

Class Descriptions

AQUACISE: These classes are designed to increase flexibility, stability, and total body toning while providing an aerobic workout without wear and tear on your joints.

The **Arthritis Format** consists of gentle movements while targeting flexibility through range of motion exercises to help restore and maintain mobility.

Aqua Dance: This class integrates a variety of fun, familiar dance movements with traditional aqua fitness disciplines.

Aqua Fit and Boot Camp: This is a water alternative to the H.I.I.T class. It consists of high energy intervals without putting any excess pressure on the joints.

Abs/Core Conditioning: This class focuses on exercises to strengthen core muscles using a variety of tools such as the balance ball and resistance bands.

Cardio Chisel: The focus of this class is mixed impact options using jump rope, plyometrics, and boxing elements to help improve strength, coordination, balance, and muscle definition.

H.I.I.T: (High Intensity Interval Training) This class is designed for people whose primary concerns are boosting overall cardiovascular fitness, endurance, and fat loss, without losing the muscle mass they already have. The H.I.I.T format to cardio exercise is very physically demanding and isn't for everyone.

Sit & Fit: This class is designed to increase strength, cardio endurance, and range of motion in a low-impact format. A chair is used for seated or standing support.

TBC: (Total Body Conditioning): This class targets strengthening every major muscle group using weights, bands, and bars while keeping you in your target zone.

Turbo Kick: This is a combination of intense kickboxing and dance moves. The class has a unique blend of intervals of strength/endurance training, and a relaxing cool down. It requires no previous kickboxing experience.

PIYO: This class is a unique blend of strength training and core conditioning with a foundation in Pilates and Yoga. The class requires no previous experience. Think sculpted abdominals, increased overall core strength, and greater stability.

Zumba: This is an exciting class that fuses Latin music and easy to follow moves using fast and slow rhythms to sculpt and tone your body while burning fat.

- **No children under 12 are allowed in Group Exercise room.**



Group Exercise

Winter Schedule

January 2 to May 31

Updated 01/09/2012

| Time | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------|-----------------|--|--|---|--|----------------------------|-------------------------|
| 8:00 - 8:45 | | PIYO (Jennifer) <i>Starts at 8:15</i> | Sit and Fit (Lisa) | Zumba (Shannon) <i>Starts at 8:15</i> | Sit and Fit (Lisa) | Sit and Fit Plus (Lisa) | |
| 9:00 - 10:00 | | Turbo Kick (Jennifer) | TBC & ABS (Rachael) | PIYO (Jennifer) | TBC & ABS (Rachael) | Cardio Choice (Shannon) | |
| 9:00 - 9:45 | | AQUACISE Low Impact (Julianna) | AQUACISE Arthritis Format (Julianna) | AQUACISE Low Impact (Julianna) | AQUACISE Arthritis Format (Julianna) | AQUA DANCE (Lisa) | |
| 10:30 - 11:30 | | | | | | | Zumba (Shannon/Erin) |
| 4:00- 4:45 | Zumba (Erin) | | | | | | |
| 4:30 - 5:30 | | Zumba (Anna) | Zumba (Anna) | | Zumba (Anna) | | |
| 5:00 - 6:00 | | AQUA BOOT CAMP (Lisa) | | AQUA BOOT CAMP (Lisa) | | | |
| 6:15 - 7:15 | | | TBC & ABS (Rachael) | | Cardio Chisel (Rachael) | | |
| 7:00 - 8:00 | | Adult Dance* Foxtrot (Ric Seeling) | | | | | |
| 7:15 - 8:15 | | AQUA FIT (Lisa) | | AQUA FIT (Lisa) | AQUA FIT (Lisa) | | |
| 7:30 - 8:15 | | | H.I.I.T (Rachael) | | H.I.I.T (Victor) | | |
| 8:00 - 9:00 | | Adult Dance* East Coast Swing (Ric Seeling) | | | | | |

Class schedule is subject to change based on class participation. Schedules will be updated accordingly.

**Additional fee*