

June 2017

monday

Time	Class	Studio	Instructor
5:30AM	Flow Yoga	MB	Janice S.
7:00AM	Fitness 101	B	Deanna
8:00AM	Ab Blast	A	Deanna
8:00AM	Cycle Blast	Cycle	Cathy
8:30AM	Boot Camp	B	Deanna
8:30AM	Yoga for Ftnss	MB	Sharon
8:45AM	Beg Pilates	A	Cathy V.
8:45AM	Indoor Cycling	Cycle	Missy
9:30AM	Zumba®	A	Deanna
10:00AM	AB Blast	B	Bud
10:30AM	Yoga for Beg.	MB	Tammy
10:30AM	Bodies In Mtn	B	Cathy V.
10:30AM	TRX	FF	Sharon
11:15AM	Pilates Fusion	A	Lisa S.
11:15AM	Arthritis Land	B	Deanna
12:15PM	PiYo	A	Melinda
12:15PM	Boot Camp	B	Nikki
4:45PM	Boot Camp	A	Nikki
5:30PM	Kickboxing	A	Nikki
5:30PM	Pilates Fusion	B	Jamie
5:30PM	Yoga for Beg+	MB	Julie
5:30PM	Ftns101Cardio	PT	Cathy V.
5:30PM	First Gear	Cycle	Jeff
5:30PM	Walking/Stretc	OT	Donna
6:15PM	Zumba®	A	Christy
6:15PM	Ftns 101 Wts	PT	Cathy V.
6:30PM	RPM	Cycle	Jeff
6:30PM	PwrFlowYoga	MB	Dennis
7:15PM	Muscle Flex	A	Donna

tuesday

Time	Class	Studio	Instructor
5:05AM	Yoga for Beg.	MB	Julie
5:15AM	Indoor Cycling	Cycle	Lisa H.
5:15AM	Pilates Fusion	B	Lisa S.
5:30AM	Boot Camp	A	Nikki
7:30AM	TRX	FF	Luke
8:00AM	30 Min Blast	A	Cathy V.
8:30AM	Ttl Body Tone	A	Vilma
9:30AM	Toning for Beg	B	Vilma
9:30AM	Barre Blast	A	Cindy
10:00AM	Pilates Fusion	A	Cathy V.
10:00AM	First Gear	Cycle	Bud
10:00AM	Walking&Yoga	Track	Sharon
10:00AM	Balance Train.	B	Tami
10:30AM	Tai Chi	B	Tina
11:15AM	Gentle Yoga	MB	Julie
11:15AM	Arthritis Land	B	Cathy V.
12:15PM	Barre Blend	A	Cindy
4:45PM	Zumba®	A	Deanna
4:45PM	TRX	FF	Luke
5:30PM	Boot Camp	A	Deanna
5:30PM	Yoga for Beg.	MB	Janice D.
5:30PM	Indoor Cycling	Cycle	Jamie
6:15PM	Step 'N Pump	A	Donna
6:15PM	MF Technique	B	Dennis
6:30PM	Yoga for Ftnss	MB	Janice S.
6:30PM	TRX	FF	Jordan

wednesday

Time	Class	Studio	Instructor
5:05AM	Kickbox & KB	A	Julie
5:30AM	Flow Yoga	MB	Janice S.
7:00AM	Fitness 101	B	Deanna
8:00AM	3-2-1	A	Deanna
8:00AM	Cycle Blast	Cycle	Cathy V.
8:30AM	Core & BoSU	B	Deanna
8:30AM	Yoga for Ftnss	MB	Sharon
8:45AM	Beg Pilates	A	Cathy V.
9:15AM	Beg. Tai Chi	B	Jessie
9:30AM	Zumba®	A	Melinda
10:00AM	AB Blast	B	Bud
10:30AM	Yoga for Beg.	MB	Gail
10:30AM	Bodies In Mtn	B	Cathy V.
10:30AM	TRX	FF	Sharon
11:15AM	Pilates Fusion	A	Lisa S.
11:15AM	Arthritis Land	B	Deanna
12:15PM	PiYo	A	Melinda
12:15PM	Boot Camp	B	Nikki
4:45PM	Boot Camp	A	Nikki
5:30PM	Kickboxing	A	Nikki
5:30PM	Pilates Fusion	B	Jamie
5:30PM	Restore Yoga	MB	Janice S.
5:30PM	Ftns101Cardio	PT	Sandy
5:30PM	RPM - Beg.	Cycle	Jeff
5:30PM	Walk&Stretch	Track	Cathy
6:15PM	Muscle Flex	A	Donna
6:15PM	Ftns 101 Wts	Pool	Cathy
6:30PM	RPM	Cycle	Tiffany

