



GROUP-X SCHEDULE

Fall
2021

MONDAY

6:15-7:15 am
Cycle

7:30-8:30 am
Interval Training

5:30-6:30 pm
Cycle

5:30-6:30 pm
Step Plus Abs

5:15-6:00 pm
C3 Circuit Training

6:30-7:15 pm
C3 Circuit Training

6:30-7:30 pm
Yoga

TUESDAY

10:30-11:30 am

Chair Aerobics

11:30am-12:30pm
Cycle

5:15-6:00 pm
C3 Circuit Training

5:30-6:30 pm
B.A.A.T.s

6:30-7:15 pm
C3 Circuit Training

6:30-7:30 pm
Barre

WEDNESDAY

7:30-8:30 am
Interval Training

10:00-11:00 am
Water Aerobics

5:30-6:30 pm
Cycle

5:15-6:00 pm
C3 Circuit Training

5:30-6:30 pm
Pilates

6:30-7:15 pm
C3 Circuit Training

6:30-7:30 pm
Yoga

THURSDAY

11:30am-12:30pm
Cycle

5:15-6:00 pm
C3 Circuit Training

5:30-6:30pm
Barre

6:30-7:15 pm
C3 Circuit Training

6:30-7:30 pm
Interval Training

FRIDAY

6:15-7:15 am
Cycle

10:00-11:00 am
Water Aerobics

**Class dates and
times are subject
to change**

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.

Barre

A low-impact, high-intensity class designed to tone muscles and improve strength, agility and flexibility.

Cycle

These stationary bike classes are the perfect way to start your everyday routine. Ideal for participants at all levels of fitness and experience.

Chair Aerobics

Light weights and Th-era bands are used for resistance training to increase strength. Some balance movements are done while standing with options for seated participants.

C3 Circuit Training

This class offers high-intensity cardio and resistance weight training for a full-body workout. The body will be pushed to different levels, reaching maximum effort and elevating the heart to a higher fitness level intensity. *Reservation Required*

Interval Training

Combines aerobic floor work with free weight training. Makes a great workout for all of the muscles.

Pilates

Become stronger and more flexible without bulking up. Pilates concentrates on using fewer, but more controlled movements, to uniformly develop the body, focusing primarily on the core.

Step Plus Abs

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

Total Body Conditioning

Low-impact movements, emphasizing aerobic fitness, flexibility, strength, balance and posture.

Yoga

Suitable for all levels of participants; focuses on a slower set of poses and deep, long, stretches for increased flexibility.

Water Aerobics

A low impact, moderate intensity workout in our heated pool that gives you a unique way to exercise while having fun.