



Group Exercise Schedule

Effective Date: June 11, 2018 - August 14, 2018

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		
6:00-7:00a CS	Studio CYCLE JORY	6:00-7:00a CS	Studio CYCLE MEGAN	6:00-7:00a CS	Studio CYCLE JORY	6:00-7:00a CS	Studio CYCLE MEGAN	6:00-7:00a CS	Studio CYCLE LINDELL	8:00-9:00a S2	BOSU CIRCUITS MOUNA	
7:00-8:00a S2 •	Hatha Yoga I-III CAROL	6:00-7:00a S2	Cardio Sculpt LINDA	7:00-8:00a S2 •	Hatha Yoga I-II GLORIA	6:00-7:00a S2	Cardio Sculpt YUE	8:30-9:30a S2	Total Body Blast KELLY	8:00-9:00a CS	CYCLE Beats CANDI	
8:30-9:30a S2	Total Body Con KIMI	7:00-8:00a S2	BARRE FUSION YUE	8:30-9:30a S2	Total Body Cond KIMI	7:00-8:00a S2	BARRE Fusion YUE	8:30a-9:30a S3	U-JAM SANDY	8:30-9:30a Pool •	Aqua Fitness SHAR	
8:30-9:30a S3	Core BLAST MOUNA	8:00-8:30a S2	Core Blast YUE	9:00-10:00a S3	ZUMBA CANDI	8:00-8:30a S2	Core Blast YUE	9:00-10:00a Pool •	Aqua Fitness TRISTIN	9:00-10:00a S2	Mat Pilates LAURA	
9:30-10:30a CS	Studio CYCLE MOUNA	8:30-9:30a S2	Cardio Blast YUE	9:30-10:30a CS	Studio CYCLE MEGAN	8:30-9:30a S2	Cardio Blast YUE	9:30-10:30a CS	Studio CYCLE KELLY	9:00-10:00a S3	HIIT Sculpt MOUNA	
9:30-10:30 S3	HIIT TRISTIN	9:30-10:30a S2	Zumba KIM Y.	9:30-10:30a S2	Kick & Sculpt KIMI	9:30-10:30a S2	Zumba KIM Y.	9:30-10:30a S2 •	Gentle Yoga I-II JESS	10:00-11:00a S2	Zumba CANDI	
9:30-10:30a S2	BARRE KIMI	9:30-10:30a S3	Mat Pilates SYBILLE	10:30-11:30a S2	Mat Pilates LILIANA	9:30-10:30a S3	Mat Pilates SYBILLE	10:40-11:30a S2	HIIT Sculpt Express LLOYD	10:00-11:00a S3	Total Body Blast AJAY	
10:30-11:30a Pool •	Aqua Fitness ANNAMARIE	10:30-11:30a S2	Yoga Flow VY	10:30-11:30a Pool •	Aqua Fitness TRISTIN	10:30-11:25a S2 •	Restorative Yoga I CAROL	11:30-12:30p S2 •	Gentle Conditioning LLOYD	11:00-12:30p S2	Vinyasa Yoga I-III DAVID	
10:30-11:30a S2	Yogilates LILIANA	10:30-11:30a S3 •	Gentle Conditioning TRISTIN	11:00-12:15p S3	Vinyasa Yoga I-III LILY	10:30-11:30a S3 •	Gentle Conditioning MOUNA	11:30-12:30p S3	Pilates Sculpt LILIANA	12:30-1:00p S2 •	Guided Meditation DAVID	
11:00-12:15p S3	Vinyasa Yoga I-III LILY	11:30-12:30p S3	Total Body Con TRISTIN	11:30-12:30p S2 •	Gentle Conditioning KIMI	11:30-12:30p S2 •	Stable & Strong STERLING	5:00-6:00p S2	Total Body Con SHAR	SUNDAY		
11:30-12:30p S2 •	Gentle Cond. KIMI	11:30-12:30p S2	Stable & Strong STERLING	5:00-6:00p S2	BARRE Sculpt YUE	11:30-12:30p S3	Total Body Con AJAY	6:00-7:00p S2	ZUMBA SHAR			
5:00-6:00p S2	Total Body Con LINDA	5:00-6:00p S3	Yoga Flow GENEVIEVE	6:00-7:00p S3	Total Body Con YUE	5:00-6:00p S3	Yoga Flow RHONDA	LEGEND		8:00-9:00a S2	Mat Pilates LAURA	
6:00-7:00p S2	Kickboxing LINDA	6:00-7:00p CS	Studio CYCLE MARIA	6:00-7:00p S2	U-JAM MARIANNE	5:30-6:30p S2	HIIT LAUREN	S2-Studio 2	CS-Cycle Studio	8:30-9:30am Pool •	Aqua Fitness / Deep Water* SHAR	
6:00-7:00p S3	U-JAM SHERONA	6:15-7:15p S3	POUND/UJAM FUSION CHILOU	6:00-7:00p Pool Deck	BootCamp Blast MIKE	6:00-7:00p CS	CYCLE/Sculpt SHAR	S3-Studio 3	Pool	9:00-10:00a CS	Studio CYCLE SCOTT	
6:00-7:00p CS	Studio CYCLE LAUREN	6:30-7:30p S2	Cardio Sculpt LINDA	6:00-7:00p CS	Studio CYCLE TRISTIN	6:15-7:15p S3 •	BARRE RHONDA	STRENGTH			9:00-10:00a S2	U-JAM SANDY
6:00-7:00p Pool Deck	BootCamp Blast ROBERT	6:30-7:30p Pool •	Aqua Fitness ANNAMARIE	7:00-8:15p S3 •	Hatha Yoga I-III JOHN	6:30-7:30p S2	Zumba CANDI	CARDIO			10:00-11:00a S3	BARRE YUE
7:00-8:15p S2 •	Hatha Yoga I-III JEAN	7:15-8:30p S3	Sunset Yoga I-III JOHN			6:30-7:30p Pool •	Aqua Fitness ANNAMARIE	MIND-BODY			10:00-11:00a S2	Total Body Blast LLOYD
						7:15-8:30p S3	Vinyasa I-III LAUREN	AQUA			11:00-12:15p S2	Vinyasa Yoga I-III LAURA
								• Appropriate for those new to exercise, pre/post natal or rehabilitating from an injury				
								Indoor bikes in Cycle Studio are Keiser Mi3 with Shimano SPD pedals.				
											Deep Water Aqua Fitness (last Sunday of the month)*	

