



**Updated November- December group fitness schedule**  
 Classes highlighted yellow are offered in replacement of water aerobic classes.

**November -December 2018**

MON	TUES	WED	THURS	FRI
<b>6:00 to 7:00 A.M.</b>				
6:00 Spin/ Melissa	6:00 TRX/ Kristen	6:00 Spin/ Diane	6:00 TRX/ Kristen	6:00 Spin/ Melissa
		6:30- 7:20 Masters/ Sue		6:30- 7:20 Masters/ Sue
<b>8:00 to 9:00 A.M.</b>				
8:00 -8:50 Enhanced memory fitness/Nikki	8:00-8:50 Jeff/ Total Body Workout	8:00 -8:50 Enhanced memory fitness/Nancy	8:00 -8:50 Enhanced memory fitness/Nancy	8:00 -8:50 Enhanced memory fitness/Nikki
			8:00-8:50 Jeff/ Total Body Workout	
<b>9:00 to 10:00 A.M.</b>				
9:00 - 9:50 Spin/Charity	9:00- 9:50 Pumped/ Jeff	9:00 - 9:50 Spin/Charity	9:00- 9:50 Pumped/ Jeff	9:00 - 9:50 Spin/ Theresa
9:00 - 9:50 Pilates/ Buffy	9:00 -9:50 Enhanced memory dance/Nikki	9:00 - 9:50 Pilates/ Buffy	9:00 -9:50 Enhanced memory dance/Nikki	9:00 - 9:50 Pilates/ Buffy
9:00- 9:50 Silver Sneaker Classic/ Jane		9:00- 9:50 Silver Sneaker Classic/ Jane		9:00- 9:50 Silver Sneaker Classic/ Jane
				9:00-9:50 HIIT/Kristen
<b>10:00 to 11:00 A.M.</b>				
10:00- 10:50 Zumba/ Glenda	10:00-10:50 Belly Dancing/Nikki	10:00- 10:50 Zumba/ Bille	10:00-10:50 Belly Dancing/Nikki	10:00- 10:50 Zumba/ Camille
10:00-10:50 Yopalates/Buffy		10:00-10:50 Yopalates/Buffy		10:00-10:50 pound/ Buffy
<b>11:00 to 12:00 P.M.</b>				
11:00 - 11:50 Yoga Bev	11:00- 11:50 Silver Sneaker Circuit/ Nikki	11:00 - 11:50 Yoga Bev	11:00- 11:50 Silver Sneaker Circuit/Nikki	11:00 - 11:50 Yoga Jane
11:00-11:50 Silver Sneaker Circuit/ Nancy	11:00-11:50 Enhanced memory fitness/Lynne	11:00-11:50 Silver Sneaker Circuit/ Nancy	11:00-11:50 Enhanced memory fitness/Lynne	11:00-11:50 Silver Sneaker Circuit/ Nancy
<b>12:00 to 1:00 P.M.</b>				
12:00 - 12:50 Gentle Yoga/ Meisha	12:00-12:50 HIIT/ Jeff	12:00 - 12:50 Gentle Yoga/ Meisha	12:00-12:50 HIIT/ Jeff	
12:00- 12:50 Spin/ Patrick	12:00- 12:45 Spin/ Miesha	12:00- 12:50 Spin/ Patrick	12:00- 12:45 Spin/ Miesha	12:00- 12:50 Spin/ Rotation
<b>5:00 to 6:00 P.M.</b>				
5:30- 6:20 CSI/Kristen	5:30 - 6:20 Body Sculpt/ Karla	5:30- 6:20 CSI/Kristen	5:30 - 6:20 Body Sculpt/ Karla	
5:30 - 6:20 Pilates/Buffy	5:30 - 6:20 Gentle Cicuit/ Nikki	5:30 - 6:20 Pilates/Buffy	5:30 - 6:15 Gentle Circuit/ Jane	
5:00- 5:50 p.m. Masters Lite/ Sue	5:30 - 6:20 Spin/ Buffy		5:30-6:20 Spin/ Theresa	
<b>6:00 to 7:00 P.M.</b>				
6:30 - 7:20 Pound/Kelsey	6:30 -7:20 Zumba/Paula	6:30 - 7:20 Pound/Jeff	6:30-7:20 Zumba/Paula	
	6:30 - 7:20 Yoga/Susan	6:30 - 7:30 Gym-n- Swim (1/2 court reserved)	6:30 ( 2 Hours) Adult Volleyball	

