



FALL #2 FITNESS SCHEDULE

FALL #2: OCTOBER 28TH - DECEMBER 15TH

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	LEGEND
6:00AM						FIT SWIM (COMPETITION POOL)		AQUATICS
6:45AM				SUNRISE YOGA (STUDIO B)				CARDIO & TONING STUDIO A
8:45AM						SPIN (SPIN ZONE)		CARDIO & TONING STUDIO B
9:00AM		DEEP H2O (DEEPEND COMPETION)		DEEP H2O (DEEPEND COMP)		SUPERSWEAT (STUDIO B)	RIP (STUDIO B)	SPECIALTY (\$)
9:30AM	MORNING MIX (STUDIO B)		MORNING MIX (STUDIO B)		MORNING MIX (STUDIO B)			YOGA STUDIO B
10:15AM		YANG YIN YOGA (STUDIO B)					BEGINNER YOGA (STUDIO B)	SPIN ZONE
11:15AM	*ARTHRITICS (\$) (LEISURE POOL)	* STRONG MOMS SWIM & SWEAT(\$) (LEISURE POOL)	*ARTHRITICS (\$) (LEISURE POOL)	STRONG MOMS SWIM & SWEAT(\$) (LEISURE POOL)	ARTHRITICS (\$) (LEISURE POOL)	FALL POOL HOURS (BEGINNING SEPT 3RD)		
12:10PM	ACCUMULATOR (STUDIO B)	METABOLIC MELT (STUDIO A)	CARDIO CORE (STUDIO B)	SHRED (STUDIO B)	PYLATA (STUDIO B)	MONDAY - FRIDAY	6:00am-2:00pm, 4:00pm-8:00pm	
	AQUACISE (LOWER LEISURE)	SPIN (SPIN ZONE)	AQUACISE (LOWER LEISURE)	SPIN (SPIN ZONE)		SATURDAY	6:00am-8:00am, 12:00pm-4:00pm	
	FIT-SWIM (COMPETITION POOL)	DEEP H2O COMPETITION POOL)	FIT-SWIM (COMPETITION POOL)			SUNDAY	8:00am-10:30am, 2:00pm-4:00pm	
12:30PM	HIIT (STUDIO A)		TRX-CIRCUIT (STUDIO A)	DUMBBELL COMPLEX (STUDIO A)		FALL FITNESS HOURS (BEGINNING SEPT 3RD)		
4:30PM		PRIVATE TRAINING (STUDIO A)		PRIVATE TRAINING (STUDIO A)		MONDAY - FRIDAY	6:00am-9:00pm	
5:30PM	CIRCUIT WORK-IT (STUDIO A)	HIIT (STUDIO A)	*BELLY FIT (STUDIO B)	VINYASA YOGA (STUDIO B)	SPIN (SPIN ZONE)	SATURDAY	6:00am-4:00pm	
6:00PM				FIT-SWIM (COMPETITION POOL)		SUNDAY	8:00am-4:00pm	
6:30PM	TRANSFORM (STUDIO B)	VINYASA YOGA (STUDIO B)	YIN YOGA (STUDIO B)	SPIN & SCULPT (STUDIO A)				
7:30PM	DRUMS ALIVE (STUDIO B)	AQUA-TABATA (LOWER LEISURE)	AQUACISE (LOWER LEISURE)	AQUACISE (LOWER LEISURE)				