thursday

Time	Class	Studio	Instructor
5:05AM	Yoga for Beg.	MB	Julie
5:15AM	Indoor Cycling	Cycle	Missy
5:15AM	Pilates Fusion	B	Lisa S.
5:30AM	Boot Camp	A	Nikki
7:30AM	TRX	FF	Luke
8:00AM	30 Min Blast	A	Cathy V.
8:30AM	Ttl Body Tone	A	Vilma
9:30AM	Toning for Beg	B	Vilma
9:30AM	Barre Blast	A	Cindy
10:00AM	Pilates Fusion	A	Cathy V.
10:00AM	First Gear	Cycle	Bud
10:00AM	Walking&Yoga	Track	Sharon
10:00AM	Balance Train.	B	Cathy B.
10:30AM	Tai Chi	B	Tina
11:15AM	Gentle Yoga	MB	Julie
11:15AM	Arthritis Land	B	Cindy
12:15PM	Barre Blend	A	Cindy
4:45PM	Step 'N Pump	A	Donna
5:30PM	3-2-1	A	Lisa H.
5:30PM	Yoga for Beg.	MB	Janice D.
6:30PM	Muscle Flex	B	Dennis
6:30PM	Zumba®	A	Marisol
6:30PM	TRX	FF	Jordan

friday

Time	Class	Studio	Instructor
5:05AM	Kickbox & KB	A	Julie
5:30AM	Flow Yoga	MB	Janice S.
7:00AM	Fitness 101	B	Sharon
8:00AM	Pilates Mat	A	Cathy V.
8:45AM	Zumba®	A	Vilma
8:45AM	Indoor Cycling	Cycle	Missy
9:15AM	Muscle Flex	B	Dennis
9:30AM	Stretching	Track	Cathy V.
9:30AM	PiYo	A	Melinda
10:30AM	Bodies In Mtn	B	Cathy V.
10:30AM	Yoga for Beg+	MB	Dennis
11:15AM	Arthritis Land	B	Cathy V.
4:45PM	Indoor Cycling	Cycle	Cathy/Julie

saturday

Time	Class	Studio	Instructor
8:15AM	3-2-1	A	Lisa H.
9:00AM	Yoga for Ftnss	MB	Jamie
9:30AM	Zumba®	A	Marisol
10:15AM	Muscle Flex	A	Donna

sunday

Time	Class	Studio	Instructor
1:00PM	Indoor Cycling	Cycle	Cathy/Jeff

Members are asked to bring their own yoga mat for classes.

CLASS TYPE GUIDE:

	Aquatics Class
	Cycling Class
	Mind/Body Class

LOCATION GUIDE:

A = Studio A (upstairs)
 B = Studio B (upstairs)
 Cycle = Cycling Studio (downstairs)
 FF = Fitness Floor (upstairs)
 MB = Mind/Body Studio (downstairs)
 OT= Outdoor Track
 PT = Functional Restoration (downstairs)
 Track = Indoor Track

Pools are closed for repairs. Classes highlighted in blue replace aquatics classes until pool repairs are complete.

NEW CLASS OR NEW CLASS TIME!!

class descriptions

AQUATICS CLASSES DURING POOL CLOSURE:

Arthritis Land: Land exercises recommended by the Arthritis Foundation (45 minute class) Level 1

Fitness 101 – Cardio & Weights: An introduction to cardiovascular and strength training (30 Minute class) Level 1

Fitness 101 – Cardio: An introduction to cardiovascular training (30 minute class) Level 1

Fitness 101 – Weights: An introduction to strength training (30 minute class) Level 1

Stretching: 30 minute class focusing on flexibility and balance (30 minute class) Level 1

Walking/Stretching: Cardiovascular work on the Indoor Track followed by cool down in the stretching area (45 minute class) Level 1

Walking/Yoga: Cardiovascular work on the Indoor Track followed by a short yoga session in the MB Studio (45 minute class) Level 1

Yoga for Beginners: Yoga for the novice exerciser or mature adult (45 minute class) Level 1

CYCLING CLASSES:

Cycle Blast: 30 minute **Indoor Cycling** class. 30 minute class (Level 2)

First Gear: Cycling class for beginners. 45 minute class (Level 1)

Indoor Cycling: Stationary cycling class that simulates hills, sprints and even-paced rides. 45 minute class (Level 2)

RPM: Les Mills choreographed cycling class. 45 minute class. (Level 3)

RPM – Beginner: 30 minutes of the RPM class for beginners. (Level 2)

MIND / BODY CLASSES:

Please bring your own yoga mat for classes.

Barre Blend: A combination of classical ballet and Pilates moves. 45 minute class (Level 2)

Barre Blast: A 30 minute Barre Blend class. 30 minute class (Level 2)

Beginning Pilates Mat: Traditional Pilates exercises to strengthen the core. 45 minute class (Level 1)

Beginning Tai Chi: Slower Tai Chi for the beginner. 45 minute class (Level 1)

Flow Yoga: A smooth, flowing yoga class. Class time varies (Level 2)

Gentle Yoga: Slow, smooth yoga for beginners. 45 minute class (Level 1)

Healing Yoga: Yoga for Veterans. 55 minute class (Level 3)

Hot Yoga: A challenging full body workout that strengthens and detoxifies the body. 55 minute class (Level 2)

Pilates Fusion: Functional strength and balance fused with Pilates mat exercises. 45 minute class (Level 2)

Pilates Mat: Strengthen the core muscles using exercises developed by Joseph Pilates. Class time varies (Level 2)

