# Group Exercise Schedule

## Time

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:05-6:05 AM</td>
<td>Band Burn</td>
<td>Wake Up Yoga</td>
<td>Power Step Intervals</td>
<td>Cycle</td>
<td>Drum Fitness</td>
<td>Yoga</td>
</tr>
<tr>
<td>8:30-9:15 AM</td>
<td>Pilates</td>
<td>Cycle</td>
<td>Aquacise</td>
<td>Aquacise</td>
<td>Aquacise</td>
<td>Yoga</td>
</tr>
<tr>
<td>9:30-10:30 AM</td>
<td>Body Sculpting</td>
<td>Blend</td>
<td>Body Sculpting</td>
<td>Cycle</td>
<td>The Burn</td>
<td>Yoga</td>
</tr>
<tr>
<td>10:45-11:30 AM</td>
<td>Yoga</td>
<td>Barre Basics</td>
<td>Core Focus</td>
<td>Fitness Yoga</td>
<td>Tabata</td>
<td>Strength Train</td>
</tr>
<tr>
<td>12:00-12:30 PM</td>
<td>Core Focus</td>
<td>Cycle</td>
<td>Fit Focus</td>
<td>Aqua Tabata</td>
<td>Barre Fitness</td>
<td>Line Dancing</td>
</tr>
<tr>
<td>1:00-1:30 PM</td>
<td>The Burn</td>
<td>Barre Basics</td>
<td>Core Focus</td>
<td>Arthritis Aquacise</td>
<td>Strength Train</td>
<td>Arthritis Aquacise</td>
</tr>
<tr>
<td>2:00-2:30 PM</td>
<td>Step Intervals</td>
<td>Rise &amp; Shine Yoga</td>
<td>Silver Sneakers</td>
<td>Power Step Intervals</td>
<td>Strength Train</td>
<td>Strength Train</td>
</tr>
<tr>
<td>3:00-3:30 PM</td>
<td>Step Intervals</td>
<td>Zumba</td>
<td>Barre Basics</td>
<td>Rock Steady Boxing</td>
<td>Power Step Intervals</td>
<td>Strength Train</td>
</tr>
<tr>
<td>4:00-4:30 PM</td>
<td>Strength Train</td>
<td>Zumba</td>
<td>Arthritis Aquacise</td>
<td>Rock Steady Boxing</td>
<td>Power Step Intervals</td>
<td>Arthritis Aquacise</td>
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<tr>
<td>5:00-5:30 PM</td>
<td>Yoga</td>
<td>Zumba</td>
<td>Barre Basics</td>
<td>Power Step Intervals</td>
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<td>6:00-6:45 PM</td>
<td>Yoga</td>
<td>Zumba</td>
<td>Barre Basics</td>
<td>Power Step Intervals</td>
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<td>6:45-7:30 PM</td>
<td>Yoga</td>
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<td>Barre Basics</td>
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## Pool Notes

- Please shower before swimming.
- Note that classes may be canceled or combined due to lack of enrollment.
- The pools will be closed in the event of severe weather, or if there is thunder and lightning in the area. Lessons are not canceled, but will move to other areas of the building to participate in water safety and rescue discussion.

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CLASS DESCRIPTIONS

BAND BURN - Tighten/Tone your Total Body with a strength band.

BARRE FITNESS - Mix elements of Pilates, dance, yoga and functional training.

BLAST & BURN - High cardio class with muscle group focus lifting. Class can be a combination of treadmill, rowers, bikes and weights.

BODY SCULPTING - A full body resistance workout using bands, hand weights and balls.

THE BURN - Improve your core and burn up your abs. Get a total body workout with some cardio workouts.

CHAIR YOGA - Modifies yoga while sitting in a chair, targeting basic body mechanics and posture.

CORE FOCUS TOGETHER (MOSSA CLASS) - trains you like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain and help strengthen your abs.

CYCLE (ALL LEVELS) - Come ride through hills, flats and mountains! Great class for all levels.

DRUM FITNESS - SWEAT. Sculpt and rock out with us. Powerful beat with the rhythm of drums and workout balls.

ENHANCE FITNESS - An evidenced based physical activity program beneficial for older adults living with arthritis. Prior fitness test is required before session starts.

FITNESS YOGA - The principle of traditional yoga with a challenge.

LINE DANCING - Line Dancing isn't just country/western anymore! This class will keep you moving and grooving with fun dance steps performed to a variety of music. Line dancing is both fun and great exercise!

STRENGTH TRAIN TOGETHER (MOSSA CLASS) - Blast your muscles, Dynamic music, Complete body workout.

POWER STEP INTERVALS - Cardio, power, strength, balance, and agility training.

PILATES - Incorporate strength with focus on abdominal and back workout.

ROCK STEADY BOXING - A FREE community class for those diagnosed with Parkinson’s Disease.

SILVER SNEAKERS - Class that incorporates friends, fitness, and fun! Combine strength and cardio with chairs.

TABATA - Enjoy work/rest intervals... always more work than rest!!!

TAI CHI - Involves a series of movements performed in a slow, focused manner and accompanied by deep breathing in accordance to Chinese tradition.

VETERAN’S CLASS - Balance and strength are the key elements of this class. Free for all veterans.

YOGA (ALL TYPES) - Focus on improving your flexibility, strength, and balance as your mind is challenged.

ZUMBA - Are you ready to shake your hips in this Latin style dance fitness class? Can be low to high impact and tons of fun while working the entire body targeting your arms, core, glutes, and legs.

AQUACISE & ARTHRITIC AQUACISE - A fun and refreshing way to get in shape, these classes tone & firm, working on cardiovascular fitness and flexibility in a medium that’s easy on the joints. Swimming skills are not necessary to join these classes.

AQUA POWER - Join us for a more intense workout utilizing different formats and equipment focusing on strength, toning, cardiovascular, and core fitness.

H2O TABATA - Enjoy work/rest intervals... always more work than rest!!!

BOGA BASICS - Learn the basics of Bogafit before taking the class.

BOGAFIT - Builds strength, deepens flexibility, and improves balance & coordination through movements on a boga board.

OPEN BOGA - is an opportunity to spend time doing your own workout or exploring the possibilities on the Boga boards. 2-3 Boga boards will be available in the pool for use during posted times only. To prevent damage to the equipment and ensure the safety of the user, participants must follow basic safety and use instructions. Normal Lap Pool age limits and deep end requirements apply.