ANNUAL SHUTDOWN: DEC 23RD - JAN 1: RE-OPEN TUES JAN 2ND



STRENGTH / RESISTANCE TRAINING / CARDIO

ACCUMULATOR (40M)	This class will really ADD to your training. By increasing the number of reps, sets, and exercises after every exercise you really focus on building muscular endurance as well as strength. Count it up as each set becomes more and more challenging, until you have conquered the accumulator.
BELLY-FIT (45M)	Set to a soundtrack of the best electronic dance music and ambient tracks available, you'll get a beautifully compact 60 minutes of bootie shakin' goodness ~ 40 min of stress reducing cardio dance, 10 min of full body toning, and 10 min of Yoga inspired stretching & meditation. Max 15 participants **This is a women's only class
BUTTS & GUTS (40M)	A class dedicated to toning your abs glutes quads and hamstrings with targeted movements and cardio to tighten and tone,
CIRCUIT-WORK-IT (30M)	Endurance and resistance training using high-intensity aerobics. It targets strength building and muscular endurance. The time between exercises will be short often with rapid movement to the next exercise.
DRUMS ALIVE (40M)	This unique class captures the essence of movement and rhythm utilizing drum sticks and stability balls. The choreography is designed to burn fat, improve physique and mental fitness and be fun!
DUMBBELL COMPLEX (30M)	This is a strength circuit where you complete 2 or more exercises with a dumbbell back to back with no rest without the dumbbell touching the ground.
H.I.I.T (30/40M)	High-Intensity Interval Training one of the most popular fitness styles today combines longer duration high-intensity exercise with shorter duration periods of rest.
METABOLIC MELT (30/40M)	This sweat inducing boot-camp style class will utilize high-intensity cardio intervals combined with weights and body weighted exercise for maximal muscular strength and conditioning.
MORNING MIX (1HR)	A great combo class with a variety of cardio weights and stretching to help wrap up the week.
PYLATA (40M)	A combination of Yoga and Pilates exercises combined with strength training and core stability. This class will challenge your core strength and endurance but will also incorporate power moves to build upper and lower body strength.
RIP (40M)	Work head-to-toe using simple equipment — a weighted bar, dumbbells, and a step, tackling various speeds, positions, and rhythms.
SUPER SWEAT (1HR)	This group fitness class will have you sweating to the beat. A full body workout while maintaining a hi-tempo with fun and fast-paced cardio component. This class changes weekly. Along with the instructor to keep your body and mind fresh week to week.
SPIN (40M)	Performed on indoor cycles, combines basic cycling moves with motivational music and coaching to give you a unique exercise experience. This is a safe and effective workout for ALL fitness levels.
SPIN & SCULT (1HR)	A combination of traditional spin for 30 minutes followed by 30 minutes of muscular toning and core exercises off the bike, complimented with a cool-down and stretch to help facilitate recovery and limit muscular fatigue and soreness.
SHRED (40M)	Shred is a high intensity and endurance based workout. utilizing s 3-2-1 interval approach: 3 minutes of strength, 2 minutes of cardio, 1 minute of abs.
TRANSFORM (40M)	Get ready to sculpt your core, legs, glutes, and upper body through the use of a step! Transform LIVE offers progressions and regressions that make the class accessible and effective for everyone.
TRX-CIRCUIT (30M)	Utilizing the TRX suspension trainer and various other equipment you will be put through your paces of 3 TRX exercises ,3 core and 3 Cardio for 4 rounds to target your total body.

AQUATICS

ARTHRITICS (45M)	Designed to help those with arthritis and other mobility conditions maintain a good posture, a range of motion, general strength and cardiovascular stamina. All the while in the warm pool which helps soothe sore joints and bones.
AQUACISE (40M)	Don't be afraid to get your feet wet! Just the same as aerobics but in waist-high water. Swimming experience not required.
AQUA-TABATA (40M)	Just like the land version this high-intensity class will combine toning with cardio intervals and core exercises.
DEEP H2O (40M)	This low impact class is designed for all levels and abilities. Come to enjoy the suspended nature of our deep-water class and get a great workout without any impact!
FIT SWIM (40M/2.5HRS)	Four coached workouts a week designed to improve speed and swimming skills.

YOGA

SUNRISE YOGA (45M)	The experience in this class is one of fluidity and motion. Poses are held for short periods and emphasis on the rhythm of the breath is encouraged with the purpose of aligning and focusing the mind .
VINYASA YOGA (45M)	Vinyasa Flow class synchronizes breath with movement in a progression from pose to pose. You can expect a cardiovascular and strength-building workout that calms your mind and increases flexibility.
YIN YOGA (45M)	is a slow-paced style of modern yoga with postures that are held for longer periods of time. Yin yoga stretches and targets both the deep connective tissues between the muscles, and the fascia throughout the body. The aim is to increase circulation in the joints and improve flexibility. It also helps us to regulate the body's flow of energy.
BEGINNER YOGA (45M)	Starting with the building blocks of yoga: alignment, breath work and movement. Students will learn the basic yoga postures through step-by-step verbal descriptions and demonstrations with an emphasis on student safety.
YANG YIN YOGA (45M)	This class is a 50/50 split starting with faster-paced vinyasa postures and ending with deep, relaxing yin poses. Vinyasa means to connect movement with breath and in the first half of this class you will learn to guide your movements with a deep yogic breath to create stability, strength, and a clear mind