





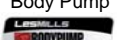
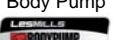






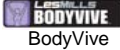


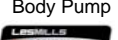
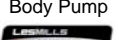
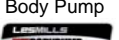
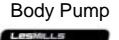


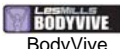







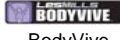





SUN FRI TUE MON


| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|--|--|--|---|-------------------|
| 5:20-6:20am Aerobics Room | | Body Pump  | | Body Pump  | | | |
| 5:30-6:30am Aerobics Room | Pilates | | Pilates | | | | |
| 5:45-6:30am Cycling Studio | Group Cycling  | Group Cycling | Group Cycling | Group Cycling | Group Cycling | | |
| 6:00-6:45 am Pool | Deep H2O | | Deep H2O  | | Deep H2O | | |
| 7:00-8:00am Pool | | Aquacisors | | Aquacisors | | | |
| 8:00-9:00am Pool Cycling Studio | Deep H2O | Hydro-Run | Deep H2O | Hydro-Run | Deep H2O | Group Cycling  | |
| | Water Walk | | Water Walk | | Water Walk | | |
| 8:30-9:30am Aerobics Room Cycling Studio Pool | Zumba  | Body Pump  | Circuit Training | Body Pump  | BodyVive OR Cardio  | Instructor Choice | |
| | Group Cycling | Tai Chi (water) | Group Cycling | Yoga Stretch (water) | Group Cycling | | |
| 9:30-10:15am Upstairs Track South Gym | MSROM  | YogaStretch  | Cardio Circuit  | YogaStretch  | MSROM  | | |
| 9:40-10:40am Aerobics Room | Yoga | BodyVive  | Yoga | BodyVive  | Yoga  | Yoga | |
| 10:30-11:30am Pool | Arthritis Aquatic | Arthritis Aquatic | Arthritis Aquatic | Arthritis Aquatic | Arthritis Aquatic | | |
| 12:10-12:50pm Aerobics Room | Body Pump  | Pilates | Body Pump  | Yoga | Body Pump  | | |
| 12:15-1:00pm Cycling Studio | Group Cycling | | Group Cycling | | Group Cycling | | |
| 1:30-2:30pm Aerobics Room | | | | | | | Instructor Choice |
| 4:150-5:15pm Aerobics Room | | Body Pump  | | Body Pump  | | | |
| 4:30-5:15pm Cycling Studio | | Group Cycling |  | Group Cycling | | | |
| 5:00-5:55pm Aerobics Room | | | BodyVive  | | | | |
| 5:20-6:00pm Aerobics Room | Pilates  | | | | | | |
| 5:30-6:30pm Aerobics Room Cycling Studio | Group Cycling  | BodyPump  | | BodyPump  | BodyVive  | NEW! | |
| | | Group Cycling | | Group Cycling | | | |
| 6:05-7:00pm Aerobics Room | BodyVive  | | 6:00-6:55pm Beginning Yoga  | | | | |
| 6:35-7:35pm Aerobics Room | | BodyVive  | NEW! | Zumba OR Cardio  | | | |
| 7:00-8:00pm Aerobics Room Pool | Body Pump  | Deep H2O | Body Pump  | Deep H2O | | | |

NOTE: All classes are available to non-members with a \$8 daily pass.

NOTE: Fitness Classes may have day & time changes or cancelled due to low attendance.

Land Fitness Descriptions

Water Fitness Descriptions

| | |
|---|---|
| <p>BODYPUMP The Original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for and fast! Remember you can contact the Front Desk to reserve your spot up to 24 hours in advance.</p> | <p>Arthritis Foundation Aquatic Program: This low impact class is for individuals with arthritis, limited joint motion, strength, or cardio-respiratory function. YMCA/Arthritis Foundation certified instructors lead this fun-filled class through gentle exercises in a heated pool.</p> |
| <p>BODYVIVE™ is a full-body workout that leaves you feeling thoroughly invigorated, rejuvenated and energized. Using the VIVE™ ball and VIVE™ tube, you'll enjoy a 60-minute group fitness workout which includes cardio exercise, resistance work, core training, mobility and balance. Great music provides the perfect soundtrack to your workout.</p> | <p>Aquacisors: This class is held in shallow water so there is less stress on the body. It is helpful to anyone with arthritis, or who has minor aches and pains.</p> |
| <p>Circuit Training Cardio and resistance training from group format or stations set-up to help build stamina while sculpting lean muscle mass.</p> | <p>Deep Water Exercise: A challenging class held in the deep end of the pool. Participants use a flotation belt to hold them in a vertical position while doing a variety of aerobic activities and movements.</p> |
| <p>Group Cycling For beginning to advanced cyclists, Group Cycling offers a cardiovascular workout by changing pedaling rate and degree of resistance. Remember you can contact the Front Desk to reserve your spot up to 24 hours in advance.</p> | <p>Hydro-Run: Use deep and shallow water running techniques to improve muscle strength, endurance, and power, while improving cardio-respiratory function. A flotation belt is worn for deep water running.</p> |
| <p>Instructor Choice Just like it sounds! The instructor will choose the type of class from stability ball to interval training! A great way to try something new and challenge your fitness to the next level.</p> | <p>Tai Chi: Focus on Mind, Body, and Spirit with flowing exercise and relaxation, using a combination of deep breathing and slow, broad movements of the arms, legs, and torso.</p> |
| <p>Land Aerobics A 45-minute aerobic class that is pure cardio with a 15-minute toning segment at the end. Burn calories with high intensity, fast paced combinations to enhance fitness performance.</p> | <p>Yoga Stretch: Experience the integration of water with the ancient science of yoga. Modified yoga postures in the pool enhance balance, structural alignment, and flexibility.</p> |
| <p>Pilates For all levels of participation. This class is designed to help increase body control and conditioning. Exercisers focus on breathing, centering, and flowing movements.</p> | <p>SilverSplash® Activate your aqua exercise urge for variety! SilverSplash® offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.</p> |
| <p>Step Aerobics A high-energy step aerobics class, which also incorporates the use of hand weights, fitness balls and resistance bands for a total body workout.</p> | <div style="display: flex; align-items: center;">  <h3 style="margin: 0;">SilverSneakers Land Descriptions</h3> </div> |
| <p>Beginning Yoga This class allows members to focus on basic Yoga techniques while learning the essentials of Yoga exercise.</p> | <p>Cardio Circuit Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.</p> |
| <p>Yoga Breathing and relaxation techniques along with the ability to learn how to discipline the mind form a complete workout in Intermediate/Advanced Yoga.</p> | <p>SilverSneakers® I – Muscular Strength & Range of Movement Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support.</p> |
| <p>ZUMBA Zumba is the fusion of Latin and International music for fitness through body sculpting and dance steps. You do not need dance experience for the class. The basic steps of the Merengue, Salsa, Cumbia, Reggaeton and some Flamenco are put into resistant dance/fitness movements.</p> | <p>YogaStretch YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.</p> |
| <p style="text-align: center;"><i>Fitness Classes may have day & time changes or cancelled due to low attendance. All classes are available to non-members with a \$8 daily pass.</i></p> | <p style="text-align: center;"><i>*NOTE: All water fitness classes are appropriate for pre/post natal women with physician's approval to exercise. Please let your instructor know if you are pregnant.</i></p> |