



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

	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 – 8:45am 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 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		
	7:00-7:50 pm ZUMBA	7:00-7:50 pm ZUMBA	7:00-7:50 pm ZUMBA			

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

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).
Zumba	A fun, energetic, aerobic fitness class featuring movements inspired by various styles of Latin dance.