

Group-X Schedule

Effective October 1, 2019 | All class times/days/formats are subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00-7:00 a.m. Spin Studio B BJ		6:00-7:00 a.m. Spin Studio B BJ		6:00-7:00 a.m. Spin Studio B Patrick
	7:00-8:00 a.m. Spin Studio B Tresa		7:00-8:00 a.m. Spin Studio B Tresa	
7:30-8:30 a.m. Total Body Reset Studio A Amanda	7:30-8:30 a.m. Basic Interval Studio A Claire	7:30-8:30 a.m. L.I.I.T. Studio A Tresa	7:30-8:30 a.m. Basic Interval Studio A Claire	7:30-8:30 a.m. Basic Interval Studio A Faith
8:00-9:00 a.m. Balance & Stability Studio B Tresa				
9:00-10:00 a.m. Silver Fox Studio A Tresa	9:00-10:00 a.m. Gentle Yoga Studio A Ale Water Aerobics Pool Karalee	9:00-10:00 a.m. Silver Fox Studio A Ale	9:00-10:00 a.m. Gentle Yoga Studio A Ale Water Aerobics Pool Amanda	9:00-10:00 a.m. Total Body Conditioning Studio A Lisa
10:15-11:15 a.m. Water Aerobics Pool Amanda		10:15-11:15 a.m. Water Aerobics Pool Lisa		10:15-11:15 a.m. Pool Groove Pool Lisa
10:30-11:30 a.m. Chair Aerobics Studio A Ale	10:30-11:30 a.m. Chair Aerobics Studio A Karalee		10:30-11:30 a.m. Chair Aerobics Studio A Karalee	
12:00-1:00 p.m. Chair Yoga Studio A Lisa Spin Studio B Amanda	12:00-1:00 p.m. Fusion Cycle Studio B Claire	12:00-1:00 p.m. Gentle Yoga Studio A Lisa Spin Studio B Patrick	12:00-12:45 p.m. Barre Studio A Lisa 12:00-1:00 p.m. Spin Studio B Patrick	
	1:00-2:00 p.m. Pool Groove Lisa		1:00-2:00 p.m. Pool Groove Karalee	
	5:00-6:00 p.m. Cardio Kickboxing Studio A Gabby			SUNDAY 5:00-6:00 p.m. Mat Pilates Studio A Gail N.
5:30-6:30 p.m. Step & Sculpt Studio A Jess		5:30-6:30 p.m. Body Works Studio A Sylvia		
	6:00-7:00 p.m. B.A.A.T.s Studio A Gail N.	6:00-7:00 p.m. Spin Studio B BJ	6:00-7:00 p.m. Barre Studio A Claire	6:00-7:00 p.m. Cardio Kickboxing Studio A Melissa
6:30-7:30 p.m. Fit Core Studio A Jen		6:30-7:30 p.m. Mat Pilates Studio A Gail N.		
	7:00-8:00 p.m. Zumba© Studio A Megan		7:00-8:00 p.m. STRONG by Zumba© Studio A Megan	
7:30-8:30 p.m. Deep Stretch (Yin) Yoga Studio A Ale		7:30-8:30 p.m. Deep Stretch Yoga Studio A Gail N.		
	8:00-9:00 p.m. Vinyasa Flow Studio A Ale		8:00-9:00 p.m. Vinyasa Flow Studio A Ale	See back for class descriptions

Group-X Descriptions

B.A.A.T.s: A fast-paced, high-energy class targeting buns, abs, arms, and thighs, as well as cardiovascular endurance. This advanced class is not recommended for those new to Group X classes.

Balance and Stability: Designed to help you become stronger and improve your balance. Expectations are adapted to individual skill and condition.

Barre: A fusion of Pilates, movement, and strength training. No dance experience is required.

Basic Interval: Combines aerobics and floor work with free-weight training. Makes a great workout for all muscles.

Chair Aerobics: Designed for participation while seated. Light weights and Therabands© are used for resistance training to increase strength. Some balance movements are done while standing, with options for seated participants.

Deep Stretch (Yin) Yoga: Suitable for all skill and condition levels. Focuses on a slower set of poses and deep, long stretches to increase flexibility.

Fit Core: Based on principles of Pilates, Yoga, and resistance training to provide a total body workout.

Fusion Cycle: Combines the best elements of our regular Spin class, but also incorporates exercises using dumbbell weights.

Gentle Yoga: Carefully orchestrated movements, controlled pressure, and well-measured stretches, including range-of-motion exercises.

Kickboxing: Incorporates kicks and punches for a dynamic, challenging experience. Enjoy a cardio workout while using your personal power in every style of kick and punch.

L.I.I.T.: Low-Intensity Interval Training, a full-body interval-based class incorporating cardio, strength, balance, and coordination.

Mat Pilates: Incorporates kicks and punches for a dynamic, challenging experience. Enjoy a cardio workout while using your personal power in every style of kick and punch.

Pool Groove: A low-impact, moderate-intensity workout in our heated pool, providing a fun and unique way to exercise.

Silver Fox: Low-impact aerobics, free-weight training, floor work, and stretching exercises for a great workout.

Spin: Ideal for participants at all levels of fitness and experience. Our experienced instructors bring you through a series of hills, intervals, and sprints, encouraging you to push and challenge yourself.

Step & Sculpt: Moderate-intensity step aerobics, designed to sculpt, tone, and reshape the total body.

STRONG by Zumba®: Burn calories while toning arms, legs, abs, and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks are mixed with isometric moves such as lunges, squats, and kickboxing.

Total Body Conditioning: Low-impact movements, emphasizing aerobic fitness, flexibility, strength, balance, and posture.

Total Body Reset: Engage muscles in a whole-body, low-intensity workout, followed by deep stretching and a guided breathing exercise designed to reset both your body and mind.

Water Aerobics: Low-impact, moderate-intensity workout in our heated pool that is unique and fun.

Vinyasa FlowYoga: Combines strength, balance, and endurance for a complete body workout.

Zumba®: Fundamentals of Salsa rhythm and footwork with fast and slow rhythms, incorporating resistance training. Burn calories and fat with an exciting Latin twist!