

# January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00AM Breakfast Bootcamp	6:00AM Breakfast Bootcamp	6:00AM Breakfast Bootcamp	6:00AM Breakfast Bootcamp	6:00AM Breakfast Bootcamp	
	8:30AM SS Cardio Challenge	8:30AM Chair Yoga	8:30AM SS Cardio Challenge	8:30AM Chair Yoga	8:30AM SS Cardio Challenge	8:30AM Tabata
					8:45 AM Dig Deep	
	9:30 AM Barbell Strength					9:30AM Cardio Dance
			9:45AM Gentle Yoga	9:45 AM Barbell Strength		
	10:00AM Aqua Fit	10:00AM Aqua Therapy	10:00AM Aqua Fit	10:00AM Aqua Therapy	10:00AM Aqua Fit	
	11:00AM Restorative Yoga		11:00AM Slow Flow Yoga	11:00AM Restorative Yoga		
	4:30PM Temple Training	4:30PM Tabata	4:30PM Temple Training	4:30PM Tabata		
	4:30PM Bootcamp		4:30PM Bootcamp			
	5:30PM Step Aerobics	5:30PM Power Yoga	5:30PM Cardio Dance	5:30PM Step & Strength		
				5:30PM Power Yoga		

December						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00AM Breakfast Bootcamp	6:00AM Breakfast Bootcamp	6:00AM Breakfast Bootcamp	6:00AM Breakfast Bootcamp	6:00AM Breakfast Bootcamp	
	8:30AM SS Circuit Training	8:30AM Chair Yoga	8:30AM SS Cardio Challenge	8:30AM Chair Yoga	8:30AM SS Functional Workout	8:30AM Tabata
					8:45 AM Dig Deep	
	9:30 AM Barbell Strength					9:30AM Cardio Dance
			9:45AM Gentle Yoga	9:45 AM Barbell Strength		
	10:00AM Aqua Fit	10:00AM Aqua Therapy	10:00AM Aqua Fit	10:00AM Aqua Therapy	10:00AM Aqua Fit	
		10:30AM Power Pilates			10:30AM Power Pilates	
	11:00AM Restorative Yoga		11:00AM Slow Flow Yoga	11:00AM Restorative Yoga		
		4:30PM Tabata		4:30PM Tabata		
	5:30PM Bootcamp		5:30PM Bootcamp	5:30PM Step Aerobics	5:30PM Power Yoga	
	5:30 PM Barbell Strength	5:30PM Step Aerobics	5:30PM Cardio Dance			
		6:00PM Power Yoga				



# AQUATIC FITNESS

## AQUA FIT

**Location:** Competition Pool

**Instructor:** Deb Austin

**Description:** This class is a high intensity class that focuses on a full body workout and is designed to strengthen and tone muscles while increasing cardiorespiratory endurance.

## Dig Deep

**Location:** Competition Pool

**Instructor:** Heidi

**Description:** Classes take place in the deep end of our competition pool. Participants combine cardiovascular work, deep-water running, jogging, bicycling and cross-country skiing movements. Class focuses on muscular strength motions that work the body's major muscle groups as well as motions that work the core.

## Warm Water Therapy

**Location:** Therapy Pool

**Instructor:** Heidi

**Description:** This class allows you to exercise without putting excess strain on your joints and muscles. The gentle activities in our warm water therapy pool, with guidance from our instructor will help you gain strength, balance, and flexibility. This class is excellent for those with chronic illness and injury.





# MIND & BODY

## YOGA

**Location:** Wellness Room B

**Instructor:** Joslyn

**Description:** In this class, postures are practiced aligning, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated. You can expect an emphasis on simplicity, repetition, and ease of movement.

## GENTLE YOGA

**Location:** Wellness Room B

**Instructor:** Karen

**Description:** Gentle yoga is essentially what it sounds like—a gentler style of hatha yoga practice. It is performed at a slower pace, with less intense positions, and usually includes extended time for meditation, yogic breath work, and relaxation.

## SLOW FLOW YOGA

**Location:** Wellness Room C

**Instructor:** Karen

**Description:** These classes move slowly through a series of fluid postures, flowing continuously through sequences of sun salutations and standing/seated postures. Emphasis on linking breath to movement, while relieving tension in the body, holding stretches and moving mindfully.

## PILATES

**Location:** Wellness Room B

**Instructor:** Gail

**Description:** A system of physical conditioning involving low-impact exercises and stretches designed to strengthen muscles of the torso





# STRENGTH TRAINING

## BREAKFAST BOOTCAMP

**Location:** Wellness Room C

**Instructor:** Drew

**Description:** a type of high-intensity interval training (HIIT) — bursts of intense activity alternated with intervals of lighter activity. A boot camp workout also can include functional fitness, such as using whole-body, multi-joint exercises that simulate movements people do in life.

