

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 a.m.		Group Cycle	Total Body Conditioning	Group Cycle	Total Body Conditioning	Group Cycle	
6:00 a.m.				Dryland workout for competitive swimmers			
7:30 a.m.		Total Body Conditioning		Bootcamp	Walk and Tone	Total Body Conditioning	
8:00 a.m.			Walk and Tone				Bootcamp
8:00 a.m.			Bar-less Barre	Bar-less Barre			Gentle Yoga
9:00 a.m.		Strength for Swimmers	Total Body Conditioning			Walk and Tone	
9:00 a.m.	Flow Yoga		Gentle Yoga	Gentle Yoga	Total Body Conditioning	Bar-less Barre	Cardio Kickboxing
9:00 a.m.	Total Body Conditioning	Pilates Mat	Group Cycle	Total Body Conditioning	Cycle and Core	Group Cycle	Group Cycle
10:00 a.m.	Flow Yoga	Gentle Yoga	Gentle Yoga	Yoga Sculpt	Gentle Yoga		Flow Yoga
10:00 a.m.	Group Cycle	Walk and Tone				Zumba	Zumba
10:00 a.m.				Walk and Tone			
11:00 a.m.						Cardio & Toning for Swimmers	
11:00 a.m.	Restorative Yoga	Chair Zumba	Flow Yoga	Chair Yoga	Stretch & Strap	Chair Yoga Sculpt	
12:00 p.m.		Chair Yoga	Chair Zumba	Chair Yoga		Chair Yoga	
1:00 p.m.				Chair Zumba			
4:30 p.m.				Zumba Toning			
5:00 p.m.		Bar-less Barre		Pilates Mat			
5:30 p.m.		Group Cycle	Bootcamp	Total Body Conditioning	Pilates Mat		
5:30 p.m.		Zumba			Zumba	Gentle Yoga	
6:00 p.m.		Dryland workout for competitive swimmers					
6:00 p.m.		Yoga Sculpt		Flow Yoga	Group Cycle		
6:30 p.m.		Total Body Conditioning	Zumba		Flow Yoga		
7:00 p.m.		Flow Yoga					

**Bar-less Barre:** Join us for a fun take on the fitness barre trend only without the bar and using a chair for support. This class will focus on toning, strengthening, and lengthening of all the muscle groups, and is a fusion of Pilates, yoga, strength, and flexibility training choreographed to music. This total body workout is designed to sculpt the entire body.

**Bootcamp:** A fusion of callisthenic, bodyweight, plyometric, and resistance based exercises designed to blast calories and help you reach your goals. Bootcamp will emphasize proper form and progression for all exercises, while challenging your body through a series of intervals and circuits. If you want to see results, Bootcamp is for YOU! All fitness levels welcome!

**Cardio and Toning for Swimmers:** Dive into a dynamic cardio and strength workout designed for swimmers! This class keeps your endurance and muscle tone in top shape, even while the pool is closed. Join us for a fun session, designed for all fitness levels and abilities. It is sure to keep you swim-ready! Great for Aqua Intervals participants too!

**Cardio Kickboxing:** This high-energy class combines simple martial arts techniques and fast-paced cardio moves. This high-energy workout is great if you are new to kickboxing, but will also challenge those who have taken cardio kickboxing before!

**Chair Yoga:** This class is a gentle form of yoga utilizing a chair for support. Chair yoga allows greater flexibility and joint mobility while learning many yoga postures, breathing, and relaxation techniques found in a traditional yoga class. Great for beginners or anyone wishing to strengthen their body AND mind!

**Chair Yoga Sculpt:** This class combines gentle yoga utilizing a chair for support with weights and other props to help tone muscles and build strength. The class concludes with breathe work and relaxation techniques found in a traditional yoga class. Great for beginners or anyone wishing to strengthen their body AND mind!

**Chair Zumba:** Chair Zumba introduces easy-to-follow Zumba choreography that has been brilliantly adapted for chair exercise. This class is a high-energy, fun, joyful, and friendly fitness class for anyone who wants to exercise sitting down.

**Cycle & Core:** Build endurance and strength in this dynamic two-part workout. Start with an energizing cycling session on the bike featuring climbs, sprints, and intervals to get your heart pumping, then transition off the bike for focused core work to strengthen your abs, back, and stability muscles. A full-body class designed to challenge and empower all fitness levels.

**Dryland Workout for Competitive Swimmers:** This class helps you improve your swimming skills and strength without getting in the water. Using exercises that mimic swimming movements, it focuses on building muscle, flexibility, and endurance in a safe, low-impact way. Perfect for people recovering from injury or those who want to get stronger before swimming.

**Flow Yoga:** Students will build strength, flexibility, and concentration in a flowing practice that integrates both the body and mind. This class will incorporate both the dynamic style of Hatha yoga and also Vinyasa yoga which translates to "flow with breath". Come relax and restore in a class that will synchronize breath with movement.

**Gentle Yoga:** Traditional yoga poses are modified and restorative in nature with the emphasis on a slower pace. Still designed to calm the spirit, focus the mind, and challenge your body. This class addresses strength, flexibility, balance, mindfulness and is designed for all ages and physical abilities.

**Group Cycle:** Start pedaling and let go as your instructor takes you on a ride through intervals of various terrains. You are in control of the bike's resistance, making this non-impact class a great way to improve cardiovascular endurance for everyone.

**Pilates Mat:** Pilates Mat is a series of exercises that focus on the core to develop strength, increase flexibility, improve posture and balance, as well as align the body and mind.

**Strength for Swimmers:** This is a low-impact fitness class designed to build core, shoulder, and full-body strength using swim-inspired movements performed either standing or seated in a chair. The class focuses on posture, stability, and range of motion, making it accessible and effective for all fitness levels, including those with limited mobility. Great for Aqua Intervals participants too!

**Stretch & Strap:** This class will work on developing strength, flexibility, coordination, and muscle balance while challenging your body and mind. The use of stretch straps will be incorporated to safely deepen the stretch and work towards increasing range of motion of the joints. Join us as the instructor skillfully guides you through a full body experience.

**Total Body Conditioning:** This fun and challenging total body workout will test your own personal level of strength and endurance. This class will constantly keep your body guessing by switching up exercises using a combination of weights, body bars, resistance bands, balls, steps, and other equipment. Exercises can be modified to accommodate any fitness level.

**Restorative Yoga:** Revitalize, renew, and distress with our 45 minute restorative practice. The use of props will slow down and open up the body while promoting deep healing on many levels. Please bring a bolster or blanket along with an eye patch to class if possible!

**Walk and Tone:** This class will incorporate segments of low impact cardio, light weights, and other equipment to strengthen your heart, muscles, and bones!

**Yoga Sculpt:** Grab some weights and join us for our dynamic fusion style class. You will get your heart rate up in this interval-training style class that incorporates yoga and sculpting exercises to tone muscles and build strength.

**Zumba:** This dance fitness craze is inspired by Latin and international rhythms. No prior dance experience is necessary for this high energy and easy to follow workout. Ditch your traditional workout and join the party!

**Zumba Toning:** Zumba Toning is a dance fitness class that combines Latin dance rhythms with light resistance training using Zumba Toning Sticks.