



FITNESS CLASSES

Effective 06/26/2023

Monday	Class	Instructor	Location
9:15-10 AM	Body Sculpt	Sheryl	Group Ex Room
10:00-10:50 AM	Deep Water	Sandy	Pool
Tuesday	Class	Instructor	Location
8:15-9 AM	Cycling	Liesl	Group Ex Room
10:00-10:50 AM	Water Aerobics	Crystal	Pool
5:15-6:15 PM	Yoga	Nadine	Group Ex Room
Wednesday	Class	Instructor	Location
6:00-6:45 AM	Cycling	ReBecca	Group Ex Room
9:30-10:30AM	Crystal'ates	Crystal	Group Ex Room
10:00-10:50 AM	Deep Water	Sandy	Pool
5:00-5:45 PM	Body Sculpt	Sheryl	Group Ex Room
Thursday	Class	Instructor	Location
8:15-9 AM	Cycling	Liesl	Group Ex Room
10:00-10:50 AM	Water Aerobics	Crystal	Pool
5-5:50 PM	Yoga	Clarissa	Group Ex Room
Friday	Class	Instructor	Location
6:00-6:45 AM	Cycling	ReBecca	Group Ex Room
10:00-10:50 AM	Deep Water	Sandy	Pool

Cost of all classes is included with membership. Community member can take any class by purchasing a \$10.00 day pass.

FITNESS CLASS DESCRIPTIONS

Body Sculpt –Music-motivated class using bodyweight and hand weights. Low weights allow targeting of specific muscles, and higher repetitions build endurance and muscle tone.

Crystal'ates – A zero impact Pilates inspired workout concentrating on proper form and the mind-body connection. Learn muscle control, utilization, and breathing. Condition the entire body as you release stress and revive the spirit.

Cycling - Intense workout that will challenge any fitness level. Improves cardiovascular output and endurance. Requirements: Sign-up for each class; Orientation with instructor 15 minutes prior to first class.

Deep Water Aerobics -An interval exercise class in the deep end of the pool. Designed to increase heart rate by using water resistance with zero impact on knees, hips, or back. Great for any fitness level; all participants encouraged to use floatation devices.

Water Aerobics - A music driven, low impact, energizing workout that is appropriate for all ages and fitness levels. Tone the entire body as you improve posture, balance, and joint mobility, and have fun doing it! Class is held in the shallow end of the pool- no swimming required.

Yoga -Decrease stress through well-rounded yoga practice. Improve breath awareness, lengthen, and strengthen muscle while clearing your mind and balancing your energy. Appropriate for all levels of fitness. Please bring your own yoga mat.