



# ADULT FITNESS

## Fall 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6AM	<b>H.I.I.T.</b> 6:00AM-6:45AM	<b>CYCLE</b> 6:00AM-6:45AM	<b>BOOTCAMP</b> 6:00AM-6:45AM	<b>CYCLE</b> 6:00AM-6:45AM	<b>YOGA FITNESS</b> 6:00AM-6:45AM		
8AM	<b>AQUA COMBO</b> 8:00AM-8:45AM	<b>AQUA RUNNING</b> 8:00AM-8:45AM <b>AQUA YOGA</b> 8:45AM-9:20AM	<b>AQUA COMBO</b> 8:00AM-8:45AM	<b>AQUA RUNNING</b> 8:00AM-8:45AM <b>AQUA YOGA</b> 8:45AM-9:20AM	<b>AQUA FIT</b> 8:00AM-8:45AM		
9AM	<b>TRX®</b> 9:15AM-10:00AM	➔ <b>BABY AND ME</b> <b>AQUA FIT</b> 9:00AM-9:45AM <b>H.I.I.T.</b> 9:15AM-10:00AM	<b>CIRCUIT TRAINING</b> 9:15AM-10:00AM	➔ <b>BABY AND ME</b> <b>AQUA FIT</b> 9:00AM-9:45AM <b>DYNAMIC BOXING</b> 9:15AM-10:00AM			
10AM	<b>TAI CHI STRETCH</b> 10:05AM-10:55AM		<b>YOGA FITNESS</b> 10:05AM-10:50AM	<b>CHAIR YOGA</b> 10:00AM-10:45AM			
11AM	<b>EASY FIT</b> 11:00AM-12:00PM <b>YOGA</b> 11:05AM-12:00PM <b>HYDROTHERAPY</b> 11:15AM-12:00PM	<b>EASY YOGA</b> 11:00AM-11:45AM <b>HYDROTHERAPY</b> 11:15AM-12:00PM	<b>EASY FIT</b> 11:00AM-12:00PM <b>HYDROTHERAPY</b> 11:15AM-12:00PM	<b>MODERATE YOGA</b> 11:00AM-11:45AM <b>HYDROTHERAPY</b> 11:15AM-12:00PM	<b>EASY FIT</b> 11:00AM-12:00PM		
12PM	<b>CYCLE</b> 12:10PM-12:50PM		<b>CYCLE</b> 12:10PM-12:50PM	<b>TRX®</b> 12:10PM-12:50PM	<b>CYCLE</b> 12:10PM-12:50PM		
1PM	<b>STAND UP</b> 1:00PM-2:00PM	<b>HYDROTHERAPY</b> 1:15PM-2:00PM	<b>STAND UP</b> 1:00PM-2:00PM	<b>HYDROTHERAPY</b> 1:15PM-2:00PM			
2PM	<b>AQUA FIT</b> 2:00PM-2:45PM		<b>AQUA FIT</b> 2:00PM-2:45PM		<b>AQUA FIT</b> 2:00PM-2:45PM		
5PM	<b>TOTAL CORE</b> 5:15PM-5:30PM <b>H.I.I.T.</b> 5:30PM-6:15PM	<b>CYCLE/TRX®</b> 5:30PM-6:30PM	<b>BOOTCAMP</b> 5:30PM-6:15PM	<b>DYNAMIC BOXING</b> 5:30PM-6:15PM			
6PM	<b>YOGA</b> 6:30PM-8:00PM		<b>YOGA</b> 6:30PM-8:00PM				
7PM		<b>AQUA BOOTCAMP</b> 7:15PM-8:00PM		<b>AQUA BOOTCAMP</b> 7:15PM-8:00PM			

- Aqua Fitness
- New Program
- Registration Required

### Personal Training

Do you need extra motivation to work out? If so, check out our Personal Training options! A certified trainer will work with you to set goals and help you achieve those goals in a safe and timely manner. Inquire at Membership Services!