PiYo: Fusion of Pilates and yoga at a faster pace. 55 minutes class (Level 2)

Power Flow Yoga: Intermediate to advanced Flow Yoga class. 55 minute class (Level 2/3)

Restorative Yoga: uses props and extended hold times to open the body in a passive manner. 45 minute class (Level 2)

Tai Chi: Martial arts class concentrating on strength and balance. Meditation in motion. 45 minute class (Level 1)

Yoga for Beginners: Yoga for the novice exerciser or mature adult. 45 minute class (Level 1)

Yoga for Beginners +: Beginner yoga class for the slightly more advanced exerciser. 45 minute class (Level 1+)

Yoga for Fitness: Fitness-based yoga class. Class time varies (Level 2)

OTHER CLASSES:

3-2-1: Phase 3: strength training, Phase 2: cardio, Phase 1: abs/core work. 45 - 60 minute class (Level 2)

Ab Blast: Strengthen and tone the core muscles. 30 minute class (Level 2)

Balance Training: Class that helps members with balance issues. 30 minute class (Level 1)

Bodies in Motion: Cardiovascular and toning exercises for our mature members. 45 minute class (Level 1)

Boot Camp: Athletic training at its best!!! Class time varies (Level 3)

Core & BoSU: Exercises for the abdominals / core muscles. 45 minute class (Level 2)

Fitness 101: Light aerobics class designed to introduce members to exercise. 45 minute class (Level 1)

Kickboxing: Kick and punch your way to cardiovascular fitness. 40 minute class (Level 3)

Kickboxing & KBs: Kickboxing (cardio) and KBs (toning) in one class. 45 minute class (Level 2)

MF Technique: Work on your Muscle Flex form and technique. 45 minutes class (Level 2)

Muscle Flex: Muscle conditioning using equipment similar to the free weights on the fitness floor. 55 minute class (Level 2)

Step 'N Pump: 30 minutes of cardio on the step followed by strengthening exercises. 55 minute class (Level 2)

30 Minute Blast: High-intensity cross-training. Class can be scaled for all fitness levels. 30 minute class (Level 3)

Toning for Beginners: Total body resistance training for the beginning exerciser. 30 minute class (Level 1)

Total Body Toning: Strengthen and tone the entire body. 45 minute class (Level 2)

TRX: Class on the Fitness Floor using the TRX suspension system. 30 minute class (Level 3)

Zumba®: Fusion of Latin and international dances for an exciting and fun cardiovascular workout! 55 minute class (Level 2)



Aquatics Classes During Pool Closure

	<u>Time</u>	<u>Aquatics Class</u>	<u>Substitute Class</u>	<u>Location</u>
Mondays	7:00AM	Arthritis Plus	Fitness 101 - Cardio & Weights	Studio B
	11:15AM	EZ Motion	Arthritis Land	Studio B
	5:30PM	Hydrofit	Walking / Stretching	Track
	6:15PM	Aquatics 101	Fitness 101 - Weights	PT
Tuesdays	5:05AM	Sprint & Stretch	Yoga for Beg	MB Studio
	10:00AM	Aquafit	Walking / Yoga	Track/MB
	11:15AM	Arthritis Basics	Arthritis Land	Studio B
Wednesdays	7:00AM	Arthritis Plus	Fitness 101 - Cardio & Weights	Studio B
	11:15AM	EZ Motion	Arthritis Land	Studio B
	5:30PM	Deep Definition	Walking / Stretching	Track
	6:15PM	Aquatics 101	Fitness 101 - Weights	PT
Thursdays	5:05AM	Sprint & Stretch	Yoga for Beg	MB Studio
	10:00AM	Aquafit	Walking / Yoga	Track/MB
	11:15AM	Arthritis Basics	Arthritis Land	Studio B
	5:30PM	Aqua Zumba	Strong Zumba @ 6:30	Studio A
Fridays	7:00AM	Arthritis Plus	Fitness 101	Studio B
	9:30AM	Deep Definition	Stretching	MB Studio
	11:15AM	EZ Motion	Arthritis Land	Studio B
	5:30PM	Deep Definition	Cancel	
Saturdays	10:45AM	Aqua Zumba	Zumba @ 9:30AM	Studio A
Sundays	2:30PM	Aquafit	Cancel	

Class Descriptions

Arthritis Land: Land exercises recommended by the Arthritis Foundation

Fitness 101 - Cardio & Weights: An introduction to cardiovascular and strength training

Fitness 101 - Cardio: An introduction to cardiovascular training

Fitness 101 - Weights: An introduction to strength training

Stretching: 30 minute class focusing on flexibility and balance

Walking/Stretching: Cardiovascular work on the Indoor Track followed by cool down in the stretching area

Walking/Yoga: Cardiovascular work on the Indoor Track followed by a short yoga session in the MB Studio

Yoga for Beginners: Yoga for the novice exerciser or mature adult

Class Locations:

MB Studio: Mind/Body Studio downstairs

PT - Functional Restoration downstairs

Studio A - large studio upstairs

Studio B - smaller studio upstairs

Track - Indoor Track upstairs