

FITNESS CLASSES



Monday	Class	Instructor	Location
9:00-9:45 AM	Body Sculpt	Sheryl	Group X Room
10:00-10:50AM	Deep Water Aerobics	Sandy	Pool
11:15-12:15	EnhanceFitness	Daphne	Gym
4:30-5:30 PM	Cycling *ends 6/29	BillieJo	Y3
Tuesday	Class	Instructor	Location
8:45-9:30 AM	Cycling	Daphne	Y3
10:00-10:50AM	Water Aerobics	Daphne	Pool
5:15-6:15pm	Yoga *ends 6/23	Nadine	Group X Room
Wednesday	Class	Instructor	Location
9:00-9:45am	Body Sculpt * not 7/1&7/8	Terry	Group X
10:00-10:50am	Deep Water Aerobics	Sandy	Pool
11:15-12:15	EnhanceFitness	Daphne	Gym
5:00-5:45	Body Sculpt *ends 6/17	Sheryl	Group X Room
Thursday	Class	Instructor	Location
10:00-10:50AM	Water Aerobics	Daphne	Pool
4:30-5:30pm	Cycling	BillieJo	Y3
Friday	Class	Instructor	Location
9:00-9:45	Body Sculpt *not from 7/3-8/21	Terry	Group X
10:00-10:50AM	Deep Water Aerobics	Sandy	Pool
11:15-12:15	EnhanceFitness	Daphne	Gym

Cost of all classes are included with membership. Community members 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.

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.