



# 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          |
| 5:00-6:00 PM  | Cycling *resumes 9/7        | BillieJo   | Y3           |
| Tuesday       | Class                       | Instructor | Location     |
| 9:00-9:45 AM  | Cycling                     | Regina     | Y3           |
| 10:00-10:50AM | Water Aerobics              | Daphne     | Pool         |
| 5:15-6:15pm   | Yoga                        | Nadine     | Group X Room |
| Wednesday     | Class                       | Instructor | Location     |
| 9:00-9:45am   | Body Sculpt                 | Terri      | Group X      |
| 10:00-10:50am | Deep Water Aerobics         | Sandy      | Pool         |
| 11:15-12:15   | EnhanceFitness^             | Daphne     | Gym          |
| 5:30-6:30     | Power Pilates*ends 8/26     | Brittany   | Group X Room |
| Thursday      | Class                       | Instructor | Location     |
| 10:00-10:50AM | Water Aerobics              | Daphne     | Pool         |
| 4:30-5:30pm   | Cycling (9/3 Starts at 5pm) | BillieJo   | Y3           |
| 5:30-6:30     | Power Pilates *begins 9/3   | Brittany   | Group X Room |
| Friday        | Class                       | Instructor | Location     |
| 9:00-9:45     | Body Sculpt                 | Terri      | Group X      |
| 10:00-10:50AM | Deep Water Aerobics         | Sandy      | Pool         |
| 11:15-12:15   | EnhanceFitness^             | Daphne     | Gym          |

^=Pre-registration is required.

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 body weight 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. 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 at the shallow end of the pool-no swimming is 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.

**Power Pilates**-Pilates inspired class with gentle stretching and light weights to help tone the body head to toe.