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	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
5:00-6:00	Hiit	BillieJo	Group X Room
Thursday	**Class**	**Instructor**	**Location**
10:00-10:50AM	Water Aerobics	Daphne	Pool
5:00-6:00pm	Cycling	BillieJo	Y3
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 fate 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 join 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.

Hiit(High Intensity Interval Training-A fast paced, full body workout that alternates between short bursts of maximum effort exercise and brief recovery periods.