

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

Barre: This class will incorporate work on the Ballet Barre. Think increased overall core strength, and greater stability, and flexibility. The class requires no previous experience. **Barre Burn** will include use of light weights, high intensity thigh and seat isometrics, and ab work on the mat.

Body Sculpting/HIIT: This is the ultimate calorie burning workout, which combines the best of cross-training conditioning with speed drills, plyometrics, and power exercising. A complete workout with the benefits of camaraderie and social support. HIIT (High Intensity Interval Training) will alternate exercise cycles between high and low intensity.

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.

Cardio Fusion: This class includes cardio, strength and flexibility moves. It is a fusion of different dance styles and music. The perfect class for all levels of fitness.

Chair Yoga: This class will introduce you to traditional yoga postures modified to be performed mostly in a chair or using the chair as a prop. You have option to use a mat instead of a chair.

Core & More/Pilates Plus: This class focuses on exercises to strengthen core muscles using a variety of tools such as the balance ball and resistance bands.
Pilates Plus : improver/intermediate level

Line Dance: This class uses a variety of music genres with sequencing step patterns. Have fun while improving your balance, strength, and memory without even realizing that you are exercising.

PIYO: Using your own body weight, you will increase flexibility, strengthen your core, posture, alignment, and improve circulation all while slimming muscles instead of building bulk. Expect classical Pilates moves mixed with traditional yoga poses.

Sit & Fit/Sit & Stand*/Silver Sneakers: 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. *advanced/limited to 30 participants (I,II, and III: levels of intensity)

Step/Step & Tone: This is a choreographed class that incorporates a platform to step up and down to get you in your fat burning zone. Weights are added in the Step & Tone Class.

STRelax: This is a full body stretch class with relaxation techniques.

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

TurboKick: 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.

Zumba/Aqua: 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. *Aqua Zumba is held in the pool.*



Winter/Spring 2017

January 3 to May 28, 2017

Updated 12/28/2016

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 - 9:00		Barre Balance (Kathryn) <i>ends @ 8:45</i>	Sit and Fit (Rachael) <i>Moderate</i>		Line Dance 201 (Sandi)	Sit and Step <i>Advanced</i> 30 member max	
9:00-9:45		AQUACISE Low Impact (Ruthie)	AQUACISE Low Impact (Andrea)	AQUA Fit High Intensity (Andrea)	AQUACISE Low Impact (Kristie)	AQUACISE Low Impact (Andrea)	Instructor's Choice (Kristiie)
9:10-10:00		TurboKick (Jennifer)	Cardio Chisel/Abs (Rachael)	Kettlebell (Kathy)	TBC & ABS (Rachael)	Body Sculpting (Rachael) <i>ends@ 9:45</i>	
9:45-10:15						Core & More (Rachel)	
10:15 - 11:00		Stretch and Tone III <i>Silver Sneakers</i> (Ruthie)	Cues/Line Dance -I 10: 30 Line Dance 201	Stretch and Tone II <i>Silver Sneakers</i> (Ana)	Cues/Line Dance 10:15/10:30 (Ana)	Stretch and Tone II <i>Silver Sneakers</i> (Ana)	
11:00- 11:45			Chair Yoga (Ana) 11:30 to 12:15		Chair Yoga (Ana) 11:30 to 12:15		
1:00 - -1:45			Stretch and Tone I <i>Sliver Sneakers</i> (Barbara)		Stretch and Tone I <i>Sliver Sneakers</i> (Barbara)		
4:00- 4:45	Cardio Fusion (Erin)						
4:15 - 5:00		Step & Tone (Kristie)	Zumba (Erin)	Barre Ex (Christina)	Zumba (Erin)		
5:15 -6:00		Pilates Plus (Lynn)	Cardio Fusion (Cheryl) <i>ends @ 6:15</i>	Pilates Plus (Lynn)	Cardio/Core (Erin)		
6:05 - 7:00		Zumba (Brooke)	PIYO (Cheryl) <i>begins @ 6:15</i>	H.I.I.T (Kristie)	PLYO Dance (Ruthie)		
7:05 - 8:00							

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

No children under 12 are allowed in Group Exercise room.