




















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

**Saturday**  
**Yoga**  
3/2  
Shannon  
3/9  
Shannon  
3/16  
Tammy  
3/23  
Natalie  
3/30 Carol  
Ann

**Saturday 10am**  
3/2 Zumba Toning -  
Wendy  
3/9 BodyAttack -  
Teresa  
3/16 ACTIVE NEW  
RELEASE LAUNCH!!!  
3/23 BODYPUMP 109  
LAUNCH!!!  
3/30 Spin - Vanessa



**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!!!



**REFIT** A total body workout that leaves you smiling! REFIT is a movement + music experience that adds resistance training elements to give you a total body workout. Approximately 600-800 calories are burned within a one hour class.

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