

Monday			
Studio 2	Studio 1	Cycle	Aqua
6:00-7:00am Angela		5:30-6:30am Cycle Michele C.	
8:30-9:15am Boot Camp 45 Tori			
9:30-10:30am Total Body Tori	9:30-10:30am Barre Classic Lisa A.	9:30-10:30am Cycle Taylor	9:30-10:20am Aqua Combo Janice
10:45-11:45am Cardio Jam Jaclyn	10:30-11:30am Mat Pilates Lisa A.		10:30-11:20am Aqua Zen Janice
	11:45-12:45pm Stretch & Balance Melissa		
4:45-5:30pm Cardio Blast 45 Jen B.			
5:30-6:30pm Elana	5:30-6:00pm Jen B.		
6:40-7:40pm Jaime	6:15-7:15pm Belly Dancing Jenny	6:00-7:00pm Cycle Jaime K.	6:30-7:30pm Aqua Combo Jenn R.
7:45-8:45pm Margo	7:30-8:30pm Restorative Yoga Siddiq	7:15-8:15pm Cycle John E.	

Tuesday			
Studio 2	Studio 1	Cycle	Aqua
5:15-5:45am HIIT 30 Tori			
5:45-6:15am HIIT 30 Tori			
	8:30-9:15am Barre Fusion 45 Marisa		
9:30-10:00am Becky	9:30-10:30am Hatha Yoga Debra	9:30-10:00am Cycle 30 Jen G.	9:30-10:30am Aqua High Tia
10:05-10:35am Becky	10:45-11:45am Debra	10:05-10:35am Cycle 30 Jen G.	
4:30-5:30pm Total Body Sharon			
5:30-6:30pm Davina	5:30-6:30pm Mat Pilates Lisa A.		
6:30-7:30pm Retro Step Lisa A.	6:30-7:30pm Cardio Box Sharon (Std 3) Begins Dec 20	6:00-6:45pm Cycle 45 Steve K.	6:00-7:00pm Aqua Zen Barbara
7:45-8:45pm Gina	7:00-7:45pm Athletic Stretch Steve		

Wednesday			
Studio 2	Studio 1	Cycle	Aqua
5:30-6:00am Boot Camp 30 Amanda		6:00-6:50am Cycle 50 Lisa	
8:30-9:15am Boot Camp 45 Tori			
9:30-10:30pm Cynthia	9:30-10:30am Sharon		9:30-10:20am Aqua Combo Janice
		10:30-11:30am Cycle Joanne	10:30-11:20am Aqua Yoga Janice
	11:45-12:45pm Strength & Balance Tori		
4:30-5:30pm Erica			
5:30-6:30pm Marisa	5:30-6:30pm Yin/Yang Yoga Melissa	6:00-7:00pm Cycle John	
6:40-7:40pm Jeannine	6:40-7:25pm Barre Fusion 45 Marisa		6:30-7:30pm Jenn R.
	7:35-8:35pm Restorative Yoga Donna	7:15-8:00pm Cycle 45 Jen G.	

Thursday			
Studio 2	Studio 1	Cycle	Aqua
5:30-6:00am 30 Erica			
6:05-6:35am Erica		8:30-9:15am Cycle 45 Lisa M.	
9:30-10:30am Angela	9:30-10:30am Barre Classic Lisa A.	9:30-10:15am Cycle 45 Lisa M.	9:30-10:30am Cardio Low Tia
10:45-11:45am Retro Step Lisa A.	10:35-11:05am Angela	10:30-11:30am Cardio Box Michelle K (Std 3) Begins Dec 22	
12:15-1:15pm Belly Dancing Jenny	11:45-12:45pm Chair Yoga Debra		
4:30-5:30pm Cardio Jam Jaclyn			
5:45-6:15pm Karen	6:00-7:00pm Vinyasa Yoga Jessica		
6:20-6:50pm 30 Karen	7:00-8:00pm Tai Chi Chih & Meditation David	6:15-7:15pm Cycle Taylor	6:00-7:00pm Aqua Yoga Barbara
7:00-8:00pm Sharon	8:10-9:10pm Sharon		

Friday			
Studio 2	Studio 1	Cycle	Aqua
5:15-5:45am Metafit Steve B.		5:30-6:30am Cycle Jim M.	
	8:30-9:30am Vinyasa Yoga Debra		
9:30-10:30am Karen	9:30-10:30am Debra		10:00-11:00am Aqua Combo Jen H.
10:45-11:45am Ellie	11:45-12:45pm Tai Chi Chih David		
5:30-6:30pm Michele C.	5:00-6:00pm Davina		
	6:00-7:00pm Yoga/Pilates Donna	6:00-7:00pm Cycle Michelle K.	

