




# MIND & BODY CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-9:00am <b>Pilates</b> Yoga-Pilates: Judy N/Barb	<b>NEW!</b> 8:00-8:45am <b>BARRE</b> Yoga-Pilates: Cheryl	9:00-10:15am <b>Gentle Yoga</b> Yoga-Pilates: Joni	8:00-8:45am <b>BARRE</b> Yoga-Pilates: Sandy	9:00-10:00am <b>Gentle Yoga</b> Yoga-Pilates: Sneha
9:15-10:30am <b>Gentle Yoga</b> Yoga-Pilates: Sneha	9:00-10:15am <b>Mixed Level Vinyasa Flow</b> Yoga-Pilates: Joni	5:15-6:15pm <b>Pilates</b> Yoga-Pilates: Barb	12:15-1:00pm <b>Gentle Yoga</b> Yoga-Pilates: Sneha	Mind/Body Classes not included with Day Pass
6:30-7:30pm <b>Mixed Level Vinyasa Flow</b> Yoga-Pilates: Judy N/Barb	5:30-6:30pm <b>BODYFLOW™</b> Yoga-Pilates: Jessica	6:30-7:30pm <b>Mixed Level Vinyasa Flow</b> Yoga-Pilates: Barb	6:15-7:15pm <b>BODYFLOW™</b> Yoga-Pilates: Kim	
	6:45-7:30pm <b>BARRE</b> Yoga-Pilates: Theresa			

### FEES:

**\$28 per class per month**

Or Upgrade to our Exercise Membership

Members Only

Registration  
Required!

SATURDAY	SUNDAY
9:15-10:15am <b>BODYFLOW™</b> Yoga-Pilates: Kim	9:00-10:00am <b>BARRE</b> Yoga-Pilates: Theresa
	11:00-12:15pm <b>Gentle Yoga</b> Yoga-Pilates: Sneha

## OCTOBER 2018




# AQUA FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15-9:15am <b>H2O Interval</b> Waterpark: Judy O	10:30-11:30am <b>Deep Water Trekking*</b> Aqua Arena: Karen	8:15-9:15am <b>H2O Interval</b> Waterpark: Karen	8:30-9:15am <b>Aqua Bootcamp</b> Waterpark: Kim G	8:15-9:15am <b>H2O Interval</b> Waterpark: Karen
	5:45-6:45pm <b>WATERinMOTION®</b> Waterpark: Bryan	No drop-ins/No series sales  Aqua Classes not included with Day Pass	9:30-10:15am <b>Aqua Dynamics Aqua Arthritis</b> Waterpark: Kim G	<b>SATURDAY</b>
			10:30 - 11:30am <b>Deep Water Trekking*</b> Aqua Arena: Karen	7:30-8:30am <b>WATERinMOTION®</b> Waterpark: Bryan

### FALL I

Tues, Sep 4-Sun, Oct 28  
Member Reg: Fri, Aug 17  
Non-member Reg: Tues, Aug 21

### FALL II

Mon, Oct 29-Sun, Dec 23  
\*\*Pending shutdown for 2 weeks TBD\*\*  
Member Reg: Fri, Oct 19  
Non-member Reg: Tues, Oct 23  
No class on Nov 22

Registration  
Required!

### FEES:

**Member: \$27/class**

**Non-Member: \$53/class**

Or Upgrade to our Exercise Membership

Ask how you can upgrade to our Exercise Membership to attend all of these classes  
and more for only an additional \$50 a month!!!

\*Classes that do not meet the minimum attendance requirement can be removed from the schedule at any time.




# TRAINER LED CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00-5:45am <b>TRX45</b> Mathias	5:15-6:30am <b>Ultimate Interval Challenge</b> TBD	5:00-5:45am <b>TRX45</b> Mathias	7:00-8:00am <b>Women on Weights</b> Karen	7:00-8:00am <b>Women on Weights</b> Karen
9:45-10:45am <b>TRX-Kettlebell Fusion</b> Debbie	7:00-8:00am <b>Women on Weights</b> Karen	7:00-8:00am <b>Women on Weights</b> Karen	8:45-9:45am <b>Freemotion</b> Debbie	8:30-9:45am <b>Freemotion Plus Abs</b> Debbie
6:15-7:00pm <b>Freemotion</b> Jeannie	8:45-9:45am <b>Freemotion</b> Debbie	9:30-10:15am <b>Fusion Strength</b> Karen	9:00-10:00am <b>Women on Weights</b> Karen	9:30-10:15am <b>Suspension Training for Active Seniors</b> Karen
*Must have a minimum of 5 in attendance for classes to run.  Classes will be reviewed after week one.	9:00-10:00am <b>Women on Weights</b> Karen	9:45-10:45am <b>TRX-Kettlebell Fusion</b> Debbie	10:15-11:15am <b>G.I.T. Fit</b> Debbie	
	10:15-11:15am <b>G.I.T. Fit</b> Debbie	6:15-7:00pm <b>TRX Circuit Training</b> Mathias	6:15-7:00pm <b>Power Strike</b> Ashley A	
	6:15-7:00pm <b>G.I.T. Fit</b> Pauly			
		Registration Required!	<b>FEES:</b> <b>First Class</b> <b>\$43/mo</b> <b>Second Class</b> <b>\$33/mo</b> <b>Third Class</b> <b>\$23/mo</b>  Or Upgrade to our Exercise Membership	
SATURDAY	SUNDAY			
9:00-9:45am <b>TRX Circuit Training</b> Mathias	7:45-8:30am <b>TRX Circuit Training</b> Mathias			

## OCTOBER 2018

Ask how you can upgrade to our Exercise Membership to attend all of these classes and more for only an additional \$50 a month!!!

### SIGNATURE SERIES TRAINER-LED SMALL GROUP WORKOUTS

**Freemotion**- Toning, core, & strength training. The focus is on continuous movements that target all muscle groups for overall conditioning.

**Fusion Strength**- Improve your bone density, muscle tone, balance, and strength with this weight bearing workout. This class is 45 minutes which includes strengthening using Freemotion Cable Columns, hand weights, body bars and balance balls followed by a full body cool down/stretch. Can be modified for all levels.

**G.I.T. Fit**- Group Interval Training structured with interval circuits, alternating high-moderate intensity using kettlebells, disc, bosu balls, steps, plyo boxes, logs, punching bags...

**Power Strike**- Provides a full-body strength and conditioning workout, incorporating various body weight exercises within boxing rounds to create a high-intensity boxing fitness experience.

**Suspension Training for Active Seniors**- Learn how to use the TRX® Suspension Trainer to improve function, assist with balance and coordination. Offers strength, balance, coordination and conditioning workouts. Improve function, assist with balance and coordination while getting a full body workout utilizing the safety and support of a suspension trainer.

**TRX45**- Engage your muscles with a non-stop workout, building overall strength, balance, and endurance.

**TRX Circuit Training**- Develop core power and improve muscular endurance with a full body workout using the TRX straps and various equipment.

**TRX-Kettlebell Fusion**- Challenging class that includes cardio intervals, strength and balance movements utilizing a combination of TRX, and kettlebells for a full body workout.

**Ultimate Interval Challenge**- Drop in anytime between 5:15-6:30am. You'll find a challenging interval workout waiting for you. Start your stopwatch and move through a challenging circuit incorporating strength and cardio challenges. Leader board times will be posted so you can track your workout.

**Women on Weights**- Learn new training tips from our trainer in a group setting. Your trainer will assess your current fitness level and set you up on a personalized plan and progress you based on your needs!

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