



Aqua Fitness/Pool

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------------------------|------------------------|--------------------------|------------------------|------------------------|------------------------|
| | 8:00 – 8:50 am AQUA | 8:00 – 8:50 am AQUA | 8:00 – 8:50 am AQUA | 8:00 – 8:50 am AQUA | 8:00 – 8:50 am AQUA | 8:00 – 8:50 am AQUA |
| | 12:00 – 12:50 pm AQUA | | 12:00 – 12:50 pm AQUA | | | |

Studio 1

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|----------------------------|---------------------------------|---------------------------------------|--------------------------------------|---------------------------------------|--------------------------------------|------------------------------------|
| | 5:15 – 6:00 am S.O.S. | 5:15 – 6:00 am SPIN | 5:15 – 6:00 am A.C.T. | 5:15 – 6:00 am SPIN | 5:15 – 6:00 am STRENGTH & STRETCH | |
| 7:00 – 7:45 am SPIN | | | | | | 7:00 – 7:45 am SPIN |
| | 7:30 – 8:20 am REV & RELEASE | 7:30 – 8:20 am COMPLETE CORE | 7:30 – 8:20 am STRENGTH & STRETCH | 7:30 – 8:20 am TRIPLE FIT | 7:30 – 8:20 am GENTLE YOGA | |
| | | | | | | 8:00 – 8:50 am H.I.T. |
| | 8:30 – 9:20 am A.C.T. | 8:30 – 9:15 am SPIN | 8:30 – 9:20 am S.O.S. | 8:30 – 9:15 am SPIN | 8:30 – 9:20 am H.I.T. | |
| 9:00 – 10:00 am YOGA II | | | | | | 9:00 – 10:00 am TRIPLE FIT |
| | 9:30 – 10:20 am YOGA | 9:30 – 10:20 am S.O.S. | 9:30 – 10:20 am COMPLETE CORE | 9:30 – 10:20 am F.I.T. | 9:30 – 10:30 am S.O.S. | |
| | | | | | | 10:05 – 10:30 am FLEX & STRETCH |
| | | 12:00 – 1:00 pm 50+ FITNESS FUSION | | 12:00 – 1:00 pm 50+ FITNESS FUSION | | |
| | 5:00 – 5:50 pm TRIPLE FIT | 5:00 – 5:50 pm A.C.T. | 5:00 – 5:25 pm COMPLETE CORE | | | |
| | | | 5:30 – 6:30 pm SPIN STRONG | 5:30 – 5:55 pm SPIN | | |
| | 6:00 – 6:50 pm S.O.S. | 6:00 – 6:50 pm STRENGTH & STRETCH | | 6:00 – 6:50 pm YOGA | | |
| | 7:15 – 8:05 pm ZUMBA | 7:15 – 8:05 pm ZUMBA | 7:15 – 8:05 pm ZUMBA | | | |

*Classes are designed for all fitness levels. Participants are encouraged to bring their own mats and water.

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| 50+ Fitness Fusion | Focus on form, function + lifelong wellness. Learn use of strength machines. Check-in for class in Studio 1. |
| Aqua | Cardio, strength, and core training in the shallow end of the pool. |
| A.C.T. | (Athletic Conditioning and Training) Develop strength, cardiovascular fitness, and mobility using various intensities and timing protocols. |
| Complete Core | Three-dimensional strength training for your core (abs, chest, back, shoulders and glutes) with Pilates-inspired moves and more. |
| F.I.T. | Combining the metabolic boosting effects of interval training w/ functional exercises to increase strength, endurance, & mobility. |
| Flex & Stretch | A 25 min stretching program designed to relieve muscle tension and complement high impact workouts |
| H.I.T. | (High Intensity Training) Advanced circuit-based training utilizing cardio and strength drills for the entire body. |
| Rev & Release | The best of all-levels metabolic burning cardio drills paired with tension releasing moves inspired by yoga, Pilates, foam rolling and more. |
| SPIN Strong | Participants will be on and off the bike in this energetic fusion of SPIN and strength training. |
| SPIN | Hill climbs, jumps, and racing speeds adaptable to your fitness level through cadence and resistance. Burn calories, get lean, increase lower body strength, and improve your cardiovascular endurance. |
| S.O.S. | Continuous strength building workout using studio equipment. |
| Strength & Stretch | Strength and flexibility training for the total body focusing on functionality. |
| Triple Fit | This all-inclusive workout incorporates the three main components of fitness (cardio, strength and flexibility). |
| Yoga | Learn foundational yoga poses essential to a yoga practice. Classes range through various regressions (Gentle Yoga) through progressions (Yoga, Yoga II). |
| Zumba | A fun, energetic, aerobic fitness class featuring movements inspired by various styles of Latin dance. |