



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# OCTOBER — DECEMBER 2018

[Schedule Effective 10/7/2018\*]

## GROUP FITNESS CLASS SCHEDULE

**This schedule is subject to change at any time**

| MONDAY         | CLASS               | ROOM | INSTRUCTOR  |
|----------------|---------------------|------|-------------|
| 5:30-6:30 AM   | Cycling             | CY   | Janna       |
| 6:40-7:30 AM   | Cycling             | CY   | Karl        |
| 8:05-8:45 AM   | Kickboxing          | AR   | Crystal     |
| 8:30-9:30 AM   | Water in Motion     | DP   | Nicole      |
| 9:00-10:00 AM  | Step & Tone         | AR   | Rosemary    |
| 10:15-11:00 AM | Dance Fit — AOA     | AR   | Chelsea     |
| 11:15-12:00 AM | Chair Yoga—AOA      | HE   | Jen         |
| 11:30-12:15 PM | Aqua Flexible — AOA | SP   | Chelsea     |
| 12:00-1:00 PM  | Co-Ed Fitness — AOA | AR   | Christa     |
| 5:30-6:30 PM   | Step Mix            | AR   | Andrea      |
| 6:00-7:00 PM   | Cycling             | CY   | Laura/Sally |
| 6:30-7:15 PM   | Water in Motion     | DP   | Diana       |
| 6:35-7:00 PM   | Butts & Guts        | AR   | Andrea      |

| TUESDAY        | CLASS               | ROOM | INSTRUCTOR |
|----------------|---------------------|------|------------|
| 6:00-7:00 AM   | Water Boot Camp     | SP   | Jacquie    |
| 8:00-9:00 AM   | *TRX                | HE   | Janna      |
| 8:30-9:30 AM   | Water in Motion     | DP   | Chelsea    |
| 9:15-10:15 AM  | Cycling             | CY   | Janna      |
| 9:30-10:30 AM  | Low Impact          | AR   | Dorothy    |
| 10:30-11:30 AM | Yoga                | HE   | Shannon    |
| 10:30-11:30 AM | Cardio Drumming     | AR   | Chelsea    |
| 12:00-1:00 PM  | Total Conditioning  | AR   | Karen      |
| 5:30-6:15 PM   | Kettlebell          | YG   | Janna      |
| 5:30-6:30 PM   | Step & Tone         | AR   | Rosemary   |
| 6:30-7:30 PM   | Pound: Family       | HE   | Janna      |
| 6:45-7:45 PM   | Cardio Kick & Shake | AR   | Bev        |

| WEDNESDAY      | CLASS               | ROOM | INSTRUCTOR |
|----------------|---------------------|------|------------|
| 5:30-6:20 AM   | Cycling             | CY   | Andy       |
| 6:40-7:30 AM   | Cycling             | CY   | Karl       |
| 8:05-8:45 AM   | Kickboxing          | AR   | Crystal    |
| 8:30-9:30 AM   | Water in Motion     | DP   | Diana      |
| 8:45-9:30 AM   | Chair Yoga—AOA      | HE   | Jen        |
| 9:00-10:00 AM  | Y Pump              | AR   | Christa    |
| 9:45-10:45 AM  | Introductory Yoga   | HE   | Sue        |
| 10:30-11:15 AM | Dance Fit — AOA     | AR   | Chelsea    |
| 11:30-12:00 PM | Low Impact          | AR   | Christa    |
| 11:30-12:15 PM | Aqua Flexible — AOA | SP   | Kris       |
| 12:00-1:00 PM  | Co-Ed Fitness — AOA | AR   | Christa    |
| 5:30-6:30 PM   | Step Mix            | AR   | Andrea     |
| 5:30-6:30 PM   | Yoga                | HE   | Shannon    |

| WEDNESDAY    | CLASS                   | ROOM | INSTRUCTOR |
|--------------|-------------------------|------|------------|
| 6:00-7:00 PM | Cycling                 | CY   | Verdell    |
| 6:30-7:15 PM | Water in Motion         | DP   | Diana      |
| 6:35-7:00 PM | Get Sexy Back           | AR   | Andrea     |
| 7:05-8:00 PM | Pound: Rockout.Workout™ | AR   | Janna      |

| THURSDAY       | CLASS               | ROOM  | INSTRUCTOR |
|----------------|---------------------|-------|------------|
| 6:00-7:00 AM   | Water Boot Camp     | SP    | Jacquie    |
| 8:30-9:00 AM   | Core 30             | AR    | Janna      |
| 8:30-9:30 AM   | Water in Motion     | DP    | Chelsea    |
| 9:15-10:15 AM  | Cardio Circuit      | AR    | Janna      |
| 9:30-10:30 AM  | Intermediate Yoga   | HE    | Shannon    |
| 10:45-11:45 AM | Cycle Stretch — AOA | CY    | Christa    |
| 12:00-1:00 PM  | Total Conditioning  | AR    | Karen      |
| 2:00-3:00 PM   | Aqua Bands          | DP    | VA         |
| 5:30-6:25 PM   | Core-Cycle-Sculpt   | HE/CY | Andrea     |
| 5:30-6:30 PM   | Cardio Kick & Shake | AR    | Bev        |

