



January -March 2019

MON	TUES	WED	THURS	FRI
6:00 to 7:00 A.M.				
6:00 Spin/ Melissa	6:00 TRX/ Kristen	6:00 Spin/ Diane	6:00 TRX/ Kristen	6:00 Spin/ Melissa
6:00- 6:30 Boot Camp/ Patrick		6:00-6:30 Boot camp/ Court		6:00-6:30 Bootcamp/ Jeff
		6:30- 7:20 Masters/ Sue		6:30- 7:20 Masters/ Sue
8:00 to 9:00 A.M.				
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	
9:00 to 10:00 A.M.				
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 Deep Dynamics/Nancy A		9:00- 9:50 Deep Dynamics/Nancy A		9:00- 9:50 Deep Dynamics/Nancy A
				9:00-9:50 HIIT/Kristen
10:00 to 11:00 A.M.				
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 Aquacise/Nancy A		10:00-10:50 Aquacise/Nancy A		10:00-10:50 Aquacise/Nancy W
10:00-10:50 Yogalates/Buffy		10:00-10:50 Yogalates/Buffy		10:00-10:50 pound/ Buffy
11:00 to 12:00 P.M.				
11:00 - 11:50 Yoga Glenda	11:00- 11:50 Enhanced Memory Fitness/ Nikki	11:00 - 11:50 Yoga Susan	11:00- 11:50 Enhanced Memory Fitness/Nikki	11:00 - 11:50 Yoga Jane
11:00-11:50 Silver Splash/Nancy A	11:00-11:50 Aqua Aid/Lynne	11:00-11:50 Silver Splash/Nancy A	11:00-11:50 Aqua Aid/Lynne	11:00-11:50 Silver Splash/Nancy w
12:00 to 1:00 P.M.				
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/ Patrick
5:00 to 6:00 P.M.				
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 Aqua Bootcamp/ Nikki	5:30 - 6:20 Pilates/Buffy	5:30 - 6:15 Aqua bootcamp/ Jane	
5:00- 5:50 p.m. Masters Lite/ Sue	5:30 - 6:20 Spin/ Buffy		5:30-6:20 Spin/ Theresa	
6:00 to 7:00 P.M.				
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	

SATURDAY		
9:00 - 9:50 Spin/ Charity		
9:00 - 9:50 Zumba/Paula		
10:00 - 10:50 CSI/Kristen		
10:00/ a.m. Yoga/ rotation		

Color Code		
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.,
6:00 a.m.- 5:00 p.m. Sunday 12:00 p.m. - 5:00 p.m. Saturday

Class Descriptions

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

AQUACISE: On the lighter side for the newcomer. Begin to tone and strengthen. Recommended for post-rehab.

AQUA AID: This class is for individuals with limited movement and joint pain. Minimize joint stress, improve flexibility and strengthen muscles while enjoying the buoyancy of the water.

BOOT CAMP: Get your total body work out in before work in this 30 minute class.

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

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

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

ENHANCED MEMORY FITNESS: This class is offered both on land and in the pool. This class is designed to include both physical and mental exercise to increase memory and help prevent Alzheimers.

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

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

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**

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

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

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

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

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

SPIN: Energizing music, unique workouts, variety of rides and lots of motivation in this engaging class. Get your spin on! ***Youth must be at least 4'10 to fit spin bike**

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

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

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

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

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

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

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.

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**

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