

June Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30am	Strong & Sweaty Anissa Studio A	HIIT Allison Large Gym	Group Power® Allison Studio A	HIIT Leslie Large Gym	Sculpt & Tone Anissa Studio A
9:30am	Pilates Allison Studio A	Group Cycle Leslie Cycle Studio	Zumba® Santee Large Gym	Group Cycle Leslie Cycle Studio	Yoga Cathy Studio A
	Zumba® Santee Large Gym	Zumba Gold Toning® Santee Studio A	Step Dana Studio A	Aqua Zumba® Santee Indoor Pool	Aqua Zumba® Santee Outdoor Pool
10:30am	Group Power® Allison Studio A	Candlelight Yoga Myrna Studio A	Aqua Boot Camp Carol Indoor Pool	Gentle Candlelight Yoga Claire Studio A	Aqua Tabata Allison Indoor Pool
	Aqua Mix Carol Indoor Pool	Aqua Mix Allison Outdoor Pool	Flow Yoga Cathy Studio A	Aqua Mix Christina Outdoor Pool	Group Power® Leslie Studio A
11:45am	SilverSneakers® Classic Wendy Studio A	SilverSneakers® Classic Allison Studio A	Tai Chi Santee Studio A	SilverSneakers® Classic Christina Studio A	SilverSneakers® Circuit Allison Studio A
	Group Cycle Allison Cycle Studio	Group Power® Erin Studio A	Line Dance Judy Studio A	Group Power® Erin Studio A	
5:30pm	Group Power® Dana Studio A	Zumba® Erin Studio A	Aqua Tabata Christina Outdoor Pool	Group Cycle Dana Cycle Studio	Saturday
6:35pm	Group Cycle Dana Cycle Studio	Cardio Kickboxing Stephanie Studio A	Flow Yoga II Cathy Studio A	Zumba® Erin Studio A	
	Flow Yoga Cathy Studio A				

Pickleball
 Tuesday 9:30am - 12:30pm Gym
 Wednesday - 9:30am - 12:30pm Outside



Aqua Class Descriptions:

- **Classes are 45 to 50 minutes in length**
- **Some aqua classes are meant to be more intense than others, but all classes can be modified for all ages and fitness levels**

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. 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 ages and 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 ages and 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 ages and fitness levels.

Land Group Fitness Class Descriptions:

- **Classes are 45 to 50 minutes in length**

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

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.

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.

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.

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.

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—easy to learn tai chi forms and qigong exercises to improve well-being through mindful movement. While learning and practicing forms, attention is given to transferring weight smoothly, maintaining postural control and focused breathing techniques. Proven to improve balance and over all wellness. Great for any age.

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



JUNE 2022

Indoor Pool Hours

Monday—Friday 5:00am—8:30pm
 Saturday 8:00am—4:30pm
 Sunday 1:00pm—4:30 pm

Outdoor Pool Hours

Monday—Friday 1000am—7:00 pm
 Saturday 10:00am—4:00 pm
 Sunday 1:00pm—4:00 pm

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 lanes will be available**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aqua Mix 10:30 AM INDOOR Carol	Aqua Mix 10:30 AM OUTDOOR Allison	Aqua Boot Camp 9:30AM INDOOR Carol	Aqua Zumba 9:30 AM INDOOR Sandee	Aqua Zumba 9:30 AM OUTDOOR Sandee	Aqua Mix 9:30 AM INDOOR Christina
		Aqua Tabata 6:00PM OUTDOOR Christina	Aqua Mix 10:30 AM OUTDOOR Christina	Tabata 10:30 AM INDOOR Allison	