| FRIDAY         | CLASS               | ROOM | INSTRUCTOR |
|----------------|---------------------|------|------------|
| 5:30-6:30 AM   | Cycling             | CY   | Janna      |
| 6:40-7:30 AM   | Cycling             | CY   | Karl       |
| 8:05-8:45 AM   | Kickboxing          | AR   | Crystal    |
| 8:30-9:30 AM   | Water in Motion     | DP   | Nicole     |
| 9:00-10:00 AM  | Core & More         | AR   | Janna      |
| 11:30-12:00 PM | Low Impact          | AR   | Chelsea    |
| 11:30-12:15 PM | Aqua Flexible — AOA | SP   | Kris       |
| 12:00-1:00 PM  | Co-Ed Fitness — AOA | AR   | Chelsea    |
| 5:30-6:15 PM   | Cardio Mix          | AR   | Andrea     |

| SATURDAY       | CLASS  | ROOM  | INSTRUCTOR |
|----------------|--|-------|------------|
| 8:00-8:45 AM   | Cycling Mix  | CY/AR | Andrea     |
| 9:00-10:00 AM  | Cycling  | CY    | Verdell    |
| 9:00-10:00 AM  | Water Aerobics   | DP    | Nicole     |
| 10:00-11:00 AM | Hip Hop Funk and Pop   | AR    | Hannah     |
| 10:00-11:00 AM | Restorative Yoga<br>(Every other Saturday<br>beginning Sept 1) | HE    | Scott      |

| SUNDAY       | CLASS                    | ROOM | INSTRUCTOR |
|--------------|--------------------------|------|------------|
| 2:00-3:00 PM | *Hip Hop, Funk, & Pop    | AR   | Hannah     |
| 3:00-4:00 PM | *Pound: Rockout.Workout™ | AR   | Janna      |
| 4:00-5:00 PM | *Cardio Kick & Shake     | AR   | Bev        |

| KEY                          |                               |
|------------------------------|-------------------------------|
| AOA - Active Older Adult     | WC - Wellness Center          |
| CY - Cycling Room            | DP - Deep Pool                |
| SP - Shallow Pool            | FH - Field House - Large Gym  |
| AR - Aerobics Room           | YG - Youth Gym - Carpeted Gym |
| HE - Health Enhancement Room |                               |

**AOA Cycle Stretch:** A great cardio workout for all levels using the spin bikes. Ending with a series of stretches to increase your flexibility. 🌟

**AquaBands** Coed class taught in the shallow warm water pool, 89°. Uses resistance bands to gain muscle conditioning and cardiovascular endurance without stress on the joints. Swimming ability is not needed. VA instructor 🌟-🌟🌟

**Aqua-Flexible** Coed class taught in the shallow warm water pool, 89°. Designed to minimize stress on the joints and improve flexibility. Swimming ability is not needed. 🌟-🌟🌟

**Boot Camp:** Anything goes with this class. Led by one of our certified personal trainers, you never know what kind of class you'll be walking into, but your promised to leave being glad you went!

**Butts & Guts:** Focuses on all core (abdominals and low back) muscles along with your gluts. 🌟🌟

**Cardio Circuit:** Get your heart pumping in this class by switching moves and intensity levels. A great way to condition your heart and lungs while burning fat. 🌟🌟🌟

**Cardio Mix:** Cardio Mix - anything cardio might happen in this class - floor aerobics, kickboxing, cardio circuit or step aerobics. Mixed in with the cardio is some sculpt & tone. A great way to fire up your metabolism and burn fat. 🌟🌟

**Cardio Kick & Shake:** An aerobics based class featuring traditional kickboxing moves to increase the health of your heart and lungs. You'll burn fat while you're shakin it to some great music. Easy to follow. Great for all fitness levels. 🌟

**Circuit Sculpt:** Anything goes in this class. You will use a variety of different exercises to sculpt and tone your entire body. Get ready to push it to the next level. 🌟🌟🌟

**Co-Ed Fitness:** Coed and includes stretching and toning. Free weights, exercise bands, exercise balls are utilized. 🌟

**Core 30:** Come prepared for this higher intensity, 30 minute class focused on core strength. 🌟🌟

**Core & More:** Emphasis on strengthening and defining the core; additional muscle groups and agility drills incorporated 🌟🌟

**Core-Cycle-Sculpt:** A combination of weights and cardio will leave you energized. Interval training on the bike, followed by strength training and abdominal training - shredding fat from your body. 🌟🌟-🌟🌟🌟

