



# DECEMBER SCHEDULE



# FITNESS SCHEDULE

## MONDAY

6:00am  
SPIN STUDIO  
Spinning

7:30am  
GROUP EX  
Tabata

8:30am  
GROUP EX  
Soul Fusion

9:00am  
INDOOR POOL  
Water Werks

9:00am  
MIND/BODY ROOM  
Mat Pilates

9:15am  
AUDITORIUM  
SS Classic

9:30am  
GROUP EX  
Good Morning Zumba

10:15am  
AUDITORIUM  
SS Circuit

10:30am  
MIND/BODY ROOM  
Power Yoga

4:45pm  
GROUP EX  
WERQ

5:30pm  
MIND/BODY ROOM  
Power Yoga

6:00pm  
SPIN STUDIO  
Spinning

6:00pm  
GROUP EX  
Krav Maga (\*Extra fee)

## TUESDAY

6:00am  
SPIN STUDIO  
Spinning

6:00am  
GROUP EX  
MetKon RX

8:00am  
GROUP EX  
Zumba Toning

8:30am  
MIND/BODY ROOM  
Yin Yoga

9:00am  
GROUP EX  
Strength & Conditioning

9:00am  
AUDITORIUM  
SS Circuit

9:00am  
INDOOR POOL  
Aqua Zumba

9:45am  
MIND/BODY ROOM  
Active Yoga

10:00am  
GROUP EX  
Stretch & Release

10:00am  
AUDITORIUM  
Chair Pilates

10:30am  
GROUP EX  
Strength & Conditioning

4:15pm  
MIND/BODY ROOM  
Vinyasa Yoga

4:00pm  
GROUP EX  
TRX (\*Extra fee)

5:00pm  
GROUP EX  
Strength & Conditioning

5:15pm  
MIND/BODY ROOM  
Mat Pilates

## WEDNESDAY

6:00am  
SPIN STUDIO  
Spinning

8:15am  
GROUP EX  
Barre

9:00am  
INDOOR POOL  
Water Werks

9:00am  
MIND/BODY ROOM  
Mat Pilates

9:15am  
GROUP EX  
Vinyasa Yoga

9:15am  
AUDITORIUM  
SS Classic

10:15am  
AUDITORIUM  
Chair Yoga

4:45pm  
GROUP EX  
Zumba

5:30pm  
MIND/BODY ROOM  
Power Yoga

6:00pm  
SPIN STUDIO  
Spinning

6:00pm  
GROUP EX  
Krav Maga (\*Extra fee)

6:45pm  
MIND/BODY ROOM  
Yin Yoga

## THURSDAY

6:00am  
GROUP EX  
Metkon RX

7:15am  
GROUP EX  
WERQ

8:00am  
GROUP EX  
Soul Fusion

9:00am  
INDOOR POOL  
Aqua Zumba

9:00am  
GROUP EX  
Strength & Conditioning

9:00am  
AUDITORIUM  
Chair Yoga

9:15am  
MIND/BODY ROOM  
Gentle Flow Yoga

10:00am  
GROUP EX  
Stretch & Release

10:00am  
AUDITORIUM  
Chair Pilates

10:30am  
GROUP EX  
Strength & Conditioning

4:00pm  
GROUP EX  
TRX (\*Extra fee)

5:00am  
GROUP EX  
Strength & Conditioning

5:30pm  
MIND/BODY ROOM  
Gentle Yoga Meditation

6:00pm  
GROUP EX  
Zumba

## FRIDAY

6:00am  
SPIN STUDIO  
Spinning

8:00am  
GROUP EX  
Toning Circuit

9:00am  
INDOOR POOL  
Water Werks

9:00am  
GROUP EX  
Barre

9:30am  
MIND/BODY ROOM  
All-Level Yoga

10:00am  
GROUP EX  
Zumba Toning

10:00am  
AUDITORIUM  
Active Agers Aerobics

11:00am  
MIND/BODY ROOM  
Gentle Flow Yoga

## SATURDAY

8:00am  
MIND/BODY ROOM  
Power Yoga

9:00am  
GROUP EX  
Zumba

10:00am  
GROUP EX  
Barre

## SUNDAY

8:30am  
GROUP EX  
Kettlebell AMPD

9:30am  
INDOOR POOL  
Aqua Fit

### KEY



Mind/Body



Cardio



Aqua Classes



Older Adult



Strength



## Water Classes

**Aqua Fit:** A fun 45-minute class combining strength, aerobics, and music! All exercises are in the shallow end of the pool. Instructor will be on the pool deck demonstrating.

**WaterWerks:** Medium intensity level workout for all ages. Over 90 exercises working from head to toe, increasing range of motion and strengthen muscles while improving balance and coordination. Aqua Bells & boards used. Class can be done in shallow &/or deep water. (All levels)

## Mind & Body

**Active Yoga:** Is your yoga practice 'active'? Students will be enabled to progress in strength, fitness, balance and flexibility. This class is for an intermediate level yogi or anyone that has been practicing on a consistent basis.

