

# July 6-31 Group Exercise Schedule

Monday		Tuesday		Wednesday		Thursday		Friday			
8:15am	<b>Body Transformation</b> Anissa Studio A	8:15am	<b>HIIT</b> Allison Large Gym (outside weather permitting)	8:15am	<b>Strength Train Together®</b> Allison Studio A	8:15am	<b>HIIT</b> Amy T Large Gym (outside weather permitting)	8:15am	<b>Aqua Zumba®</b> Sandee Outdoor Pool		
9:15am	<b>Zumba®</b> Sandee Large Gym	9:15am	<b>Zumba Toning®</b> Sandee Studio A	9:15am	<b>Strength Train Together®</b> Dana Studio A	9:30am	<b>Aqua Zumba®</b> Sandee Indoor Pool	8:15am	<b>Sculpt &amp; Tone (45min)</b> Anissa Studio A		
10:15am	<b>Strength Train Together®</b> Allison Studio A	10:15am	<b>Candlelight Yoga</b> Myrna Studio A	9:15am	<b>Zumba®</b> Sandee Large Gym	10:15am	<b>Yoga with Support</b> Claire Studio A	9:15am	<b>Yoga</b> Cathy Studio A		
10:30am	<b>Aqua Mix</b> Carol Indoor Pool	10:30am	<b>Aqua Mix</b> Allison Outdoor Pool	9:30am	<b>Aqua Boot Camp</b> Carol Indoor Pool	10:30am	<b>Aqua Mix</b> Aimee/Allison Indoor Pool	9:15am	<b>Zumba®</b> Erin Large Gym		
11:30am	<b>SilverSneakers®</b> Classic Allison Studio A	11:30am	<b>SilverSneakers®</b> Circuit Allison Studio A	10:30am	<b>Flow Yoga</b> Cathy Studio A	11:30am	<b>SilverSneakers®</b> Classic Allison/Sandee Studio A	10:15am	<b>Strength Train Together®</b> Sandee Studio A		
12:30pm	<b>SilverSneakers®</b> Circuit Sandee Studio A	5:30pm	<b>Strength Train Together®</b> Erin Studio A	11:30am	<b>LineDance</b> Barbara/Julianna Studio A	5:30pm	<b>Cardio Blast</b> Dana Studio A	<b>Saturday</b>			
6:45pm	<b>Group Cycle</b> Dana Cycle Studio	6:45pm	<b>Zumba®</b> Erin Small Gym	5:30pm	<b>Cardio Kickboxing</b> Stephanie Studio A	6:30pm	<b>Strength Train Together®</b> Stephanie Studio A			8:15am	<b>Group Cycle</b> Dana Cycle Studio (no class 7/4)
	<b>Flow Yoga</b> Cathy Studio A			6:45pm	<b>Flow Yoga II</b> Cathy Studio A	6:45pm	<b>Group Cycle</b> Rebecca Cycle Studio			9:30am	<b>Strength Train Together®</b> Dana Studio A
								10:30am	<b>Zumba®</b> Erin Small Gym		

- **Classes in Studio A are limited to 16 participants.**
- **Reservation cards will be available 1 hour before class. SilverSneaker Classes can be reserved by phone after 2:00pm on weekday before class**
- **Please bring you own water, towel, yoga mat, strap and blocks. Other equipment will be provided and sanitized after every class. Aqua equipment will not be used.**



## Aqua Class Descriptions:

**Aqua Mix**— This 45 minute water class provides a combination water workout that includes cardio conditioning and muscle strengthening exercises along with water's natural resistance.

**Aqua Boot Camp**—Nonstop cardio with strength and stability. Be prepared for a good, tough workout in the water!

**Aqua Zumba**—Make a splash by adding a low-impact, high-energy, aquatic exercise to your fitness routine. Aqua Zumba® is choreographed and blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss!

## Group Fitness Class Descriptions:

**Beginner Cycle**—Intro to indoor cycling. Only 45 mins of great cardio, learning the lingo and proper technique. Designed with beginners in mind, but everyone is welcome!

**Body Transform**— Timed intervals of cardio, mixed with intervals of strength to fatigue. Great full body workout with modifications for any fitness level.

**HIIT**—Come enjoy an energizing circuit class using intervals of cardio, weights, body weight, and plyometric moves to work your entire body. Great functional fitness with modifications for every level. Weather permitting, this class is done outside.

**Candlelight Yoga** - Rejuvenating yoga by candlelight for all levels. Great for Beginner Yogi's or Active Older Adults

**Cardio Blast**—Fun energizing Cardio class. Modifications for every age and fitness level.

**Cardio Kickboxing**—Incorporates Martial Arts techniques with fast-paced cardio. Builds stamina, improves coordination while burning calories as you build lean muscle. Challenging for beginners and Elite athletes.

**Flow Yoga** - Fluid flowing movements working into each posture & breath, focus is on safety, flexibility, strength & alignment. All levels are welcome.

**Flow Yoga II**- For the experienced participants. All levels shown as needed.

**Group Cycle**— Ride a stationary bike to the beat of awesome music. Definitely intense and fast-paced, but it's a great low-impact class for any fitness level.

**Line Dancing**—Join us as we "dance in line" with easy to follow steps that will leave your toes tapping and heart singing. A fun filled way to exercise both body and mind.

**Sculpt & Tone**—45 min class meant to develop all of your muscles and have fun while doing it! All levels welcome. Great for Active Older Adults

**SilverSneakers® Classic**— Muscular Strength & Range of Movement - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activities of daily living. Chair is used for seated and/or standing support. Designed for Active Older Adults, but available to everyone.

**SilverSneakers® Circuit**—workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for standing support

**Strength Train Together**—is a results driven strength training workout utilizing an adjustable barbell, weight plates, and body weight. Add to this dynamic and motivational music and it simply is the most fun you'll have strength training. Can be adapted for any age or fitness level.

**Yoga with Support**—Incorporates the use of a chair, blocks, and straps into a 45 min practice. Yoga poses and stretches will be offered from the comfort of a chair. Suitable for any level yogi, and is especially beneficial for a post-workout stretch, or to work on your mobility in and out of the gym. Benefits of a supported yoga practice include; increased mobility, flexibility, balance, and stress reduction.

**Zumba®** - urban fusion dance fitness class with Latin dance moves with a steady – sweaty pace.. Fun for all!!

**Zumba Toning®** - Those who want to party, but put extra emphasis on toning and sculpting to define those muscles!



# JULY 2020

## Indoor Pool

Monday-Friday: 5:00am-7:30pm

Saturday: 10:00am-4:30pm

## Outdoor Pool

Monday-Friday: 10:00am—7:00pm

Saturday: 10:00am—4:30pm

**\*\*Please practice Social Distancing while enjoying our pools!**

**All children 12 and under must be accompanied by an adult**  
**All children under 13 will be required to take a swim test.**

Parents are responsible for child's safety.

If a child cannot swim, then the parent **MUST** stay within arm's reach of the child.

## Aqua Aerobic Class Schedule

**\*Classes are indoor unless indicated**

**Aqua classes are 45 mins**

**Please practice social distancing during classes**

Monday	Tuesday	Wednesday	Thursday	Friday	
Aqua Mix 10:30 AM Carol	Aqua Mix 10:30 AM Allison  Outdoor Pool	Aqua Boot Camp 9:30AM Carol	Aqua Zumba 9:30 AM Santee (starts 7/9)  Aqua Mix 10:30 AM Allison Outdoor Pool	Aqua Zumba 8:15 AM Santee  Outdoor Pool	