### Child Minding Fall Schedule

**Ages 6 Months - 6 Years**  
Monday - Sunday 9:00am - 12:00pm  
Monday - Thursday 4:30pm - 7:00pm



# ADULT FITNESS

## REGISTERED CLASSES

### Hydrotherapy

Join us in our Functional mobility, joint and spinal stabilization along with postural awareness are the main objectives of this class. Perfect for members with arthritis, hip and knee replacements.

### Aqua Yoga

In this gentle and low impact activity, asanas are performed in our lap pool. This class aims to be more accessible to participants overcoming barriers to physical activity.

### Baby and Me Aqua Fit

This new class is perfect for you and your baby! Baby and Me Aqua Fit is a great way to introduce your baby to the water. This class will lead you through 45 minutes of cardio and muscular endurance while incorporating your baby through song and movement. Babies should be 3 months - 3 years old (able to keep head up on their own). Please dress baby in an official swim diaper and swimsuit. We will provide baby safe floatation boats for your child during the class.

### Yoga

This class offers a focus on strength-building and endurance. Members can look forward to a flow of asanas that is also heat-creating, while practicing flexibility and balance. Each class begins with a brief mindfulness meditation that incorporates a different pranayama discipline every week. If a quiet moving meditation that involves creating a bit of a sweat interests you, then this class is calling your name!

## REGISTERED CLASSES cont'd

### Yoga Fitness

A practical athletic flow class that focuses on grounded alignment core strength and exercise science.

### Moderate Yoga

A yoga practice that focuses on self awareness through gentle stretching, balancing postures and posture flows. All stages of experience welcome.

### Easy Yoga

Geared to beginners or anyone with physical limitations due to injuries etc. Modifications and the use of props will be encouraged to cater to individual needs.

### Chair Yoga

A gentle class designed to increase your flexibility, strength, balance and peace of mind. It will feature a blend of standing and seated yoga postures.

### Tai Chi Stretch

Tai Chi is a form of moving meditation. This class incorporates slow gentle rhythmic movements to strengthen the body, improve balance and coordination.



# ADULT FITNESS

## DROP IN CLASSES

### **Bootcamp**

An interval styled class that will incorporate muscle and cardio components using a variety of fitness equipment, great for all fitness levels.

### **Cycle**

An energetic cardio based class designed to increase endurance and build lean muscle mass. This class will deliver the most cardio in the least amount of time.

### **Cycle/TRX**

Using your own body weight with the TRX suspension trainer in off cycle exercises to enhance the cardio component of the Cycle class.

### **Gentle Fit**

A go at your own pace class geared to those with arthritis, osteoporosis and hip and knee replacements.

## DROP IN CLASSES cont'd

### **Dynamic Boxing**

Work out using boxing based exercises to get your heart rate up, jump start your metabolism and challenge your core.

### **H.I.I.T.**

High Intensity Interval Training combines short periods of all out cardio with low to moderate muscle based exercises to give a total body workout in a minimum amount of time.

### **TRX®**

Join the Core! Use your own body weight to complete exercises with the TRX suspension trainer. This class promotes the best of core work while building overall muscle strength.

### **Total Core**

In this musically motivating high energy multi level class ALL planes of your core will be targeted in innovative ways to achieve total core exhaustion. .

### **Cardio Circuit**

This class will help you reach your fitness goals by improving muscle strength and cardiovascular endurance through a series of back to back exercises.



# ADULT FITNESS

## DROP IN CLASSES cont'd

### **Aqua Bootcamp**

Challenge yourself with varying intensity intervals in a bootcamp style class.

### **Aqua Combo**

An invigorating water workout utilizing the shallow and deep ends of the pool.

### **Aqua Fit**

This class features first-class moves and awesome music followed by a relaxing deep muscle stretch in the warm water of the therapeutic pool.

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### **Aqua Running**

Are you tired of training outside? Come inside and cross-train in our beautiful pool for a fun but vigorous workout!

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