

APRIL GROUP FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00		Spin 30 - Alesia		Spin 30 - Alesia		
8:00	Stretch, Tone, Balance-Sheila Water Fit		Stretch, Tone, Balance- Sheila Water Fit		Stretch, Tone & Balance - Sheila Water Fit	
8:30		 Edie Aqua Blast –Hannah 30 minutes		 Sheila Aqua Blast –Hannah 30 minutes		
9:00	Yoga Natalie Spin 30 Melissa 9:05 Water Fit	Water Walking	Flow Yoga Shannon Spin 30 Melissa 9:05 Water Fit	Water Walking	 Wendy 9:05 Water Fit	8:50 Yoga
10:00	 Wendy	9:45 Alignment Yoga Carol Ann	 Wendy Water Volleyball	10:00 Gentle Yoga Natalie	 Wendy Water Volleyball	10:00 Rotating Class
11:00	11:15  Bonnie (30 min)	10:45 Tai Chi Carol Ann	11:15  Teresa (30 min)	Core 45 Wendy	11:15  Teresa (30 min)	
12:00	 Teresa (50 min) 12:15 Spin 30 - Melissa	 Stephanie	 Bonnie (50 min) 12:15 Spin 30 - Melissa	 Stephanie	 Bonnie	
4:30	 Stephanie					
4:45	Spin 30 - David	4:45 Kettlebells & Spin Vanessa	Spin 30 - David	4:45 Kettlebells & Spin Vanessa		
5:30	 Bonnie	 Bonnie Water Fit - Lucy	 Eva/Tyler	Flow Yoga Shannon Water Fit-Lucy	 Tyler	
6:30	Water Fit - Lucy	Swim Club		Swim Club		

Saturday Yoga
4/6 Shannon
4/13 Natalie
4/20 Tammy
4/27 Carol Ann

Saturday 10am
4/6 Boot Camp – Teresa (at
the Field House)
4/13 BodyAttack 104
Launch! Bonnie and Teresa
4/20 Spin – Vanessa
4/27 Tai Chi – Carol Ann



BodyAttack A high-energy interval training class that combines athletic aerobic movements with strength and stabilization exercises. BodyAttack is a 55-minute class with two aerobic sections to challenge your cardio fitness and tone your entire body. BodyAttack express is a 30 minute version of the class designed to get your cardio workout done quickly!



BodyPump is the original barbell to music resistance training class. You will increase muscular and cardiovascular strength and endurance as well as tone and shape. Every class features the latest hard hitting and inspiring tunes. **BodyPump Express** is a 50minute abbreviated version of BodyPump.



PILOXING Barre is a comprehensive well-rounded workout that is low impact, yet intensity building. This program creates full body awareness utilizing a Ballet Barre for the entire class- both standing and grounded. PILOXING is a high-energy interval workout that uniquely blends the power, speed, and agility of boxing with the targeted sculpting and flexibility of Pilates.



ACTIVE You CAN have it all! Get cardio, strength, balance and flexibility all in a fun 55 minute class. Easily modifiable, this class is for every fitness level.



PiYO is a fusion of Pilates and yoga. It is very dynamic and fluid- no holding of poses. The focus is using bodyweight to increase strength and flexibility. You will work up a sweat!



This Latin-inspired dance-fitness class incorporates music and dance movements to create a dynamic, exciting, and effective fitness program! The dance movements are easy-to follow and include body sculpting to target the gluts, legs, arms, core, abdominals and the most important muscle in the body, THE HEART!!!

Kettlebells & Spin- combines strength training with cardiovascular conditioning which will helps to shape and tone the body without building bulk. Using kettlebells, dumbbells and your own bodyweight you will work your muscles to fatigue. Looking for more? Option to continue for another 30 minutes of spin for a cardio blast that will leave you drenched!

Spin 30- This 30-minute express class will fly by as you work sprints, intervals and speed training. A great high intensity class and you'll be out quick!

Stretch, Tone, & Balance Each class consists of stretching exercises suitable for all fitness levels to increase flexibility and maintain muscle fluidity. Various toning techniques are used to strengthen arms, abs and legs and are suitable for all fitness levels.

Tai Chi A meditative, low impact series of gentle rounded movements performed to enhance health, strength, flexibility and balance.

Yoga Increases the body's ability for ease of motion and mobility in daily living while improving both balance and flexibility. Participation will bring a heightened awareness of the body-mind connection and potential. In Alignment Yoga, emphasis is on alignment, posture, precision, detail and breathing in performing a pose to develop strength, mobility, stability and flexibility.

Flow Yoga focuses on moving fluidly from one pose to the next while synchronizing the breath to the movement. Gentle yoga focuses on aligning the physical and mental by practicing stillness or gentle movement and stretching for extended periods of time. The props assist in helping you to hold poses longer.

Water Fit Also known as water aerobics, this class offers the participant the wonderful opportunity to enjoy the healing power of water while improving overall fitness through cardiovascular exercises that improve endurance, muscle tone and flexibility via water resistance, all in a low impact setting that is easy on the joints. Intensity varies per instructor.

*****AGE REQUIREMENTS***** We want to encourage all ages to be active! Youth are welcome to attend age appropriate Group Fitness classes with their parents.

AGES 7+ can attend Zumba, Piyo, Piloxing Barre, Stretch Tone and Balance and some Yoga classes **AGES 12+** can attend any class on the schedule.