

# December Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	
8:30am	Strong & Sweaty Anissa Studio A	HIIT Allison Large Gym	Group Power® Allison/Leslie Studio A	HIIT Leslie Large Gym	Sculpt & Tone Anissa Studio A	
9:30am	Pilates Allison Studio A	Group Cycle Leslie Cycle Studio	Zumba® Sandee Large Gym	Group Cycle Leslie Cycle Studio	Yoga Cathy Studio A	
	Zumba® Sandee Large Gym	Zumba Gold Toning® Sandee Studio A	Aqua Boot Camp Carol Pool	Aqua Zumba® Sandee Pool	Aqua Zumba® Sandee Pool	
	Aqua Mix <b>Carol</b> Pool	Candlelight Yoga Myrna Studio A	Flow Yoga Cathy Studio A	Gentle Candlelight Yoga Claire Studio A	Aqua Tabata Allison Pool	
10:30am	Group Power® Allison Studio A	Aqua Mix Allison Pool	Tai Chi Flow Sandee Studio A	Aqua Mix Christina Pool	Group Power® Leslie Studio A <b>(no class 12/9)</b>	
	Aqua Zumba® Viktoria Pool	SilverSneakers® Classic Allison/Tina Studio A	Line Dance Judy Studio A	SilverSneakers® Classic <b>Christina/Tina</b> Studio A	SilverSneakers® Circuit Allison Studio A <b>(no class 12/9)</b>	
11:45am	SilverSneakers® Classic Wendy Studio A	Group Power® Erin Studio A	Aqua Tabata Christina Pool	Group Power® Erin Studio A		
11:45am	Group Cycle Allison Cycle Studio	Zumba® Erin Studio A	Flow Yoga II Cathy Studio A	Group Cycle Dana Cycle Studio		
4:30pm	Step Dana/Becky Studio A	<p>See revised schedule for 12/21 through 12/27 Due to floor refinish and holidays</p> <p>Pickleball Tuesday 9:30am - 12:30pm Gym Wednesday - 9:30am - 12:30pm Outside Thursday - 9:30 - 12:30 Gym</p> <p>Gym will be closed 12/21 - 12/28 for floor refinishing</p>		Zumba® Erin Studio A	Group Cycle Dana Studio A	
5:30pm	Group Power® Dana Studio A					Aqua Mix Christina Pool
6:35pm	Group Cycle Dana Cycle Studio					Group Power® Dana Studio A
	Flow Yoga Cathy Studio A			Zumba® Erin Studio A		



Children 10 and up are permitted to participate in Group Exercise classes with a parent. However, children must be 13 to participate in Group Power and Group Cycle classes.

- **Classes are 45 to 50 minutes in length**
- **Children 10 and up are permitted to participate in Group Exercise classes with a parent. However, children must be 13 to participate in Group Power and Group Cycle classes**
- **Some classes are meant to be more intense than others, but all classes can be modified for adults all ages and fitness levels**

## **Aqua Group Fitness 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. Adults all ages and fitness levels

**Aqua Boot Camp**—Nonstop cardio with strength and stability. Using the entire depth of the pool, be prepared for a good, tough workout in the water! Can be modified for all fitness levels

**Aqua Tabata**—Tabata interval training is one of the most effective types of high intensity interval training. Mixing this format with the properties of water through a variety of simple, yet intense exercises, allows each class to provide noticeable results in a short amount of time. 8 cycles of 20 seconds of work, followed by 10 seconds rest Whether your goal is muscle tone, weight loss, or both, this class will provide what you are looking for. Can be modified for all fitness levels.

**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! Can be modified for all levels.

## **Land Group Fitness Class Descriptions:**

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

**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.

**Gentle Candlelight Yoga**— Class includes gentle yoga postures from a seated, standing, kneeling or supine position. Each class includes breathing techniques and ends with guided meditation. This class is candlelit, creating a tranquil space of ultimate relaxation.

**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. **\*\*Must be age 13 to attend**

**Group Power**—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. **\*\*Must be age 13 to attend**

**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.

**Pilates**— Pilates is a form of exercise which concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being. All levels welcome but we do get down and up from the floor.

**Sculpt & Tone**—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®**—Need a little more from SilverSneakers class? This class is for you! Still the fun and ease of a classic class with a little more advanced options. Designed for Active Older Adults but available to everyone.

**Step**—classic cardio workout. It's lasted for decades for a simple reason: It delivers results. The "step" is a 4-inch to 12-inch raised platform. You step up, around, and down from the platform in different patterns to boost your heart rate and breathing, and strengthen your muscles. Great for any fitness level.

**Strong & Sweaty**— First half, get sweaty with easy to follow hi-lo cardio, Second half, challenge yourself with weights. Great full body workout with modifications for any fitness level.

**Tai Chi Flow**—is a series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. Tai chi is sometimes described as meditation in motion because it promotes serenity through gentle movements, connecting the mind and body. Proven to improve balance and over all wellness. Great for all fitness levels.

**Zumba®**— take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Great for all fitness levels.

**Zumba Gold Toning®**— Those who want to party, but put an extra emphasis on toning and sculpting to define those muscles! Blends the Zumba® party you love at a slower pace with a redefining total body workout using Zumba® Toning Sticks to shake up those muscles! Tailored for active older adults and beginners, who want to focus on muscle conditioning and light weight activity, but also great for all fitness levels



# DECEMBER 2022

## Indoor Pool Hours

Monday—Friday 5:00am—8:30pm

Saturday 8:00am—4:30pm

Sunday 1:00pm—4:340pm

## Swim Team Practice—3 Lanes

Mon 4pm—8:30

Wed 4:45pm—5:45pm, 7:00 to 8:30pm

Tues, Thurs, Friday 4pm—7:30pm

Sat 8:15am—9:15am

Now hiring

life guards!

Fill out an

Application today!

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

Aqua classes are 45 mins

**\*\*During Group Fitness classes, 2 lap lanes will be available**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Aqua mix 9:30AM Carol</p> <p>Aqua Zumba 10:30AM Viktorija</p>	<p>Aqua Mix 10:30 AM Allison</p>	<p>Aqua Boot Camp 9:30AM Carol</p> <p>Aqua Tabata 6:00PM Christina</p>	<p>Aqua Zumba 9:30 AM Sandee</p> <p>Aqua Mix 10:30 AM Christina</p>	<p>Aqua Zumba 9:30 AM Sandee</p> <p>Tabata 10:30 AM Allison</p>	<p>Aqua Mix 9:30 AM Christina No Class 12/24 Or 12/31</p>