



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 ZUMBA		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 – 10:20 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.
- Aqua Zumba** An energetic workout in the pool featuring movements inspired by various styles of Latin dance.
- 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.
- 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.