

Group Fitness

**Starting
September 2nd**

MONDAY

9:00-9:45am
Hydro Fitness
Andrea

8:25-8:55am
Senior Flexibility &
Strength
Hawn

9:00-9:50am
Intervals
Hawn

10:00-10:55am
Rip
Hawn

TUESDAY

8:25-8:55am
Core & More
Andrea

9:00-9:45am
Hydro Fitness
Andrea

10:15-11am
Aqua-Joints
Linda

4:30-5:15pm
Core and More
Andrea

5:30-6:15pm
Hydro Fitness
Andrea

WEDNESDAY

9:00-9:45am
Hydro Fitness
Andrea

10:00-10:45am
*TRX
Andrea



THURSDAY

8:25-8:55am
Core & More
Hawn

9:00-9:55am
Yoga
Holly

9:00-9:45am
Hydro Fitness
Hawn

10:05-11:00am
Rip
Hawn

10:15-11am
Aqua-Joints
Linda

4:30-5:00pm
Core and More
Andrea

5:15-6:00pm
Hydro Fitness
Andrea

6:00-6:50pm
Yoga
Holly

FRIDAY

8:25-8:55am
Senior Flexibility
& Strength
Linda

9:00-9:55am
Gentle Yoga
Holly

9:00-9:45am
Hydro Fitness
Linda

9:00-9:55am
Revolution
Andrea

SATURDAY

8:00-8:45am
Core and More
Andrea

9:00-9:45am
Hydro Fitness
Linda

9:00-9:55am
Revolution
Andrea

CLASS REGISTRATION INFORMATION

- Register for classes anytime
- Check in at the front desk before each class you attend
- If class is cancelled we will contact all registered individuals

CLASS DESCRIPTIONS

Yoga: Our yoga classes focus on breath, posture, and meditation. Leave our yoga classes feeling refreshed and rejuvenated!

Senior Flexibility & Strength: A total body workout for seniors, focusing on improving range of motion, balance, and strength. In this class will be seated in a chair or standing. No floor work.

Core and More: 30 minute core workout. You will work your entire core and learn new exercises to help sculpt the body. For all fitness levels.

Revolution: A 55 minute cycling program, choreographed to music, tailor-made for anyone who can ride a bike

Intervals: A 50 minute class using high intensity cardio intervals with low intensity recovery intervals to provide a cardiovascular workout.

Pilates Fusion: Incorporates Pilates, Barre, and resistance exercises. Gain Strength, muscle definition, flexibility, and overall mind body health.

Rip: A 55 minute barbell program for men and women of all ages and fitness levels. Matching movement to music and using traditional strength training allows participants to work at their own level.

Hydro Fitness: Condition your body in the water without the pounding on your joints! Our classes will help you increase cardiovascular endurance, range of motion, flexibility and core strength.

Aqua Joints: This class is meant for those suffering from joint problems. You will be encouraged to work at a level comfortable for you. These classes may increase your flexibility, balance, and strength

***TRX:** Suspension Training that delivers a fast, effective total-body workout. This class uses leveraged body weight to develop strength, balance, flexibility, and core stability all at once.



Group X Classes will be available to members and non-members 15 years and older

Rates: Members Free, Non Members \$5 per class \$4 per class for Seniors 55+

***TRX Members \$7 per class, Non Members \$12 per class**

***TRX will be limited to SIX (6) participants per class**

***TRX Participants must register and prepay in advance, any open spots will be available on a first come basis**

Participants are required to wipe down equipment before and after use with disinfectant spray