All classes are 55 minutes in length unless otherwise indicated.

For a more successful experience, please refer to the Group Exercise Etiquette Guidelines.

Please refer to amended schedules for major holidays

CLASS DESCRIPTIONS

Aqua Fitness — Total body and non-impact. Cardiovascular, strength, & flexibility exercises, great for rehab or a killer workout. All levels.
Deep Water Aqua Fitness — Classes are conducted using one lane in the Olympic Pool. This non-impact workout is great for any level of fitness given one can swim for short distances in deep water and be able to tread water with a floatation aqua belt. A deep-water workout can address cardiovascular fitness, increase flexibility and muscular resistance training.

BARRE — A full body workout, fusing ballet barre, cardio, Pilates, yoga, and core conditioning. Instructor may utilize additional equipment such as light weights, bands, BOSU, and barre with mat work to strengthen the core and improve flexibility. All levels.

BOSU Circuits — Utilizing the BOSU balance trainer, this class focuses on upper and lower body strength, core, and cardio in a format that will take your fitness to new heights! All levels.

Bootcamp Blast — A total body outdoor workout incorporating giant tires, kettle bells, sand bags, battle ropes, and body weight paired with athletic skills and drills! A high-energy, fast paced ultimate challenge for the athlete in each of us! Not for beginners.