**All Levels Yoga:** This class blends the fluid power movements of our traditional power yoga class with a variation of all poses to allow all ability levels to work together (All Levels)

**Barre:** You will use a blend of Pilates, calisthenics, and ballet moves to sculpt, strengthen and lengthen muscles for a lean and sculpted look without the impact or injuries of traditional dance.

**Chair Pilates:** A great way to get fit for those who need a gentler way to gain strength and flexibility! Using chairs, we will go through 45 minutes to one-hour of gentle exercises, mainly seated, to increase our fitness. Stretching exercises will be included.

**Gentle Flow Yoga:** A gentle, slow-paced, vinyasa flow open to all levels. The class includes beginner's flossing techniques, postures to work in and out of for release, breath awareness, and some meditation.

**Good Night Yoga:** Unwind with this class at the end of your day. Release muscle tension, mental stress, counteract what you've been doing all day and restore! Release, then relax.

**Mat Pilates:** Follow and progress in this 32-exercise series of Pilates movements on the mat. Pilates, a combination of yoga, calisthenics, and barre-style moves allows one to align and extend the spine, gain core strength, range of motion, flexibility and muscle definition for all muscle groups. (All Levels)

**Power Yoga:** Vigorous, fitness-based approach to vinyasa-style yoga. Move fluidly from one pose to the next while connecting their breathing to their movements. (All Levels)

**Tai Chi:** \*extra fee\* This ancient form of martial art is thousands of years old. While it is a form of martial and is used for such, it is also described as 'meditation in motion' as one learns to flow through the form with focus and by following the breath. Gain strength, balance, flexibility and range of motion as you progress through a series of movements.

**Vinyasa Yoga:** Students will move fluidly from one pose to the next, leading movement with breath. Class will include beginner, intermediate and advanced elements, with modifications to suit different levels.

**Yin Yoga:** Learn to develop your yoga practice further with Yin Yoga. Here, you will hold poses a bit longer. This will allow your body to restore, but also deepen stretches and gain strength. This class is open to all levels. Bring your own mat and any props/blankets you may need.

## Land Classes

**Active Agers Aerobics:** This 60-minute class includes warm-up, stretching, flexibility, cardiovascular workout, cool down and strength-training. Recommended for 60 and older but all ages are welcome. (All Levels)

**Kettlebell AMPD:** Combine heart-pumping music and your favorite kettlebell moves into calorie-torching fun! This whole-body workout emphasizes group fitness and focuses on specific areas such as arms, legs, core, and cardio. Each song concentrates on a main area, while still maintaining a whole-body routine. (All levels)

**Metkon RX:** This class takes circuit training to the next level with full body combos, high heart rates, and upbeat intervals. Improve your strength and overall fitness.

**SilverSneakers BOOM Move:** A higher intensity dance workout class that improves cardio endurance and burns calories. BOOM Move is all about breaking a sweat and having fun. The class focuses on cardio endurance by starting with simple dance moves then building into more complex sequences, bringing you a great cardio workout.

**SilverSneakers Circuit:** The SilverSneakers Circuit workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for support.

**SilverSneakers Classic:** This 60-minute class includes warm-up, stretching, flexibility, cardiovascular workout, cool down and strength-training. Recommended for 60 and older but all ages are welcome. (All levels)

**Soul Fusion:** Creative blend of yoga-inspired flows, short cardio bursts, balance sequences and strength training exercises all set to crazy, fun music. Offers modifications for most needs for all levels of fitness. Improves strength, balance and flexibility and can improve overall fitness levels.

**Spinning:** An all-terrain ride that will burn calories, build strength, and improve fitness. The energetic music motivates each rider through a variety of speed and resistance challenges. Each class will take you on a creatively designed ride to maximize your fitness potential. (All Levels)

**Strength & Conditioning:** This class is meant to build strength and power using a variety of fitness equipment and exercises. The high tempo of the class will also push you to burn more calories and challenge the cardiovascular system.

**Tabata:** Tabata training is a high-intensity interval training (HIIT) workout, featuring exercises that last four minutes. This full body workout has fitness and weight-loss benefits. This class can be modified for all fitness levels.

**Toning Circuit:** Using a variety of weights and body weight moves, sculpt and tone your body. This is an all-body workout. Instructor will lead you through various progressions and also show modifications.

**TRX:** \*extra fee\* Build and challenge your core strength by incorporating the TRX into your routine. Any movement performed on a TRX Suspension Trainer requires that you brace and stabilize with your abs, obliques and lower back so you can leverage your own bodyweight as resistance. Other equipment and methods may be used. (All levels)

**Turbo Kick™:** Do you want to sweat? During this class, you will gain endurance, flexibility & control while focusing on the techniques of kicks and punches. Burn calories while conditioning the muscles. (All Levels)

**WERQ:** WERQ is 'not your mother's workout!' A fun, cardio dance workout with a great mix of music.

**Zumba & Good Morning Zumba:** You will love this Latin based dance fitness experience, which is a high intensity cardiovascular workout. Join the Zumba Party! (All Levels)

**Zumba Gold:** Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.