











July 10th - October 29th

Group Exercise Schedule

Time:	Monday:	Tuesday:	Wednesday:	Thursday:	Friday:
4:30am		Morning Meltdown Janis 45 min		Morning Meltdown Janis 45 min	
5:30am	RIP Janis 60 min	CYCLEFIT Kim 45 min	RIP Janis 60 min	CYCLEFIT Dustyna 45 min	RIP Janis 60 min
6:30am		RIP Kim 60 min		RIP Kim 60 min	
7:00am	 Patricia 45 min		 Patricia 45 min		 Patricia 45 min
8:15am		Deep Water Dustyna 45 min		Deep Water Dustyna 45 min	Deep Water Dustyna 45 min
8:30am	 Patricia 45 min		 Patricia 45 min		 Patricia 45 min
9:00am		Aqua YoQi Dustyna 30 min		Aqua YoQi Dustyna 30 min	Aqua YoQi Dustyna 30 min
9:30am	Tai Chi Flex Patricia 45 min		Tai Chi Flex Patricia 45 min		Gentle Stretch Patricia 45 min
10:30am	Intro to Exercise Dustyna 45 min		Intro to Exercise Dustyna 45 min		
12:05pm	 Marsha 45 min	 Starting Oct 4! Marsha 45 min Restorative/Chair	 Marsha 45 min		Mat Pilates Dustyna 45 min
4:45pm	CORE & MORE Dustyna 40 min		Mat Pilates/R&S Dustyna 7.10-9.2/Patricia 9.5-10.29	PILATES FUSION Dustyna 40 min	
5:30pm	AQUAFIT Tracey 45 min		 Starting August 10th Patricia 45 min		
Saturday:	7:30am Morning Meltdown with Janis 45 Min			***Janis will be going on maternity leave mid October. Be on the look out for class alterations	

NO Saturday Classes or orientation July 2nd!

Classes in Green are located in the Garage. Classes in Blue are located in Pool. All other classes are held in Group Exercise Room.

All Classes are included in your membership! Join at anytime!

	<p>High intensity, deep water jogging class will provide an excellent cardio workout while relieving impact to joints. Class is held in inner pool & flotation devices are available.</p>
	<p>A combination of Tai Chi and gentle stretching. Improve balance and flexibility all while relaxing in our warm water inner pool.</p>
	<p>This water class uses a variety of ways to increase strength, endurance, and balance. Great workout for all fitness levels. Have fun getting fit!</p>
	<p>Functional fitness exercises train your muscles to work together and prepare them for daily tasks by simulating common movements you might do at home, at work, or in sports. While using various muscles in the upper and lower body at the same time, functional fitness exercises also emphasize core stability.</p>
	<p>The RIP program is an exciting barbell class designed by top fitness professionals from the Group RX program. Traditional exercises are matched to energizing music to create a simple, fun & powerful way to strength train all the major muscle groups. What are you waiting for, GET RIPPED!</p>
	<p>Crunches plus a whole lot more to get those abs into shape! Tone the whole body using various equipment & challenging moves targeting the entire abdominal core. Core strength is key to a healthy back.</p>
	<p>Ready to get started? Whether you prefer seated or standing, this class is for you. Every class will offer something new and fun to improve your health by building strength, balance, and flexibility. Having fun while getting fit.</p>
	<p>Join us for the hottest calorie burning workout around! Zumba is exercise in disguise. You will be having so much fun dancing, shaking and moving you'll forget you're working out! Dance ability not needed to enjoy this class.</p>
	<p>Get a full body workout in a low impact land class. Active You will focus on enhancing cardiovascular capacity for those seeking a lower impact land class. Weights and tubing may also be included to work on increasing strength and bone density. End class with a stretch for a great start to your day!</p>
	<p>Get fit like a cyclist! If you're looking for a cardio workout cycling is the best one around. Better yet it is low impact to your joints. Join the ride!</p>
	<p>A combination of Chi, Qi Gong, & Yoga. These gentle & flowing motions bring balance, flexibility & relaxation together. Exercises are performed seated or standing. Restoring energy, while improving mobility & health to your body.</p>
	<p>A combination of low impact, toning and strengthening exercises using different exercise equipment with a mix of stretching moves.</p>
	<p>Enjoy a slow-paced gentle stretch class that will make you longer, leaner & more relaxed while relieving aches & pains. Great for those who wish for few transitions between floor & standing.</p>
	<p>Mat Pilates is a full body workout that improves strength and balance with emphasis on building a stronger core.</p>
	<p>This most levels yoga flow class is designed to help you increase self awareness, find mind/body connection, build strength, and increase flexibility. In most classes, we'll move from seated to standing.</p>
	<p>PilatesFusion is a whole body conditioning workout and can transform how your body looks and feels! Pilates Fusion is an effective workout that activates deep stabilizer muscles to create a flexible, strong body. The perfect mix of balls, light weights and mat work is designed to deliver amazing results. Benefits.</p>