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TIME	CLASS	TEACHER	TIME	CLASS	TEACHER	TIME	CLASS	TEACHER	TIME	CLASS	TEACHER	TIME	CLASS	TEACHER
5:30a	High Intensity Spin	Spin	5:30a	 LES MILLS BODYPUMP	Cardio	5:30a	Group Cycle	Spin	5:30a	 LES MILLS BODYPUMP	Cardio	5:30a	 LES MILLS BODYFLOW	Mind/Body
5:30a	 GROUP KICK	Cardio	8:30a	Aqua Action	Pool	6:00a	Aqua Fit (45 min)	Pool	6:30a	Sunrise Yoga	Mind/Body	6:00a	Aqua Fit (45 min)	Pool
6:00a	Aqua Fit (45 min)	Pool	9:00a	Stability Ball Basics	Mind/Body	8:30a	Abs/Legs Xpress	Pool	8:30a	Aqua Action	Pool	8:30a	Aqua Action	Pool
6:30a	Sunrise Yoga	Mind/Body	9:30a	Water Works	Pool	9:30a	 LES MILLS BODYPUMP	Cardio	9:00a	 NEW BOSU Bash begins 1/12/12	Cardio	*9:00a	 ZUMBA gold	Mind/Body
8:30a	Aqua Action	Pool	9:30a	 LES MILLS RPM	Spin	10:00a	Joints in Motion	Pool	9:30a	Group Cycle	Spin	9:30a	Splash n Stretch (30 min)	Pool
*9:00a	 ZUMBA gold (45 min)	Mind/Body	10:00a	 ZUMBA toning	Cardio	10:45a	 ZUMBA FITNESS	Cardio	10:00a	Flex n Stretch (45 min)	Cardio	9:30a	 LES MILLS BODYPUMP	Cardio
			10:30a	 LES MILLS BODYFLOW	Mind/Body	11:00a	Joints in Motion	Pool	10:00a	 aqua ZUMBA	Pool	9:30a	Pilates Mat I	Reformer Studio
9:30a	Splash n Stretch (30 min)	Pool							10:30a	Pilates Mat I	Reformer Studio	10:00a	Joints in Motion	Pool
9:30a	Precision Pilates	Reformer Studio										10:30a	 LES MILLS BODYFLOW	Mind/Body
9:30a	 LES MILLS BODYPUMP	Cardio										11:00a	Joints in Motion	Pool
10:00a	Joints in Motion	Pool												
10:45a	 ZUMBA FITNESS	Cardio												
11:00a	Joints in Motion	Pool												
5:00p	 LES MILLS BODYPUMP	Cardio				4:30p	Water Works	Pool				<b>Saturday</b>		
5:00p	Water Works	Pool	5:00p	Butts n' Guts	Cardio	5:00p	 ZUMBA FITNESS	Cardio	5:00p	Pilates Mat I	Reformer Studio			
6:00p	Flex n Stretch (45 min)	Mind/Body	5:30p	Aqua Fit	Pool	*5:00p	 LES MILLS BODYFLOW	Mind/Body	5:00p	 LES MILLS BODYPUMP	Cardio	8:00a	 LES MILLS RPM	/Spin Spin
6:00p	Group Cycle	Spin	6:00p	Progressive Yoga	Mind/Body	5:00p	 LES MILLS RPM	Spin	5:30p	Water Works	Pool	9:00a	 LES MILLS BODYPUMP	Cardio
6:00p	"Step" It Up	Cardio	6:00p	Precision Pilates	Reformer Studio	6:00p	 LES MILLS BODYPUMP	Cardio	6:00p	Yoga Basics	Mind/Body			
7:00p	 ZUMBA FITNESS	Cardio	7:00p	 ZUMBA FITNESS	Cardio	7:00p	Step It Up	Cardio	7:00p	 GROUP KICK	Cardio			

If you are a **NEW PARTICIPANT**, arrive to class at least 10 minutes early so the instructor can set you up with the proper equipment before class begins.

- Classes are 55 minutes in length unless noted.
- Please advise instructor of any health conditions you have.
- Only Group Fitness participants may be in a Group Fitness studios during class times

\*BodyFlow on Wednesday nights available through 4/25/2012.  
 \*ZUMBA Gold duration is 45 minutes both days.  
 \*Flex n Stretch duration is 45 minutes effective 2/6/12.

**Abs/Legs Xpress:** Strengthen, shape and tone your core, lower back, and legs without all of the strain caused by exercising on land. This class uses several pool aides and the current of our therapeutic pool jets. Swimming skills not required.

**Aqua Fit:** Enjoy the invigorating benefits of a joint friendly, shallow water workout. Swimming skills not required. Appropriate for all levels.