## BARBELL STRENGTH

**Location:** Wellness Room C

**Instructor:** Gail

**Description:** A resistance-training style open to all fitness levels, Barbell Bootcamp emphasizes full body exercise with a primary focus on barbell compound movements: squats, deadlifts, rows, presses, etc.

## CARDIO & STRENGTH

**Location:** Wellness Room C

**Instructor:** Jamie

**Description:** This class encompasses weighted and body weight exercises to gain muscle mass, while achieving cardiovascular endurance. This class targets all muscle groups by engaging in dynamic and isometric movements. The workouts will be done with high intensity and high energy.





# STRENGTH TRAINING

## CORE & MOBILITY

**Location:** Wellness Room C

**Instructor:** Gail

**Description:** This class focuses on gaining mobility and strength through standing, sitting, lying down, and other positions. This class is designed to get your heart rate up and help you burn unwanted fat. The first section consists of exercises to warm up the body through its ranges of motion.

## TABATA

**Location:** Wellness Room A

**Instructor:** Drew

**Description:** It uses the TRX and a specific interval training method called, Tabata. Tabata training uses time intervals of 20 seconds work to 10 seconds rest/recovery. You repeat this cycle 8 times to equal 4 minutes of continuous work. The beauty of Tabata training is that it is quick, focused, and efficient.

## TEMPLE TRAINING

**Location:** Wellness Room C

**Instructor:** Ivie Jo

**Description:** Your body is a temple and you only get one to last your lifetime. Training with free weights, resistance bands (glutes/core), and low impact cardio will help increase your strength, functioning, and stamina to endure this race called life. Workouts are fun, engaging and always changing so you never get bored. All fitness levels are welcomed and encouraged to attend!





# CARDIO & AEROBICS

## BODY GROOVE

**Location:** Wellness Room B

**Instructor:** Jenee

**Description:** Groove classes incorporate cardio, strength, endurance, coordination, balance, agility, and flexibility for a well-rounded workout.

## DANCE2FIT

**Location:** Wellness Room B & C

**Instructor:** Mercedes

**Description:** Dance2Fit uses various types of popular hip-hop music to create an aggressive but rewarding full body workout. All of our Dance2fit workouts take place in an encouraging and positive environment with the most amazing group of people!

## LUNCH CRUNCH

**Location:** Wellness Room A

**Instructor:** Drew

**Description:** Lunch Crunch is an intense 30-minute workout designed for maximum effectiveness in minimal time. It is intended for anyone looking for an added metabolic burst to his or her training program.

## CARDIO BLAST

**Location:** Wellness Room C

**Instructor:** Jamie

**Description:** Cardio Blast is all about getting the body moving and the heart pumping. Each class offers a different, but always fun, challenge, combining a range of high-intensity aerobic and body-weight exercises. Incorporating boxing style movements.





# CARDIO & AEROBICS

## STEP AEROBICS

**Location:** Wellness Room C

**Instructor:** Jamie

**Description:** The moves target your legs, upper body, and core, building strength and flexibility. They also improve your balance, coordination, and agility.

## STEP N' SCULPT

**Location:** Wellness Room C

**Instructor:** Gail

**Description:** This step workout combines muscle conditioning, light weights, and fun music to step your way to fitness. Step & Sculpt class is distinguished from others because of using the elevated platform step.

## ZUMBA

**Location:** Wellness Room C

**Instructor:** Gail

**Description:** Zumba Toning combines body-sculpting exercises and high-energy cardio work infused with Zumba moves to create a calorie-torcing, strength-training fitness party.







# STRONG SENIORS

## AQUA FIT

**Location:** Competition Pool

**Instructor:** Gail

**Description:** This class is a high intensity class that focuses on a full body workout and is designed to strengthen and tone muscles while increasing cardio-respiratory endurance.

## CHAIR YOGA

**Location:** Wellness Room B

**Instructor:** Karen

**Description:** A gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support. The benefits of chair yoga include improved flexibility, better concentration, and increased strength.

## SILVER STRENGTH & STRETCH

**Location:** Wellness Room C

**Instructor:** Drew

**Description:** This is a combination of low-impact cardio, strength and balance work, and full- body stretching, designed to give older adults everything they need in one go. The first part of the class incorporates a gentle cardiovascular workout and light stretching to warm up your muscles and joints.