Cardio Blast — An intense cardiovascular workout that will challenge your aerobic and anaerobic capacities. Super high energy for a super fun class! If you want to sweat, this is the class for you.

Cardio Sculpt — Strength training routines while working on your cardiovascular system...the best of both worlds!

Core Blast — Improve core strength, stabilization, range of motion, while reducing muscle tightness in this total body workout.

Cycle/Sculpt— A fusion of on-the-bike cardiovascular training and off-the bike strength training w/hand weights, bands & medicine balls!

Gentle Conditioning — A low-impact strength class for all levels, as well as a wonderful start for any beginner! Use bands, weights, and balls to achieve total body conditioning. Finish with a relaxing stretch.

Guided Meditation— Take 30 minutes out of your day to breathe, find deep relaxation, eliminate stress, and cultivate inner stillness.

Hatha Yoga I-II — Blend asanas (poses) with deep breathing techniques for a mind-body connection. Increase strength, flexibility; improve posture and relaxation. Open to all levels and great for beginners!

HIIT — High Intensity Interval Training involving a series of low to high intensity periods of exercises. Burn calories, improve cardiovascular endurance, and building strength. All levels.

Kickboxing — Jab! Hook! Roundhouse! Aerobic and anaerobic kickboxing drills with a cardio-choreographed format. Quick movements and high repetition challenge your heart rate while toning muscles.

Kick and Sculpt — Combines the benefits of Kickboxing with Body Sculpting in an interval-training format. The best of both worlds!

Mat Pilates —Focus on strength & flexibility of the major muscle groups. A combination of core, breathing, and relaxation. All levels.

POUND/U-JAM FUSION — POUND® is a full-body cardio jam session, combining cardio, Pilates, strength training and drumming. U-Jam Fitness® is an athletic hip-hop fitness workout that combines dance and high-energy music. Come rock it out with a fusion of two workouts all in one class. 30/30 blend! 30 minutes of POUND followed by 30 minutes of UJAM. All ages and fitness levels are welcome!

Restorative Yoga I — Ideal for anyone wanting to work on stress release, flexibility, and balance. Props, blankets, and bolsters are incorporated to support participants in seated and reclining poses focusing on relaxation, breath, and flexibility. All levels.

Sunset Yoga I-III — A great way to wind down your day with a deep practice of yoga poses; strength, flexibility, and awareness. All levels.

Stable & Strong — Ideal for older adults, those in rehab, and beginners who want to increase range of motion via functional movement, balance and strength.

Studio Cycle — This cardiovascular class simulates a road ride incorporating endurance, strength, aerobic, and anaerobic workouts. Great for all fitness levels.

STRONG By Zumba™ — A combination of high intensity interval training with the science of synced music motivation. In every class, music and moves sync perfectly to push you beyond your limits.

Total Body Blast — High energy athletic training is a metabolic workout that combines whole-body strength training exercises with cardiovascular intervals. Maximum fat loss, increased muscle mass, and a healthy metabolism. Be ready to sweat!

Total Body Conditioning— Tone and strengthen your muscles using dumbbells, BodyBars, resistance bands, steps, balls, and more! Learn proper form and execution of many different exercises emphasizing strength and flexibility. All levels.

U-Jam — This athletic cardio dance fitness program unites world beats with urban flavor and flair! All levels.

Vinyasa Yoga I-III — A dynamic yoga practice that links body movements to breath. The class will move in a continuous, dance-like flow, and you will breathe, sweat, and relax! All levels.

Yoga Flow I-III — Great for beginners, this Hatha yoga class set to a slower pace will combine a flow technique with deep breathing exercises that will improve the mind-body connection. All levels.

Yogilates — A fusion of Yoga and Mat Pilates for a complete full-body and core workout!

Zumba —High energy, captivating music with Latin inspired moves will leave you asking for more! This feel good workout is geared towards all levels, and will help you find the dancer within!