Gina 5:30p - 6:30p Multi Purpose Studio	<b>YOUTH PROGRAMMING</b> Multi Purpose Studio reserved 4:00p - 5:00p		
<b>AQUA POWER</b> Kim B. 5:45p - 6:45p Fitness Pool	<b>ROCK &amp; ROW</b> Heidi 5:30p - 6:30p Multi Purpose Studio	<b>AQUA POWER</b> Kim B. 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>ZUMBA</b> Casey 6:30p - 7:30p Mind Body Studio			



# Group Fitness Descriptions

CreateHealthy

WELLNESS CENTER

 = 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.



## 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!



## HOT 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!



## HOT VINYASA FLOW YOGA

This heated yoga class links breath to movement to build strength, flexibility, and balance. We will incorporate core and body weight exercises with yoga poses to stay in a constant flow of movement and stretching. Bring your water bottle and be prepared to move and sweat.



## 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.



## STEP & TONE

This 1-hour class offers the perfect balance between cardio and muscle toning and leaves you feeling accomplished. The first half is dedicated to cardio-step fun followed by thirty minutes of muscle toning exercises utilizing dumbbells, body weight, etc.



## 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!