


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		5:30 am – 6:30 am BodyPump • Lizzie	5:30 am – 6:30 am Endurance Circuit • Stephanie	5:15 am – 6:15 am BodyPump • Stefanie		
7:45 am – 8:15 am Total Body • Selena			7:45 am – 8:45 am Active Together • Diane		7:45 am – 8:45 am Active Together • Diane	7:15 am – 8:15 am STT • Tammy
8 am – 9 am Yoga • Gabrielle	8 am – 9 am Total Body • Nicole					7:15 am – 8:15 am Cycling • Stephanie
8:30 am – 9:15 am Cycling • Selena						8:30 am – 9:30 am WERQ • Corey
9:30 am – 10:15 am Water Aerobics • Selena	9 am – 10 am ● Yoga • Poyee	9 am – 10 am STT • Karen /Diane	9 am – 10 am ● Yoga • Poyee	9 am – 10 am BodyPump • Karen/Jeanine	9 am – 10 am Total Body • Nicole	9 am – 10 am Cycling • Leah
		9:15 am – 9:45 am Express Cycle • Selena		9:15 am – 9:45 am Express Cycle • Selena		9:30 am – 10:30 am Yoga • Gabrielle
10 am – 11 am Zumba • Nisey	10:15 am – 11:15 am Zumba • Jeanine	10 am – 10:45 am Water Aerobics • Selena	10:15 am – 11:15 am Zumba • Nancy	10 am – 10:45 am Water Aerobics • Selena		10:30 am – 11:15 am Zumba • Joanna
11 am – 12 pm STT • Carolina	11 am – 12 pm** Water Aerobics • Nicole	10:15 am – 11:15 am Barre • Corey	11 am – 12 pm Water Aerobics • Self-Led	10:15 am – 11:15 am Barre • Corey		
Classes in RED are held in the Pavilion	11:30 am – 12:30 pm Senior Fit • Peter	11:30 am – 12:30 pm AOA • Jeanine	11:30 am – 12:30 pm AOA • Nancy	11:30 am – 12:30 pm AOA • Selena	11:30 am – 12:15 pm Chair Yoga • Poyee	<p>Classes and instructors are subject to change with little to no notice. We will do our best to notify members of any changes as soon as we know of them.</p> <p><b>Facility Hours:</b></p> <p><b>Monday – Friday</b> 5:15 am – 9 pm</p> <p><b>Saturday/Sunday</b> 7 am – 3 pm</p> 
Classes in BLUE are held in the Indoor Pool	3 pm – 3:50 pm 4 pm – 4:50 pm Bootcamp • Angel					
Classes in ORANGE are held in the Multifunctional Fitness Room	4 pm – 5 pm ●● Cardio Core • Richie		4:15 pm – 5 pm Total Body • Selena		4:30 pm – 5:30 pm Core Strength • Stephanie	
Classes in YELLOW are held on the Fitness Floor	5 pm – 6 pm STT • Diane	5 pm – 6 pm WERQ • Kat	5 pm – 6 pm STT • Tammy	5 pm – 6 pm WERQ • Corey	5:30 pm – 6:30 pm Zumba • Holly	
All other classes are in Studio A	6 pm – 7 pm ●● Cardio Combat • Chelley	6 pm – 7 pm HIIT • Selena	6 pm – 7 pm Spin • Helice	6 pm – 7 pm ●● HIIT • Richie	● New Class	
Reservations for Cycling Classes are available online and on our Daxko App. Space is limited.	6 pm – 7 pm ●● Water Aerobics • Kim	6 pm – 7 pm Water Aerobics • Kim	6 pm – 7 pm Barre • Corey	6 pm – 7 pm Water Aerobics • Kim	●● New Time	
	7 pm – 8 pm Yoga • Richie	6 pm – 7 pm BodyPump • Corey	7:30 pm – 8:30 pm Restorative Yoga • Helice	6 pm – 7 pm BodyPump • Lizzie		
				7 pm – 8 pm Yoga • Maris	** This class starts on 11/21/22	

## ACTIVE TOGETHER

This class gives you all the training you need cardio, strength, balance, and flexibility.

## AOA (ACTIVE OLDER ADULTS)

A Low impact workout using weights, elastic tubing, and body-weight exercises.

## BALANCE AND FLEX TOGETHER

It includes fundamentals from yoga and Pilates set to emotive music

## BARRE

Barre fuses the very best of Pilates, yoga, elements of ballet, and strength training and is for all levels of fitness.

## BODYPUMP

BodyPump is a scientifically-backed barbell workout using light to moderate weights and high reps to build strength and get you fit – fast.

## BOOTCAMP

Join Sgt. Angel Mercado in an intense 1-hour of Boot Camp style drills.

## CARDIO CORE

Get the heart going with high-intensity burst intervals, and strengthen the core to help your overall wellness!

## CARDIO COMBAT

An intense(ly fun) empowering 55 minutes of cardio meets kickboxing for a full body workout for all levels of fitness.

## CHAIR YOGA

In this 45 minute journey you will move your body using breath and the chair. You will experience peace and joy in mind and spirit by the classes end.

## CYCLING

Hop on the bike and take a ride! You'll be climbing hills and sweating through speed intervals to motivating music. Limit 15 people per class.

## ENDURANCE CIRCUIT

A great mix of Cardio and Strength workouts to boost the start of your day!

## EXPRESS CYCLE

30 minutes of a high intensity ride filled with sprints and climbs. This half hour class flies by!

## HIIT

High-intensity cardio bursts are designed to tone your body, improve your endurance and clear your mind.

## MOVEMENT AS MEDICINE

Meditation is brought through breath work and movement based on the principles of Tai Chi and Qi Gong.

## SENIOR FIT

Designed for an older adult, this class will help build strength and work on balance and mobility to keep you active and on your feet.

## STT (STRENGTH TRAIN TOGETHER)

Sculpt your muscles with a high-rep weight training workout. Using a barbell, weight plates, and body weight, this workout uses functional integrated exercises.

## TOTAL BODY (TOTAL BODY CONDITIONING)

You will get a full-body workout in this fast-paced freeform class. High repetition exercises and varied equipment to get you a head-to-toe workout!

## YOGA

This class focuses on flexibility and sequencing of posture. Perfect for the body & mind. (Class style may vary depending on the instructor.)

## WATER AEROBICS

An aerobic workout in the shallow end of the pool. Classes may use water weights and pool noodles to increase resistance.

## WERQ

A wildly addictive cardio dance class based on the hottest pop and hip hop music. The workout is nonstop with repetitive athletic moves and fresh dance steps.

## ZUMBA®

A fusion of Latin, international music, and dance themes creating a dynamic, effective, and fun fitness system. Zumba® uses the principles of interval training by combining fast and slow rhythms tone and sculpt.