

GROUP FITNESS SCHEDULE | SUMMER 2019

Please arrive 10 minutes early and let the instructor help you get started.

CARDIO	CARDIO & STRENGTH
MIND & BODY	OPEN SWIM
STRENGTH	OPEN CLIMB

STUDIO A							
TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:15 AM		H.I.I.T IT		H.I.I.T IT		H.I.I.T IT	
8:00-8:45 AM		2BFit		2BFit		2BFit	
12:10-1:00 PM		P90X®		PiYo®			
12:15-12:45 PM			Express Fitness		Express Fitness		
4:30-5:15 PM			Group Strength		Group Strength		
5:30-6:15 PM			Insanity®		P90X®		
6:30-7:30 PM		PiYo®					

STUDIO C - CYCLE							
5:30-6:15 AM			Wake Up Ride		Wake Up Ride		
8:15-9:00 AM							Weekend Warrior
12:10-1:00 PM			Fusion Spin		Fusion Spin	Express Lane	
5:30-6:15 PM		Night Ride	Night Ride	Night Ride			

STUDIO D							
9:00-9:45 AM					Pilates		
10:00-10:45 AM		Silver Sneakers®		Silver Sneakers®		Silver Sneakers®	
12:10-1:00 PM						Gentle Yin Yoga	
4:30-5:30 PM		YogaFuze		YogaFuze			
6:30-7:30 PM			Fit Flow Yoga		Fit Flow Yoga		

POOL							
9:00-9:45 AM		Water Aerobics	Deep Water Aerobics	Water Aerobics	Deep Water Aerobics	Water Aerobics	
9:00-12:45 PM		Rec/Lap Swim	Rec/Lap Swim	Rec/Lap Swim	Rec/Lap Swim	Rec/Lap Swim	
1:00-4:00 PM							
5:00-7:00 PM		Rec/Lap Swim	Rec/Lap Swim	Rec/Lap Swim	Rec/Lap Swim		
5:30-6:15 PM		Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics		

Schedule subject to change. Please check Facebook or our website for the most current schedule.

*Pool will be closed for renovations from June 24- July 24.

** 5:30-6:15 PM Water Aerobics will move to the Hillcrest Aquatic Center beginning June 3.



GROUP FITNESS CLASS DESCRIPTIONS

2BFit

For beginner and novice exercisers. Focuses on strength, balance and flexibility by incorporating stretching and strengthening exercises using various forms of resistance.

Core de Force®

Core de Force features mixed martial arts-inspired workouts designed to slash inches off your waist, blast belly fat, and sculpt total body definition- no equipment needed!

Body Inferno

Body Inferno is a heart-pumping, soul-searching, energy-producing fitness class for the ultimate full body workout. We use resistance bands, weights, and your own kettle bells. You will sweat, shake, and melt fat away as you lengthen and tone your body.

Cycle

All classes are organized to challenge and push participants while providing a fun and positive environment. Movements may include pedaling on the flats, hills, acceleration drills & jumps. Get ready to ROLL!

Express Fitness (WWW)

Formerly Wellness for Women through Weights. A 30-minute express weight training class designed with women in mind, but open to all. The focus is to increase energy, posture, strength, endurance and weight loss.

Zumba

Ditch the Workout, join the Party. Zumba combines Latin and international music with dance moves, which incorporate interval training, alternating fast and slow rhythms and resistance training.

Group Strength

Improve your posture and build core muscle groups through a variety of exercises designed to strengthen your abdomen and back muscles while increasing your flexibility. Walk taller, feel stronger. May include a variety of equipment.

Fusion

Fusion is an active fitness class that incorporates cardio and strength training with a variety of equipment. Come sweat and train to build strength, enhance cardio, and have fun!

Gentle Yin Yoga

Gentle Yin Yoga is a slow-paced mindful yoga practice during which we will practice different breathing and visualization techniques. We will be holding each pose for 1 to 5 minutes to give our bodies time to release tension in our muscle fascia, joints, ligaments, and tendons. Appropriate for all experience levels with many modifications and variations.

H.I.I.T IT

This bootcamp style class includes mid to high intensity body weight exercises with interval and strength training. It's a high calorie burning class and its designed to push you to the max.

INSANITY®

INSANITY® uses MAX Interval Training, which replaces traditional moderate-intensity exercise, and trades short intervals of intensity for short periods of rest. Adding high-intensity exercise forces the body to use fast-twitch muscle fibers not normally engaged in cardio exercise.

P90X®

P90X® is a total-body workout that incorporates strength training, cardio, core work, and flexibility. This program uses challenging workouts to help people beat plateaus with a variety of workouts.

Deep Water Aerobics

A fun way to maximize your calorie burn! This non-impact workout will challenge you with cardio intervals while being gentle on your joints.

Pilates

Pilates is a full mind/body conditioning program comprised of a series of several specifically designed movements performed on a mat and/or using various exercise equipment. Pilates improves strength, flexibility, balance, control, and muscular symmetry.

PiYo®

PiYo is a unique blend of strength training and core conditioning- a perfect combination of Pilates and Yoga set to vibrant music. It is all about energy, power, and rhythm. This is unlike anything you've ever done before. If there is one class that can change your body, this is it!

Silver Sneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion and activities for daily living. A chair is available if needed for seated or standing support.

Water Aerobics

Dynamic low-impact classes including active stretches, strengthening through the use of water resistance & high intensity aerobic component. Appropriate for all levels of participants. Need not know how to swim.

YogaFuze

Whether you are training for a sport or everyday life, YogaFuze offers a unique and challenging blend of Iron Yoga, Core Power Yoga and YogaFit®. The class pairs Vinyasa (flow) yoga with weights to build strength, enhance flexibility and sculpt body tone.

Sunrise & Fit Flow Yoga

Experience the joy of movement and the bliss of a peaceful mind. This flowing yoga class links poses together to create strength, flexibility, endurance and balance in a fitness format for everybody and every BODY.

Fusion Spin

The road to awesome abs! You'll love the endurance and interval drills on the bike for 40-minutes and then finish off with a 20-minute powerful floor based bat workout to strengthen & attack your core.