

# Group Exercise Schedule

EFFECTIVE FEBRUARY 2019

| MONDAY                          |                                  | TUESDAY                 |                                    | WEDNESDAY                         |                                  | THURSDAY                        |                                    | FRIDAY                    |                                   | SATURDAY   | SUNDAY                             |
|---------------------------------|----------------------------------|-------------------------|------------------------------------|-----------------------------------|----------------------------------|---------------------------------|------------------------------------|---------------------------|-----------------------------------|--|------------------------------------|
| <b>YELLOW</b>                   | <b>BLUE</b>                      | <b>YELLOW</b>           | <b>BLUE</b>                        | <b>YELLOW</b>                     | <b>BLUE</b>                      | <b>YELLOW</b>                   | <b>BLUE</b>                        | <b>YELLOW</b>             | <b>BLUE</b>                       | <b>YELLOW</b>  | <b>YELLOW</b>                      |
| 8:30-9:10                       | 8:15-8:50<br>CHAIR EX<br>WEIGHTS | 8:30-9:10               | 8:15-8:50<br>CHAIR EX<br>BANDS     | 8:30-9:10                         | 8:15-8:50<br>CHAIR EX<br>WEIGHTS | 8:30-9:10                       | 8:15-8:50<br>CHAIR EX<br>BANDS     | 8:30-9:10                 | 8:15-8:50<br>CHAIR EX<br>WEIGHTS  | 9:00-9:45  |                                    |
| ZUMBA/TONE<br>WANDA             | CINDY                            | PILATES<br>CAROLYN      | CINDY                              | LOW IMPACT<br>AEROBICS<br>MAUREEN | CINDY                            | SCULPT/TONE<br>WANDA            | CINDY                              | ZUMBA<br>WANDA            | CINDY                             | LOW IMPACT<br>AEROBICS<br>MAUREEN                              | 10:00-11:15<br>YOGA FLOW<br>SANDEE |
| 9:20-10:00                      | 8:55-9:30<br>BALANCE             | 9:20-10:00              | 8:55-9:30<br>CHAIR YOGA            | 9:20-10:00                        | 8:55-9:30<br>SLO/LOW<br>AEROBICS | 9:20-10:00                      | 8:55-9:30<br>CHAIR YOGA            | 9:20-10:00                | 8:55-9:25<br>BALANCE              | 9:45-10:30   |                                    |
| BARRRE FUSION<br>WANDA          | CINDY                            | 20/20<br>MONICA         | CINDY                              | PI-YO<br>WANDA                    | CINDY                            | LOW IMPACT<br>AEROBICS<br>WANDA | PLUS<br>CINDY                      | PILATES<br>WANDA          | CINDY                             | SCULPT/TONE<br>MAUREEN   |                                    |
| 10:10-10:50                     | 9:35-10:05<br>CHAIR EX<br>BANDS  | 10:10-11:40             | 9:35-10:05<br>CHAIR EX<br>WEIGHTS  | 10:10-10:50                       | 9:35-10:05<br>CHAIR EX<br>BANDS  | 10:10-10:50                     | 9:35-10:05<br>CHAIR EX.<br>WEIGHTS | 10:10-10:50               | 9:30-10:05<br>SLO/LOW<br>AEROBICS |  |                                    |
| LOW IMPACT<br>AEROBICS<br>CINDY | CINDY                            | YOGA FLOW<br>ELLEN      | CINDY                              | SCULPT/TONE<br>CINDY              | CINDY                            | BARRE FUSION<br>ELLEN           | CINDY                              | 20/20<br>CINDY            | CINDY                             |  |                                    |
| 11:10-11:40                     |                                  |                         | 10:10-10:45<br>SLO/LOW<br>AEROBICS |                                   | 11:00-11:35<br>GENTLE YOGA       | 10:55-11:55<br>YOGA FLOW        | 10:10-10:45<br>SLO/LOW<br>AEROBICS | 11:10-11:40<br>ZUMBA GOLD | 11:00-11:35<br>GENTLE YOGA        |  |                                    |
| ZUMBA GOLD<br>WANDA             |                                  |                         | CINDY                              |                                   | CINDY                            | ELLEN                           | CINDY                              | WANDA                     | CINDY                             |  |                                    |
|                                 | 11:45-12:15<br>SIT&FIT           |                         | 11:45-12:15<br>CHAIR YOGA          | 3:45-4:30<br>FAT BURN             | 11:45-12:15<br>SIT&FIT           |                                 | 11:10-11:40<br>CHAIR ZUMBA         | 12:30-1:45<br>YOGA FLOW   | 11:45-12:15<br>SIT&FIT            |  |                                    |
|                                 | WANDA                            |                         | CINDY                              | PILATES<br>NORMA                  | WANDA                            |                                 | WANDA                              | SANDEE                    | WANDA                             |  |                                    |
| 2:00-3:30<br>YIN YOGA<br>NORMA  |                                  | 2:15-3:00<br>INTERVALS  |                                    | 4:30-5:15<br>YOGA SCULPT          |                                  |                                 | 11:45-12:15<br>SIT&FIT             |                           |                                   | SEE THE BACK FOR<br>WATER CLASSES<br>AND CLASS<br>DESCRIPTIONS |                                    |
|                                 | 12:20-12:50<br>CHAIR YOGA        | CAROLYN                 |                                    | NORMA                             |                                  | 4:30-6:00<br>YIN YOGA           | WANDA                              |                           |                                   |  |                                    |
|                                 | CINDY                            | 4:30-5:15<br>ZUMBA      |                                    | 6:00-6:40<br>DANCE JAM            |                                  | NORMA                           |                                    | 12:20-12:50<br>CHAIR YOGA |                                   |  |                                    |
|                                 |                                  | WANDA                   |                                    | GUSTAVO                           |                                  | 6:05-6:45<br>INTERVALS/MONICA   |                                    | CINDY                     |                                   |  |                                    |
|                                 |                                  | 5:20-6:00<br>ZUMBA/TONE |                                    | 6:45-7:30<br>SCULPT/TONE          |                                  | 6:50-7:30<br>PILATES            |                                    |                           |                                   |  |                                    |
|                                 |                                  | WANDA                   |                                    | GUSTAVO                           |                                  | MONICA                          |                                    |                           |                                   |  |                                    |

