



Group Exercise Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>Aqua Aerobics</u> 6:30-7:30am Pat Crush	<u>Cycling</u> 6:00-7:00am Pat Crush	<u>Pump/Aqua</u> 6:00-7:30am Pat Crush	<u>Cycling</u> 6:00-7:00am Pat Crush	<u>Aqua Aerobics</u> 6:30-7:30am Pat Crush		
<u>Pilates</u> 8:15-9:10am Rosemary Delaney	<u>Basic Abs & Stretch</u> 8:30-9:15am Pat Crush		<u>Pilates</u> 9:00-10:00am Rosemary Delaney	<u>Basic Abs & Stretch</u> 8:30-9:15am Pat Crush		
<u>Pumps & Abs</u> 9:15-10:25am Pat Crush		<u>Pilates</u> 9:00-10:00am Nancy White	<u>Cycling & Abs</u> 10:00-11:00am Rebecca Wine	<u>Pump & Abs</u> 9:15-10:25am Pat Crush	<u>Cycling</u> 9:30-10:30am Angela Dwire	
<u>Yoga</u> 10:30-11:30am Rebecca Wine	<u>Cycling & Abs</u> 10:00-11:00am Rebecca Wine	<u>Yoga Ball</u> 10:30-11:30am Rebecca Wine	<u>Pilates</u> 12:00-1:00 Rosemary Delaney	<u>Yoga Ball</u> 10:30-11:30am Betty Allsmiller	<u>Pump & Abs</u> 10:30-11:30am Angela Dwire	<u>Pilates/Props</u> 10:30-11:30am Rosemary Delaney
<u>Cycling</u> 5:30-6:30pm Angela Dwire	<u>Cycling</u> 6:00-7:00pm Anna Kitson	<u>Cycling</u> 5:30-6:30pm Lisa Ferguson	<u>Cycling</u> 6:00-7:00pm Angela Dwire			
<u>Pump & Abs</u> 6:30-7:30pm Angela Dwire	<u>Pilates</u> 6:00-7:00pm Lisa Ferguson	<u>Pump & Abs</u> 6:30-7:30pm Angela Dwire				

All Group Exercise Classes are *Free* to Full and Fitness & Swim Members.

There is a \$10/per class fee for Non-Members. (Effective February 1st)

[Class Descriptions are on back of schedule.](#)

Group Exercise Class Descriptions

Aqua Aerobics – Non-Swimmers welcome! Work at your own pace in this non-impact cardiovascular and strength workout. Meet in the pool and use both shallow and deep water. Buoyancy belts are provided for those who do not swim or don't like to get wet hair! All classes are one hour long.

Basic Abs & Stretch – Begin with 20 minutes of energizing flexibility exercises, followed by 20 minutes of basic core strengthening exercises. It's a great way to build the strength and flexibility needed for Yoga, Pilates and Hard Core Training.

Cardio Box – One hour aerobic class with kicks, punches and combinations. Work at your own pace. Never the same thing!

Cycling – Ride at your own pace on the New Star Trac Indoor cycles. The instructor guides you up a challenging hill, simulates a breakaway, riding in the pack and much more while pedaling to motivating music. You control the pace, you control the resistance! Perfect for athletes, as well as those looking for general fitness. Water bottle required.

Pilates – Focus on increasing flexibility and strength to build longer, leaner muscles. Gain awareness of muscle function and control in this mind-body workout that emphasizes core body stability.

Pilates/Props – This pilates class will use rings, balls, etc. to give you a more intense workout.

Pumps & Abs – Pump muscle conditioning brings the weight room to group exercise. Work all major muscles using dumbbells, body bars, resist-a-balls and weights. Class ends with abdominal conditioning.

Pump/Aqua – Wear your swim suit to this class that combines land and water fitness. Meet in the aerobics studio for a 45 minute pump class, then take a plunge for 45 minutes with aqua aerobics in the pool.

Yoga – Gain flexibility and strength in this mind/body fitness class. Relieve stress and learn proper breathing techniques, skeletal alignment and muscle control in a peaceful environment.

Yoga Ball – Using a ball for stability, this flexibility class will help you gain strength and control while relieving stress.

Yoga Sculpt – A great combination of yoga postures and challenging traditional weight training movements. This class is designed to increase strength and flexibility using dumb bells, tubing, body bars and resist-a-balls for an incredible workout.