**Cycling:** A series of cycling drills which may include climbing, sprinting, intervals, and more to create a great cardiovascular workout. This class can be modified for all fitness levels-work at your own intensity. 🌟🌟

**Cycling Mix:** A combination of cycling intervals mixed with band, weight and core training. Every day will challenge you in new ways. 🌟🌟

**Dance-Fit:** Learn a variety of dances for fun and fitness. Dances include line, party, country, and more while enjoying a great variety of music from the 1960's to the 2000's. Have fun while improving your balance and coordination. This class will also provide a low intensity aerobic workout (walking speed). "If you can walk, you can dance". 🌟

**Get your Sexy Back, Arms & Shoulders:** A fun strength class that will use a variety of equipment and exercises to concentrate on upper body muscle groups. 🌟🌟

**Hip Hop Funk and Pop:** Workout to a choreographed dance that includes a little hip hop, a little pop, a lot of cardio and whole lot of fun! 🌟🌟

**Kettlebells:** Combines strength training, mobility and cardiovascular endurance. The classes last 45 minutes with an emphasis on a high-intensity workout while maintaining correct form. 🌟🌟-🌟🌟🌟

**Kickboxing:** Kickboxing is a high energy workout incorporating boxing/martial arts style moves. This class will include upper and lower body muscle strengthen, through a series of punches and kicks, and a vigorous cardiovascular workout. 🌟🌟

**Low Impact:** Aimed at those who may have an injury, be a beginner to workouts or just need a change in their activity. This class is set to slower music with a much lower level of intensity. 🌟

**Pound: Rockout.Workout™** is a full-body cardio jam session, combining resistance with constant drumming. This class will strengthen and sculpt infrequently used muscles. 🌟🌟  
Equipment for 15 participants

**Pound: Family** is our newest group fitness class that is designed specifically for the family. From young to young-at-heart, join us in a full-body strength/cardio jam session, combining resistance exercises with constant drumming. This class will strengthen infrequently used muscles as well as your cardiovascular system in a fun-filled class for your entire family. Recommended ages >4 years old.

**Step and Tone:** This class offers a great one hour workout that includes cardio and strength training. Class consists of 30 minutes of step combinations to get your heart rate up followed by some intense upper and lower body strength conditioning. 🌟🌟

**Step Mix:** Fresh, creative patterns layered seamlessly into familiar step choreography. Smooth transitions and choreography make this a fun, exciting and challenging workout for all levels. 🌟🌟

**Total Conditioning:** Timed super sets to burn fat and build endurance, boost metabolism and energy levels, plus tone and sculpt a lean fit body. 🌟🌟

**TRX:** Using the suspension of two straps, TRX is an effective way to build muscle while combining cardio with strength training. 🌟🌟-🌟🌟🌟

**Water Aerobics:** Water based class with a variety of intensity levels. Fun, energetic and held to contemporary music. 🌟-🌟🌟

**Water Boot Camp:** Your hair will get wet in this aquatics workout in the shallow pool combining cardio and strength components using the kickboards, body weight and water dumbbells. 🌟-🌟🌟

**Water in Motion Original:** Exciting water workout that combines cardio training with muscle toning in the massaging environment of the pool. 🌟-🌟🌟

**Water in Motion Platinum:** A low-impact aqua program that offers active aging adults and deconditioned participants a fun and energizing workout. 🌟

**Water Walking:** No Instructor—walk at your speed—forward, backward, sideways. See Shallow Pool Schedule 🌟-🌟🌟🌟

**Y Pump:** Muscle toning and strengthening using, squats, lunges, crunches, balls, bands, dumbbells, and more. You will go through a full body workout leaving no muscle groups out. 🌟🌟

**Yoga:** Taught from a Hatha foundation using instruction of various yoga disciplines consisting of physical exercises, meditation, breathing techniques and relaxation to build strength, balance and peace of mind. 🌟🌟

**Yoga—chair:** offers a variety of safe movements with restorative breathing exercises to promote stress reduction and mental clarity. Yoga increases flexibility, strength and balance and helps you relax. 🌟

**Yoga, Intro** Coed class creates balance through developing both strength and flexibility while focusing on breathing. Poses are modified as needed. Small Class Size 🌟-🌟🌟

**Yoga, Restorative** focus on enhancing body & breath awareness, deep stretching, and calming poses. As the pace is very slow moving dress warmly but in clothes that promote flexibility. 🌟-🌟🌟

#### KEY

- 🌟 - **Active Older Adult** — class is designed specifically to accommodate the needs of the active older adult population
- 🌟🌟 - **Adult** — class is designed to accommodate adult participants of various fitness abilities and experience
- 🌟🌟🌟 - **Adult with prior fitness experience recommended**