

Group Fitness/AquaFit/Spinfit

April 1- June 30, 2022

● SpinFit Studio*
 ● AquaFit
 ● Zoom Class
 ● Social Hall
 ● Aerobic Studio

*YOU MUST REGISTER IN ADVANCE FOR SpinFit

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
8:15-9:15 am						Yoga Flow Joanne
8:30-9:30 am	Zumba Emma		Zumba Emma			
8:45-9:15 am		Absolutely Ryan			Absolutely Ryan	
9:15-10:15 am	Powerpump Carla	Ballet Barre Fit Kirsten	Bootcamp Debora	Yoga Flow Xiang	Bootcamp Ryan	Zumba Emma
9:30-10:15 am	Aquawaves Terry	Aquawaves David	Aquawaves Kathy	Aquawaves Terry	Aquawaves Kathy	
9:30-10:30 am	SpinFit* Barry	SpinFit* Carla	SpinFit* Brian	SpinFit* David	SpinFit* Barry	
10:30-11:30 am	Vitality Strength Terry	Vitality Plus Kirsten	Vitality Plus Margaret	Vitality Strength Dalia	Vitality Plus Carla	Powerpump Nick
10:45-11:45 am		Beginner Yoga Sylvia				
11:30am-12:15 pm					Chair Yoga Joanne	
12:15 -1:00 pm	Basic Yoga Carla		Powerpump Sarah			
5:30-6:15 pm	SpinFit* Brian		SpinFit* Carla			
5:30-6:30 pm	Bootcamp Dalia		Core Yoga Terry			
5:45-6:30 pm		New! HIIT Dylan				
6:00-6:45 pm			New! Bootcamp Nick			
6:15-7:00 pm	Aquawaves Allie			Ballet Barre Fit Dylan		
6:15-7:15 pm		Mindful Meditation Karl				

Class Descriptions

Basic Yoga Brings strength, balance and flexibility to your life through basic postures done at your own pace.

PowerPump 5 minute warm-up, 40-50 min. of muscular strength and endurance followed by 5-10 minutes of stretch and cool down.

AquaWaves The best of both shallow and deep water aquafit. Aquawaves focuses on cardiovascular endurance with full body toning and an aqua stretch segment for relaxation. Aqua belts are provided for flotation.

SpinFit Get a fun, high energy workout in our SpinFit Studio.

Bootcamp Increase your strength and cardio with this non-stop total body bootcamp workout. Includes a 5 minute warm-up and cool down + stretch.

Zumba Zumba fuses Latin rhythms and easy to follow moves to create a dynamic fitness class. An effective aerobic workout!

Ab-solutely 20 minute abdominal and lower back conditioning class.

Vitality Plus Share the life enhancing benefits of regular exercise and have fun with this low-impact class combining cardiovascular exercises, muscle toning and stretching. This is a HeartWise Exercise class.

Chair Yoga Chair-based yoga focusing on posture and healthy joints that strengthens the entire body. This class is Heart Wise Exercise program.

Ballet Barre Fit Combines ballet barre exercises, with flexibility, core conditioning, muscular endurance and mat work to develop a toned physique. No dance experience is required. Suggested footwear: socks with grips on the bottom.

Mindful Meditation Be calmer, less stressed, focused and grounded through instruction, discussion and practice.

Core Yoga Designed to increase core strength and enhance postural alignment of the feet, pelvis and torso while improving postural alignment, awareness, balance, and stability of the pelvis and spine.

Beginner Yoga Offered at a slower pace, focuses on the basics of yoga, breathwork and movement.

Yoga Flow A dynamic style of yoga which joins physical postures and breath, creating a steady rhythm for the practice. Yoga Flow is designed to cultivate heat in the body, including sun salutations, balance and strength postures with a strong focus on the power of breath awareness.

HIIT High Intensity Interval Training will take your fitness to the next level. Intense timed exercise bursts followed by short recovery periods. It builds cardiovascular output while improving muscle strength and power to maximize calorie burning during and after the workout. **Sure it is tough, but we have a lot of fun!**



LAST REVISION: April 28, 2022