Saturday			
Studio 2	Studio 1	Cycle	Aqua
8:15-8:45am Sarah K.		7:45-8:45am Cycle Taylor	
9:00-10:00am Sarah K.	9:45-10:45pm Vinyasa Yoga Rita		10:30-11:30am Jenn R.
10:15-11:15am Jeannine		10:00-11:00am Cycle Taylor	

Sunday			
Studio 2	Studio 1	Cycle	Aqua
7:45-8:30am Boot Camp 45 Jen H.		8:00-9:00am Cycle Marisa	
9:15-10:30am Rotation	9:15-10:00am Barre Fusion 45 Marisa		10:00-11:00am Aqua Combo Jen H./Brett
10:45-11:45am Gina	10:15-11:15am Hatha Yoga Melissa	10:30-11:30am Cycle Ed	
1:00-2:00pm Ballroom Dance Anthony			

You must reserve a bike for all Cycle classes. Please pick up a ticket at the Reception Desk up to 60 minutes before class begins.

All classes and instructors are subject to change.

Aqua – all classes held in the Therapy Pool

Aqua Combo: A cardio, toning and stretching workout using equipment and the water's resistance.
Aqua Yoga: Stretch and move using the support of warm water. Classical yoga postures adapted for the water will soothe joint and muscle pain and relieve stress.
Aqua Zen: A gentle mix of yoga and Tai Chi.
Aqua Zumba®: Combines the traditional elements of aqua fitness classes with the upbeat, Latin-infused dance moves and music Zumba® is famous for. A fitness dance party in the water!
Cardio High: An energetic class that will improve your cardiorespiratory endurance.
Cardio Low: A warm water aerobics class designed to increase your endurance using low impact movements.

Barre/Core/Pilates/Yoga/Stretch

Athletic Stretch: Sports, working out and daily life can all lead to tightness and decreased flexibility. The movements and stretches in this class will improve your flexibility, as well as your range of motion, balance and posture.
Barre Classic: A total body workout utilizing the ballet barre to perform small isometric movements set to fun and upbeat music. You will tone your legs, glutes, abs and arms while improving core strength and posture.
Barre Fusion: This class will use both the ballet barre and Pilates mat exercises. Tone your whole body using your body weight, light weights and resistance bands.
BODYFLOW™: A yoga class from Les Mills that includes Pilates and Tai Chi to build flexibility and strength. A carefully structured series of stretches, movements and poses to music followed by relaxation will bring the body and mind into a state of harmony and balance.
Chair Yoga: Yoga positions are adapted through the creative use of a chair. Poses are done seated on the chair or the chair is used for support during standing and balance poses. This class is suitable for all ages, fitness levels and physical conditions.
CXWORX™: Build your core strength and tone your abs, butt and legs with this 30-minute workout from Les Mills.
Hatha Yoga: Gentle yoga that uses postures (asanas) and stretches in combination with the breath to develop flexibility, balance and strength.
Mat Pilates: This popular mat workout developed by Joseph Pilates concentrates on core strength, body alignment and muscular balance.
PiYo®: This BeachBody program is a low-impact, moderate intensity workout that combines the muscle sculpting, core firming benefits of Pilates with the strength and flexibility benefits of yoga.
Restorative Yoga: The combination of gentle hatha and deep restorative work improves range-of- motion and joint mobility while reducing general discomfort and the effects of stress.
Stretch & Balance: Yoga-inspired stretches to increase flexibility and joint range of movement. Balance work is incorporated to strengthen the core and help prevent falls.
Tai Chi Chih and Meditation: Often described as meditation in motion, Tai Chi Chih promotes serenity through gentle, flowing movements. The class will help to reduce stress and anxiety while increasing flexibility and balance.
Vinyasa Yoga: A quicker paced class that uses sequences of poses that flow from one to the next. There is a focus on linking the breath with the movement.
Yin/Yang Yoga: Find balance with poses that are held longer to affect the fascia and connective tissue followed by flowing postures and relaxation.
Yoga/Pilates: A core focused class that uses the ancient asanas of yoga as well as the core centered movement of Pilates.

