



Aqua Fitness Schedule

Water aerobics is a great class held in the pool that uses the resistance of water to give you a combination of cardio and muscle conditioning.

There is a \$5 fee per family member for Family Swim.

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun
9:15 AM Water Aerobics Alison		9:15 AM Water Aerobics Alison		9:15 AM Water Aerobics Alison	9:15 AM Water Aerobics Rotation	Family Swim 2:00-4PM
	6:15 PM Water Aerobics Patti		6:15 PM Water Aerobics Judy		Family Swim 2-4 PM	Swim Lessons 10:30AM -1PM

Spin Fitness Schedule

Spinning is an indoor cycling program that takes you on a 45/60 minute journey that challenges your body and mind.

Reservations required for all spin classes

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun
6:00 AM Spin Lisa (45 Min.)			6:00 AM Spin Kristin (45 Min.)		All Spin classes are 1 hour unless otherwise noted	
8:15AM Spin Margaret	8:45AM Spin Shelley	8:15 AM Spin Lynn	8:45AM Spin Margaret	8:15AM Spin Margaret	8:00 AM Spin Eve	8:05 AM Spin Rotation
6:00PM Spin Eve	6:00PM Spin Marion	6:00 PM Spin Louise			9:10 AM Spin Whitney Ends May 1st	



Class Descriptions

Boot Camp Using a series of drills to make your workout challenging and promises to get you in peak condition.

Cardio Combustion Step, hi/lo, core board, slide, kickboxing-one or all along with strengthening moves to give you an all in one workout.

Circuit Breaker 50 min. circuit class that alternates muscle work with cardio bursts.

Group Power Is your hour of power. This 60 minute barbell program strengthens all major muscles in an inspiring, motivating group environment with fantastic music.

Muscle Conditioning A total body toning and strengthening class using a variety of resistance equipment (*bands, tubing, bars, weights, and resist-a-ball*).

Pilates Strength Pilates is a mind-body discipline that strengthens core stabilization to enhance the way the body functions.

Senior Aerobics This 45 minute class is a blend of low impact aerobics, basic step moves and strength moves to give you a total body workout.

Step A challenging cardiovascular workout done while stepping up and down on a platform.

Step Interval A workout that combines stepping and muscle conditioning with intervals of intensity.

Power Step A step class with a strong cardio base using power step moves and strength moves that will challenge you and increase your cardio strength.

Step & Strength 30 minutes of cardio using a step and 30 minutes of muscle conditioning. A total body conditioning packed hour

Yoga Relax, tone and get flexible in this class that combines, strength, core conditioning and stretching. *This is included in membership.*

Yogalates This class will combine the best of yoga and pilates. This combination strengthens your core muscles in addition to giving your body an all over stretch.

Zumba A fusion of motivating Latin and International music that combines high energy with fun and EASY TO DO unique moves and combinations that allow you to dance away your worries. It is a "feel happy workout."