





MIND & BODY CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:15-10:30am Gentle Yoga Yoga-Pilates: Sneha	8:00-8:45am BARRE Yoga-Pilates: Cheryl	9:00-10:15am Gentle Yoga Yoga-Pilates: Joni	8:00-8:45am BARRE Yoga-Pilates: Sandy	9:00-10:00am Gentle Yoga Yoga-Pilates: Sneha
6:30-7:30pm Mixed Level Vinyasa Flow Yoga-Pilates: Barb	 9:00-10:15am Core Structure Yoga Yoga-Pilates: Joni	5:15-6:15pm Mixed Level Vinyasa Flow Yoga-Pilates: Barb	12:15-1:00pm Gentle Yoga Yoga-Pilates: Sneha	Mind/Body Classes not included with Day Pass
	5:30-6:30pm BODYFLOW™ Yoga-Pilates: Jessica		6:15-7:15pm BODYFLOW™ Yoga-Pilates: Kim	
	6:45-7:30pm BARRE 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 BODYFLOW™ Yoga-Pilates: Kim	9:00-10:00am BARRE Yoga-Pilates: Theresa
	11:00-12:15pm Gentle Yoga Yoga-Pilates: Sneha

NOVEMBER 2018




AQUA FITNESS CLASS SCHEDULE

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

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

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 TRX45 Mathias	5:15-6:30am Ultimate Interval Challenge Doris	5:00-5:45am TRX45 Mathias	 5:15-6:30am Ultimate Interval Challenge Doris	7:00-8:00am Women on Weights Karen
9:45-10:45am TRX-Kettlebell Fusion Debbie	7:00-8:00am Women on Weights Karen	7:00-8:00am Women on Weights Karen	7:00-8:00am Women on Weights Karen	8:30-9:45am Freemotion Plus Abs Debbie
6:15-7:00pm Freemotion Jeannie	8:45-9:45am Freemotion Debbie	9:30-10:15am Fusion Strength Karen	8:45-9:45am Freemotion Debbie	9:30-10:15am Suspension Training for Active Seniors Karen
 6:30-7:30pm Power Strike Richard	9:00-10:00am Women on Weights Karen	9:45-10:45am TRX-Kettlebell Fusion Debbie	9:00-10:00am Women on Weights Karen	
	10:15-11:15am G.I.T. Fit Debbie	6:15-7:00pm TRX Circuit Training Mathias	10:15-11:15am G.I.T. Fit Debbie	
	6:15-7:00pm G.I.T. Fit Pauly	Classes will be reviewed after week one.	6:15-7:00pm Power Strike Ashley A	

SATURDAY	SUNDAY
9:00-9:45am TRX Circuit Training Mathias	7:45-8:30am TRX Circuit Training Mathias
 9:15-10:15am Power Strike Richard	

Registration Required

*Must have a minimum of 5 in attendance for classes to run.

FEES:

First Class **\$43/mo**

Second Class **\$33/mo**

Third Class **\$23/mo**

Or Upgrade to our Exercise Membership

NOVEMBER 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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