# GROUP WATER CLASSES

| MONDAY                                 | TUESDAY  | WEDNESDAY                                | THURSDAY                                       | FRIDAY                                 | SUNDAY   |
|--|--|--|--|--|--|
|  | 9:20-10:00<br>CORE SPLASH<br>CAROLYN             | 9:20-10:00<br>USE YOUR NOODLE<br>MAUREEN |  |  |  |
| 10:10-10:50<br>WATER AEROBICS<br>WANDA | 10:10-10:50<br>WATER AEROBICS<br>MONICA          | 10:10-10:50<br>WATER AEROBICS<br>WANDA   | 10:10-10:50<br>WATER AEROBICS<br>WANDA         | 10:10-10:50<br>WATER AEROBICS<br>WANDA | 9:45-10:25<br>WATER AEROBICS<br>BOBBI          |
|  | 11:00-11:30<br>AQUA ARTHRITIS<br>INDOOR<br>CINDY |  |  |  | 10:30-11:10<br>ARTHRITIS AQUA<br>INDOOR/ BOBBI |
|  |  |  | 3:15-3:55<br>WATER AEROBICS<br>BOBBI           |  |  |
|  | 3:15-3:55<br>WATER AEROBICS<br>CAROLYN           |  | 4:00-4:40<br>AQUA ARTHRITIS<br>INDOOR<br>BOBBI |  |  |

## CLASS DESCRIPTIONS

**AQUA ARTHRITIS:** GENTLE WATER EXERCISE IN THE INDOOR POOL FOCUSING ON ARTHRITIS RELIEF

**BALANCE:** STRENGTHEN LEGS AND CORE TO HELP PREVENT FALLS AND INCREASE STABILITY

**BARRE FUSION:** TOTAL BODY WORKOUT COMBINING MOVEMENTS OF BALLET, PILATES & TONING

**CHAIR EXERCISE/SIT&FIT:** IMPROVE MUSCLE TONE, INCREASE METABOLISM

**CORE SPLASH:** STRENGTHEN CORE MUSCLES AND IMPROVE BALANCE USING WATER RESISTANCE

**DANCE JAM:** BURN SOME CALORIES AND HAVE FUN DANCING AND TONING

**FAT BURN PILATES:** INTENSIVE MAT CLASS. IMPROVE STRENGTH , COORDINATION & FLEXIBILITY

**INTERVALS:** SHED FAT,BURN CALORIES & DEFINE MUSCLE WITH ALTERNATE TIMED INTERVALS OF STRENGTH & CARDIO

**LOW IMPACT:** IMPROVE ENDURANCE, BURN CALORIES AND HAVE FUN WITH EASY TO FOLLOW MOVES

**PILATES:** STRENGTHEN YOUR CORE WITH PILATES MAT EXERCISES , MUST BE ABLE TO GET ON/OFF MAT

**PI-YO:** COMBINE PILATES AND YOGA TO FIRM YOUR CORE, TONE MUSCLES AND ADD FLEXIBILITY

**SCULPT/TONE:**FULL BODY WORKOUT TO IMPROVE MUSCLE TONE , BALANCE AND STRENGTH

**SLOW/LOW AEROBICS:** EASY TO FOLLOW MOVES, AT A SLOWER PACE . CHAIR AVAILABLE TO HOLD OR SIT

**SIT&FIT:** SPECIFIC EXERCISE TO IMPROVE MOVEMENTS OF DAILY TASKS

**USE YOUR NOODLE:** TONE YOUR MUSCLES IN THIS FUN WATER CLASS USING A NOODLE FOR RESISITANCE

**YOGA-CH/ (PLUS):** GENTLE SEATED POSES FOR FELXIBILITY AND STRENGTH/PLUS ADDS SOME STANDING

**YOGA-FLOW:** POSES FLOW ONE INTO ANOTHER USING BREATH TO DEEPEN

**YOGA-GENTLE:** STANDING POSES USING A CHAIR FOR BALANCE, NO FLOOR WORK

**YOGA-YIN :**POSES HELD FOR 2 MINUTES TO ALLOW THE BODY TO RELAX      **YOGA - SCULPT:** LIGHT WEIGHTS USED TO INCREASE MUSCLE TONE

**ZUMBA:**EXHILARATING , CALORIE BURNING DANCE PARTY. GOLD=LOWER TONE=WEIGHTS CHAIR=SEATED