**Aqua Action:** A combination of aerobic & strength training exercises that will leave you feeling stronger and more energized! Time will be allocated at the end of class for flexibility training.

**Bootcamp Blast:** A series of exercises intended to increase cardiovascular training, agility, and high-intensity movements integrated with strength and resistance for a maximum full-body workout.

**BOSU Bash:** BOth Sides Up! A half-moon shaped “ball” used to enhance dynamic exercises and movements to challenge balance, stabilization, and focus on total body conditioning for all fitness levels!

**Butts and Guts :**A blend of glute, ab, and inner/outer thigh exercises designed to strengthen your legs, backside, and core. Participants will perform a number of exercises on the mat using their own body weight to provide resistance.

**Flex n Stretch:** A 30 minute full-body , active stretching class to increase flexibility and lengthen muscles using bands, balls, and other props. Excellent for all levels!

**Group Cycle:** Pedal in groups, roll over hills, chase the pack, climb mountains and burn calories while strengthening your lower body. A 55-minute cycling program geared for anyone that can ride a bike. Try our state-of-the-art Keiser indoor cycles that feature magnetic resistance technology and a computer read-out on every bike!

**High Intensity Spin:** Kick it up! Burn more calories within this 55-minute cycling class by pushing yourself beyond your limit. Experience more intense intervals that will get your heart pumping!

**Joints in Motion:** Specially designed gentle movements in our warm water (85 degree) pool. Work with the water's buoyancy and resistance to improve your joint flexibility, relieve pain and stiffness, and strengthen your muscles. This class is excellent for those with arthritis, recovering from surgery, or with any chronic pain disorders. People with multiple/severe joint problems or who have had joint surgery are encouraged to check with their doctors about special precautions.

**Precision Pilates/Pilates Mat:** Pilates Mat is a series of floor exercises performed using the resistance of your body. These classes will provide time for learning the basic foundation principles required to get the full benefits of Pilates and deepen your execution of the core principles.

**Step It Up :**Discover new heights with Step! Utilizing the step in many positions and heights. This compelling 55-minute cardio program strengthens and shapes the lower body one step at a time.

**Splash n Stretch:** This 30 min. post workout stretch allows to cool down and offer full recovery. It is designed to welcome members to the next class to warm-up with light, stretching movements.

**Stability Ball Basics:** This creative workout uses stability balls all while utilizing the resistance of the ball incorporating Pilates and other major muscle group exercises. For all fitness levels.

**Water Works:** This class will get your heart pumping and body moving. Improve your cardiovascular health, strength and flexibility in this low impact, dynamic exercise class.

**Yoga Basics :** A gentle practice learning basic yoga moves while focusing on proper form, breathing and alignment. Suitable for all levels.

**Sunrise Yoga:** Integrating breath and movement to create a flow between Sun Salutation, standing sequences, balancing and seated poses. This class is intended to awaken and energize the morning mind and body.

**Progressive Yoga:** More challenging, traditional ashtanga yoga postures will be introduced to allow for progression and awareness. Although some poses may be challenging, members are always encouraged to work at their own personal level. Basic hatha yoga postures are encouraged but not necessary.



Is the Yoga, Tai Chi, & Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance. This class is designed for those at an intermediate fitness level and with some basic Yoga experience



Is the original barbell class that strengthens your entire body. This 55-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!



Is a 55-minute indoor cycling class based on outdoor riding. You ride to inspirational music over the equivalent of 20-25 kilometers of varied terrain, controlling the intensity of your workout with a resistance lever and pedal speed.



Taking the party into the pool! Experience safe, effective and challenging water-based workouts that integrate the Zumba formula and philosophy into traditional aqua fitness disciplines, all while having fun splashing around to choreographed music. Swimming not required. For all fitness levels and age groups.



Designed to teach the active older adult using correct musical tempo and choreography specific to this population. Acceptable for those just starting their journey to a fit and healthy lifestyle and who want to join the fitness-party for the first time. Great for seniors, those with compromised health, or beginner exercisers who want to learn the rhythm basics to a ZUMBA class.



Blending body-sculpting techniques and specific Zumba moves into one calorie-burning, strength-training class. You'll learn how to use weighted, maraca-like Zumba Toning Sticks to enhance rhythm, build strength and tone all the target zones.



This class uses a fusion of Latin and international dance themes (from the Colombian cumbia to merengue, salsa, and calypso) creating a dynamic, exciting, effective fitness workout. The routine features aerobic fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. You can burn up to 450 calories per hour and get a toning workout as well.



This electric 60 minute fusion class of martial arts and boxing movement will kick your cardio fitness to the next level while defining and shaping your body and self confidence! Group Kick will knock you out!

