

AEROBICS SCHEDULE

MONDAY

6:30 - 7:15am Morning Fitness
8:45 - 9:45am Step & Tone*
10:00 - 11:00am Fitness Yoga*
11:00 - 11:30am Lite Pace Aerobics*
11:30 - 12:15pm Silver Sneakers® Muscular Strength Class
(In Aerobics Studio)
4:45 - 5:30pm Cardio BOSU Intervals
5:45 - 6:45pm KickBox Intervals§
7:00 - 8:00pm Step Combo (Great for Beginners) §

TUESDAY

5:30 - 6:30am Kickbox Boot Camp
9:00 - 10:00am Body Blast
10:00-10:45am New Mom Workout
11:00 -11:45am Senior Yoga Stretch
(In Aerobics Studio/Gymnasium)
Zumba
4:45- 5:30pm Cardio Pump§
5:45 - 6:45pm Butts and Gutts§
7:00 - 7:45pm

WEDNESDAY

6:30 - 7:15am Morning Fitness
9:00 - 10:00am Muscle Mix*
10:00 - 11:00am Yogalates*
11:30 - 12:15pm Silver Sneakers® Muscular Strength Class
(In Aerobics Studio/Gymnasium)
HEAT
3:30-4:30 pm Muscle Mix §
5:45 - 6:45pm Step Intervals §
7:00 - 8:00pm

THURSDAY

5:30 - 6:30am BOSU Body Blast
9:00 - 10:00am Interval Training
4:45 - 5:30pm 20/20/20
5:45 - 6:45pm Hatha Yoga§
7:00 - 8:00pm Pilates§

FRIDAY

6:30 - 7:15am Morning Fitness
8:45 - 9:45am Step Interval *
10:00 - 11:00am Yogalates*
11:00 - 11:45am New Mom Workout
11:15- 12:00pm Silver Sneakers® Cardio
(In Aerobics Studio/Gymnasium)
Zumba
4:45 - 5:30pm Lite Pace Zumba
7:00-8:00pm

SATURDAY

8:30 - 9:30am Power Step Combo
9:45 - 10:45am Muscle Mix
11:00 - 12:00pm Fitness Yoga

SUNDAY

9:15 -10:45am Step/BOSU Intervals

AQUA AEROBICS

MONDAY

9:30 -10:30am Aqua Aerobics*
7:15 - 8:15pm Lite Pace Aqua Aerobics

TUESDAY

8:30 - 9:15am SilverSplash*
9:30 - 10:30am Water Fitness Aerobics*
7:15 - 8:15pm Power Aqua Aerobics

WEDNESDAY

9:30 - 10:30am Aqua Interval Aerobics*
7:15 - 8:15pm Aqua Box & Tone

THURSDAY

9:30 - 10:30am Aqua Interval Aerobics*
7:15 - 8:15pm Deep Water Aqua Aerobics

FRIDAY

8:15 - 9:00am SilverSplash
9:00 - 10:00am Aqua Interval Training*
6:00 - 7:00pm Yoqua

SUNDAY

3:45 - 4:45pm Lite Pace Aqua Aerobics

CLASSES ARE SUBJECT TO CHANGE

* Denotes Babysitting Available - See pg. 7 for more information

§ Denotes Kidz Club Available - See pg. 6 for more information

Per Class Fee: Members -Free, Non-Members - \$8.00

SPIN CLASSES

MONDAY

5:45 - 6:30am Spin^
8:00-8:45am Spin^
9:00 - 10:00am Spin/Abs^*
3:30-4:45pm Spin/Abs^
5:45 - 6:30pm Spin^

TUESDAY

5:45 - 6:30am Spin^
9:00-9:45am Spin^
10:00-10:45am Lite Pace Spin
5:00 - 5:45pm Spin^
6:00 - 7:00pm Endurance Spin^ §

WEDNESDAY

5:45- 6:30am Spin^
8:00-8:45am Spin^
9:00 - 9:45am Spin^*
5:45 - 6:30pm Spin^§

THURSDAY

5:45 - 6:30am Spin^
9:00-9:45am Spin^
10:00-10:45am Lite Pace Spin^
5:00 - 5:45pm Spin^
6:00 - 7:00pm Spin/Abs^ §

FRIDAY

5:45-6:30am Spin^
8:00-8:45am Spin^
9:00-9:10am Spin/Abs^*
3:30-4:30pm Spin^

SATURDAY

8:15 - 9:00am Spin^
9:15 - 10:15am Spin^

SUNDAY

9:15 - 10:00am Spin^
11:00-11:45am Intro to Spin
1st Sunday of every Month

^Denotes Pre-Registration Required

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SPECIALITY CLASSES/PROGRAMS

MONDAY

12:30-1:15pm Music and Movement^
6:30 - 9:30pm Red Cross Adult & Child CPR^ (1/9)
6:30 - 9:30pm Red Cross First Aid^ (1/23)

TUESDAY

3:30-4:20pm Children's Ballet & Tap^

WEDNESDAY

5:45 - 7:30pm Boy Scout Lifesaving Badge^ (11/16-12/14)
5:45 - 7:15pm Aquanaut Cub Badge ^
(2/1, 2/8, 2/15, 2/22, 2/29)
6:30 - 9:30pm Red Cross Adult & Child CPR^ (1/11)
6:30 - 9:30pm Red Cross Infant & Child CPR^ (1/18)
5:45 - 6:15pm Specialty Class Level 2^ (2/1-2/29)
6:30 - 7:00pm Specialty Class Level 1 ^ (2/1-2/15)

THURSDAY

11:15-12:00pm Music and Movement ^
12:30-1:20pm Children's Ballet & Tap^

FRIDAY

5:45-6:45pm Belly Dance^

^ Denotes Pre-Registration Required

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