Cycle

Bring your cycle training indoors using our Keiser bikes. Get your pedals spinning as your instructor takes you on a journey of hill climbs, sprints and flat riding. Adjust your own resistance levels and speed so every ride meets your personal goals.
****You must reserve a bike for all Cycle classes. Please pick up a ticket at the Reception Desk up to 60 minutes before class begin****

Cardio and Dance

Ballroom Dance: Learn the basics of ballroom dance – including Waltz, Swing, Rumba. No partner needed.
Belly Dancing: This class is great for beginners, dancers wanting to learn new moves or anyone wanting a fun cardio escape.
BODYCOMBAT™: Unleash your inner warrior in this Les Mills™ class inspired by martial arts that draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. 30 and 60 minute class options.
Cardio Blast: Get a great full body workout with intervals of cardio (aerobics, calisthenics and kickboxing) and body blasting sculpting exercises.
Cardio Jam: A fun dance-inspired workout that incorporates functional strength bodyweight movements. The class finishes with resistance training and core work.
Cardio Box: Boxing drills using heavy bags and cardio intervals will strengthen your body and help to release stress. Held in Studio 3. **Boxing gloves are required.**
Les Mills GRIT™ Cardio: A 30-minute high-intensity interval training (HIIT) athletic workout that improves cardiovascular fitness, increases speed and maximizes calorie burn using a variety of body weight exercises.
Les Mills GRIT™ Plyo: A 30-minute high-intensity interval training (HIIT) plyometric-based workout that combines explosive jumping exercises with agility training to build a lean and athletic body.
POUND®: Using lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly fun and effective work out.
Retro Step: Tone your legs and booty by moving up, over and around your step. This class will improve coordination as you learn *simple* choreographed routines first taught when Step Aerobics became popular in the 1980s. Leg warmers not required.
Zumba®: Move to Latin and international music – a fitness dance party!

Cardio and Total-Body Strength Training

Boot Camp: A mix of traditional calisthenic exercises along with cardio and strength training. Each week will bring a new challenge.
HIIT: It's only 30 minutes! Push yourself a little harder to rev up the metabolism and get fast results. Every class will be different.
Les Mills™ Mash-Up: Take songs from your favorite Les Mills programs and mash them together for a unique 75-minute workout.
Metafit® HIIT: Created by a former Royal Marine Commando, Metafit combines the latest HIIT training techniques with traditional 'Old school' bodyweight exercises to set the metabolism on fire!

Total-Body Strength Training

BODYPUMP™: A revolutionary barbell workout from Les Mills™ that strengthens all the major muscle groups. The class consists of exercises such as squats, presses, rows and curls. You determine the intensity level by adjusting your weights for each body part. It's like a weight room with guided exercise and a team environment!
Strength & Balance: Use different forms of resistance equipment and easy to follow movements to strengthen the whole body. Balance work is incorporated to strengthen the core and help prevent falls.
Total Body: This class includes strength and cardio segments using equipment such as dumbbells, body bars and bands for a total-body workout.

Group Fitness Etiquette

- If you are new, please arrive a couple of minutes before the start of class and introduce yourself to the instructor.
- To prevent injury, do not enter a class more than 5 minutes late or leave before stretching/properly cooling down.
- Silence your cell phone. If you need to take a phone call, please do so in the hallway.
- Please place all personal belongings in a locker.
- Do not put away equipment during the class. Wait until the end of the class or as directed by the instructor.
- Please wipe down equipment, mats and bikes with cleaning materials provided.
- Remember that it is okay to smile!

If you have any questions or need more information, please contact:
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