

Group Exercise Schedule

September 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
			5:30a – 6:15a Endurance Circuit Selena		5:30a – 6:15a Endurance Circuit Stef B		
7:15a – 8a Total Body Selena						7:15a – 8:15a STT Tammy	
			7:45a – 8:45a Step Interval Diane		7:45a – 8:45a Step Interval Diane	7:15a – 8:15a Spin Stephanie	
8:15a – 9:15a Yoga Gabrielle	8a – 9a Total Body Nicole						
8:30a – 9:30a Spin Selena						8:30a – 9:30a WERQ Corey	
	9a – 10a Yoga Poyee	9a – 10a STT Diane	9a – 10a Yoga Poyee	9a – 10a BodyPump Corey	9a – 10a Total Body Nicole	8:45a – 9:30a Spin Leah	
		9a – 9:45a Spin Selena		9a – 9:45a Spin Selena			
					9:30a – 10:15a Water Aerobics – Aqua Blast Selena	9:30a – 10:30a Yoga Gabrielle	
9:30a – 10:30a Zumba Nisey		10a – 10:45a Water Aerobics – Aqua Blast Selena		10a – 10:45a Water Aerobics – Aqua Blast Selena			
	10:15a – 11:15a WERQ Corey	10:15a – 11:15a Cardio/Conditioning Kathleen	10:15a – 11:15a Zumba Nancy	10:15a – 11:15a Barre Corey	10:15a – 11:15a Mat & Mobility Kallie		
10:45a – 11:45a STT Carolina						10:30a – 11:15a Zumba Joanna	
FACILITY HOURS:	11a – 12p Water Aerobics – Aqua Tone Nicole		11a – 12p Water Aerobics – Aqua Tone Nicole			Classes in GREEN are held in the Empower Studio	
	Monday – Friday 5:15 am – 9 pm	11:30a – 12:20p Senior Fit Peter	11:30a – 12:20p AOA Kathleen	11:30a – 12:20p AOA Nancy	11:30a – 12:20p AOA Selena		11:30a – 12:20p Chair Yoga Poyee
	Saturday/Sunday 7 am – 3 pm	3p – 3:50p Bootcamp Angel					
		4p – 4:50p Bootcamp Angel					
KIDZONE HOURS:		4:30p – 5:15p Barre Kallie	4:30p – 5:15p WERQ Kat	4:30p – 5:15p Barre and Mobility Kallie	4:30p – 5:30p Yoga Ritchie	Classes in BLUE are held in the Pool	
	Monday – Friday 8 am – 11:45 am 4:30 pm – 8 pm	5:15p – 6:15p Body Pump Corey	5:15p – 6:15p WERQ Kat	5:15p – 6:15p STT Tammy	5:15p – 6:15p WERQ Corey	Classes in PURPLE are held in Studio A	
		6p – 7p Spin Kallie	6p – 7p Water Aerobics Kim		5:30p – 6:30p Zone Cycle Kallie	5:30p – 6:30p Zumba Holly	
		6:30p – 7:30p WERQ Kat	6:15p – 7:15p HIIT Kathleen	6:30p – 7:30p HIIT Selena	6p – 7p Water Aerobics Kim		
	Saturday 8:30 am – 12 pm	7:30p – 8:30p Yoga Ritchie			6:15p – 7:15p HIIT Ritchie	7:15p – 8:15p Yoga Maris	
						Classes in RED are held in the Pavilion	
						Classes in ORANGE are held in the Functional Fitness Room	
						Classes in YELLOW are held on the Fitness Floor	

CLASS DESCRIPTIONS

AOA (ACTIVE OLDER ADULTS)

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

BARRE

This dynamic workout integrates elements of Pilates, dance, cardio and strength training in a continuous flow to keep the heart rate elevated. Props such as hand weights or Toning Balls might be used to help challenge and increase those lean muscles!

BARRE & MOBILITY

Fusion class which incorporates elements of Pilates, strength training as well as stretching to help increase your range of motion and flexibility.

BOOTCAMP

Mid to high level intensity workout that includes intervals of cardio and strength training exercises.

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CARDIO CONDITIONING

Get a total body workout designed to challenge you 20 minutes at a time with cardio, strength training and core.

CHAIR YOGA

In this 40-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.

ENDURANCE CIRCUIT

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

HIIT

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

MAT & MOBILITY

We all could use a little more MOBILITY! This class will help to increase your range of motion, strength and flexibility all in one. The classes are programed to increase your mobility throughout your entire body creating more flexibility, healthier muscle tissue and greater range of motion in your joints. All levels are welcome, modification will be given to allow all to access the movements!

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.

SPIN

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.

STEP INTERVAL

One-hour Workout that improves cardiovascular fitness using a step platform, in addition to building total body strength with weights.

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

Low to moderate impact cardio combined with strength training exercises, class is held in deeper water.

Aqua Blast – Start your day with an energizing cardio, strength and conditioning workout in water. Aqua weights are used, in addition to wall and balance exercises. Classes are held in activity pool.

Aqua Tone - Moderately paced class held in deeper water, focuses on toning and strengthening with aqua weights.

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.

ZONE CYCLE

Cycle your way into your training zone! In this hour class become a more efficient rider by cycling through intervals and cadence challenges.

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.