



# Group Exercise

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am	 Erica		 Erica			
8:30am	 Tisma		 Tisma			
8:45 am		 Momo		<i>POUND</i> unplugged Momo		
9:00am	<b>Aqua Mix</b> Molly	<b>Aqua Cardio</b> Brenda	<b>Aqua Strength</b> Brenda	<b>Aqua Cardio</b> Brenda	 Tisma <b>Aqua Cardio</b> Molly	 Nicole
9:30am	<b>Yoga</b> Tisma	<b>Zumba</b> Kiki	<b>Spinnerval</b> Betsy	<b>Zumba</b> Betina	<b>Spinnerval</b> Betsy	
10:00am			<b>Silver Sneakers</b> Tisma			
10:15am	<b>Cycling</b> Silver Sneakers Christine Sheila	<b>Cycling</b> Sheila	<b>Yoga</b> Christine	<b>Cycling</b> Sheila	<b>Yoga</b> Silver Sneakers Christine Tisma	
11:15am	<b>Express Shred</b> Christine		<b>Express Shred</b> Aqua Molly Christine			
5:30pm	<b>Circuit</b> Nicole		<b>Half &amp; Half</b> Nicole			
6:00pm		 Nicole		 Nicole		
6:30pm	<b>Zumba</b> Angie <b>Cycling</b> April	<b>Cycling</b> Brandy	<b>Zumba</b> Betina <b>Cycling</b> April			
7:00pm		<b>Yoga</b> Christine		<b>Yoga</b> Christine		

# Class Descriptions

**AQUA CARDIO** A vigorous, non-stop cardio routine that is low impact on joints to increase muscle tone and strength, and improved flexibility. Fitness Level | All

**AQUA STRENGTH** A energetic water workout utilizing the water's resistance to build strength and power. Fitness Level | All

**BODYPUMP®** - With some seriously motivational music playing, we'll get your body moving and give you a terrific workout. By hitting all of your major muscle groups with low weights, BODYPUMP™ will sculpt your legs, chest, back, shoulders and abdominals with a satisfying stretch at the end! Fitness Level | All

**CIRCUIT** - Mix it up on Mondays! A little bit of everything! Step, Hi/Lo Cardio, Cycling, Kickboxing, and Resistance Training. You won't get bored in this class! Fitness Level | All

**CYCLING** - This class is an exhilarating, indoor workout set to great music and instruction! This exciting intense workout is done on a stationary bike. Bring your water bottle and towel. Fitness Level | All

**EXPRESS SHRED** - This brand new express class will utilize your bodyweight as well as weights to strengthen your muscles and increase endurance. Fitness Level | All

**PLYO JAM** – Cardio dance fitness class that combines short explosive plyometric exercises that tone, shape and transform your body while having FUN!. Fitness Level/ All

**POP PILATES** – Experience the ab-chiseling, total body defining moves of Pilates, choreographed to your favorite Top 40 hits. This mat-based workout challenges you to flow from one exercise to the next, developing a rock-solid core and lean, strong muscles. Fitness Level | All

**POUND®** - Using lightly weighted drumsticks, POUND transforms drumming into an incredibly effective way of working out. Instead of listening to music, you become the music in this full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Fitness Level | All

**POUND® UNPLUGGED-** POUND Unplugged is a 30-minute class that balances focused, high-intensity exercises with restorative movements, rhythmic breathing and meditation. Quick, efficient and challenging, the workout guides participants through a deeply intentional journey designed to promote the health and fitness of the whole person – mental, physical and emotional. Fitness Level | All

**HALF & HALF** - Half Cardio, Half Pilates! Medium to High Impact class. Think Circuit mixed with Pilates and all the toning! \*Fitness Level | All\*

**SILVER SNEAKERS® - MUSCULAR STRENGTH & RANGE OF MOVEMENT** - A variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, a Silver Sneakers ball are offered for resistance, and a chair is used for seated and/or standing support.

**SPINNERVALS-** Cycling with intervals of high intensity cardio/agility training.

**YOGA** - Experience the mind and body working together as a whole using strength, flexibility and the flow of movement while emphasizing control and breathing. This class is great for reducing stress. **Bring a sticky mat.** Fitness Level | All

**ZUMBA** - Ditch the workout and join the party! This is a Latin based aerobics class. Dance your way to a fitter you with exciting Latin moves and rhythms. No dance experience needed. Fun for all! Fitness Level | All