<b>SATURDAY</b>		
9:00 - 9:50 Spin/ Charity		
9:00 - 9:50 Zumba/Paula		
10:00 - 10:50 CSI/Kristen		

  

<b>Color Code</b>		
Multi-Purpose Room	Water	Room 202
Pilates/Yoga Room	Spin Room	Gym

*Fitness Center Hours: Monday - Thursday 5:30 a.m.-9:00 p.m. Friday 8:00 p.m., Saturday 6:00 a.m.- 5:00 p.m. Sunday 12:00 p.m.- 5:00 p.m.*

## Class Descriptions

**\*Youth** Appropriate class for ages 12 and up with parent present in class

**PUMPED:** Get that lean toned fit body using weights and a body bar for a total workout. Feel challenged and motivated.

**ADULT VOLLEYBALL:** 18 years and older co-ed. Pick –up game in the gym. Not instructor led.

**PILATES:** An excellent way to strengthen your core muscles, as well as aligning the whole body using fun exercises that challenge you. **\*Youth**

**ENHANCED MEMORY FITNESS:** Aerobic and Strength training exercises that are scientifically proven to improve memory, then right after the physical activity, have fun with challenging your memory with a variety of mental exercises such as Sudoku, Puzzles, and other brain games.

**POUND:** This class uses weighted drum sticks and fast-paced music and routines that will give your whole body a fabulous workout.

**ENHANCED MEMORY DANCE:** Learn new choreography every couple of weeks! Enhance Memory Dance works the same way as Enhanced memory fitness. By

Consistently learning new dance choreography has shown to improve memory by increasing BDNF.

**SPIN:** Energizing music, unique workouts, variety of rides and lots of motivation in this engaging class. Get your spin on!

**GENTLE CIRCUIT:** Improve your aerobic capacity and increase strength. This class uses bands, weights and offers modifications for chair exercise or standing fitness.

**SILVER SPLASH:** Lots of variety and FUN in the shallow end. Improve cardio, muscular strength and conditioning. No swimming ability is required.

**BODY SCULPT:** Tone and sculpt your full body, arms, legs, butts, and gutts! **\*Youth**

**SILVER SNEAKER CLASSIC:** An adult strength training class that will help you develop form muscle toning. Great for seniors but also great for beginners.

**BUTTS & GUTS:** Abs, glutes, core and more galore! Can't beat this class for intense toning.

**SENIOR GENTLE YOGA:** This gentle yoga class takes you through a series of postures to improve your overall health, flexibility and body awareness.

**CSI (Cardio Strength Interval):** High intensity class that alternates cardio and strength exercises using a variety of equipment.

**THIS 'N THAT:** This class will keep you guessing! Instructor will surprise you with a little bit of this and a little bit if that. Includes cardio, strength training, with a variety of equipment and the element of surprise!

**DEEP DYNAMICS:** All done in the deep end of the pool using hydro equipment. Great cross training exercise program.

**TOTAL BODY WORKOUT:** This class will hit all of your muscle groups using a variety of free weights and body weight exercises.

**GYM-N-SWIM:** Youth Age 5-11, 45 Minute swim, 45 Minute organized Gym games. Pre registration at Member Service Desk Required.

**TRX SUSPENSION TRAINING:** Using your bodyweight, this suspension training system leverages gravity to challenge you to a complete workout. Amazing results!

**HIIT (High Intensity Interval Training):** Proven to burn more calories, build strength, speed and endurance with interval training.

**WAKE UP:** Time to rise and shine. Start the day with toning and strengthening in the deep end of the pool using a variety of equipment.

**LET'S DANCE!** A combination of dance and aerobic moves, this class has a little of everything! Great cardio along with strength and conditioning. **\*Youth**

**YOGA:** Focuses on flexibility and strength, alignment and breath mastery. Encompassing the mind, spirit and body for a complete body experience.

**MASTERS LITE:** Coached stroke development and endurance training. Great for those looking to develop their beginner lap swimming skills!

**YOGALATES:** A fusion of Yoga, Pilates and ballet. Light weights will be incorporated to increase your muscular strength, flatten your abs and tighten your thighs and glutes. All while increasing your flexibility.

**MASTERS SWIM:** Fitness swimmers, triathletes, and competitive swimmers are invited to join us for coached workouts with an emphasis on stroke mechanics.

**ZUMBA®:** This aerobic dance, core workout is just what you've been waiting for. Latin flavored and international music keeps the energy high and the fun factor incredible! A must! **\*Youth**