

# Water Exercise Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 AM	9:00-10:00 AM Arthritic Water Debbie Modesitt	9:00-10:00 AM Arthritic Water Chris Poe	9:00-10:00 AM Arthritic Water Debbie Modesitt		9:00-10:00 AM Arthritic Water Chris Poe		
10:00 AM	10:00-11:00 AM Water Aerobics Barb Rosenbohm	10:00-11:00 AM Water Aerobics Barb Rosenbohm	10:00-11:00 AM Water Aerobics Debbie Modesitt	10:00-11:00 AM Water Aerobics Debbie Modesitt	10:00-11:00 AM Water Aerobics Chris Poe		
11:00 AM					11:00 AM-Noon Arthritic Water Chris Poe		
5:30 PM	5:30-6:15 PM Water Aerobics Debbie Modesitt	5:30-6:30 PM Water Aerobics Debbie Modesitt	5:30-6:30 PM Water Aerobics Sandra Wilson	5:30-6:30 PM Aquatic Circuit Training Barb Rosenbohm			
6:15 PM	6:15-6:45 PM Hydro Gym Debbie Modesitt						

# Group Fitness Classes - Upstairs Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:45 AM	8:45-9:45 AM Cardiotonic Barb Rosenbohm		8:45-9:45 AM Cardiotonic Patty Montgomery		8:45-9:45 AM Cardiotonic Patty Montgomery		
9:00 AM				9:00-10:00 AM Wellness, Strength & Balance Chris Poe		9:00-10:00 AM Hi/Low/Cardio RX Carla Adams	
9:45 AM			9:45-10:00 AM AB/Core Rx Patty Montgomery		9:45-10:00 AM Leg & Butt Blaster Patty Montgomery		
10:00 AM	10:00-11:00 AM Yoga Carolina Yang		10:00-11:00 AM Yoga Carolina Yang			10:00-11:00 AM Pump RX Carla Adams	
10:15 AM		10:15-11:15 AM Forever Young Chris Poe		10:15-11:15 AM Forever Young Chris Poe			
4:45 PM	4:45-5:30 PM Pump RX Carla Adams						
5:45 PM	5:45-6:30 PM Cycling Carla Adams	5:45-6:45 PM Steptonic Katrina Dickason		5:45-6:45 PM Steptonic Katrina Dickason			
6:30 PM			6:30-7:30 PM Yoga Plus Carla Adams				
7:00 PM		7:00-7:30 PM Start Stepping Katrina Dickason		7:00-8:00 PM Zumba Katrina Dickason			



# Group Fitness Classes - Downstairs Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 AM	10:00-11:00 AM Silver Sneakers John/Sam		10:00-11:00 AM Silver Sneakers John/Sam				
11:00 AM		11:00 AM-Noon Fit For Life John Coplin		11:00 AM-Noon Fit For Life John Coplin	11:00 AM-Noon Fit For Life John Coplin		

# Class Descriptions

**Ab/Core RX** This strengthening/toning workout is designed to target the abs, back, & core. Hand weights and other tools are used to perform a variety of Pilates, sports yoga, and other movements. **Intensity Level - Medium**

**Arthritic H2O** A great low impact class that focuses on range of motion, flexibility, and balance to keeping the joints moving while including some low impact aerobics and core strengthening to build and maintain strong muscles. **Intensity Level - Low**

**Aquatic Circuit Training** Aquatic circuit training is suitable to all fitness levels. This class allows participants to get a great workout while giving them the ability to work at their own level with a variety of exercises in the pool. **Intensity Level - Medium**

**Cardiotonic** Exercise your heart, burn extra calories, tone your body, improve balance and have a great time, too. Activities are always changing and exercise is adapted for ALL ages and ability levels. **Intensity Level - Medium**

**Circuit Training** This class will give you a great total body workout! Participants will alternate cardio movements with strength and toning exercises. **Intensity Level - Medium**

**Cycling** You control your cycling workout by controlling speed and intensity. The class will change pace to jog, sprint, burst, sit and jumps! This is a high calorie burning workout on the bike! **Intensity Level - Medium/High**

**Fit-for-Life** This class is designed for active older adults. It's a low-impact workout combining cardio and conditioning. Beginners are welcome. **Intensity Level - Low**

**Forever Young** This class is one hour of exercise which incorporates weights and good music. There is no laying on the floor for exercise or jumping in the class. **Intensity Level - Medium**

**Hi/Lo/Cardio Rx** Get a different cardio workout every time! Class will offer a combination of step, floor aerobics, cardio-boxing, and plyometrics. The variety and hi/lo format will make this class suitable for most fitness levels. **Intensity Level - Medium**

**Hydro Gym** Hydro Gym is a modified deep water class and participants will be suspended in the water for the whole class. Participants need their own aqua jogging belt and water weights. **Intensity Level - Medium**

**Leg and Butt Blaster** Fire up your gluts in a flash. This 15 minute toning workout is designed specifically to tighten and tone your lower body including the glut and leg muscles. **Intensity Level - Medium**

**Pump Rx** Pump Rx is a strength training class that is appropriate for all fitness levels. This class will get you burning calories while building long lean muscle with high repetition exercises that match movement to great music. **Intensity Level - Medium**

**Start Stepping** A 30 minute class where you can start slow and build gradually. Learn the basic step moves without music first, then with music to practice safe and effective technique. Add in a few toning reps, and you will be on your way to full out Step-tonic! **Intensity Level - Low**

**Steptonic** Step to a rhythm to burn calories, mix in some toning/condition tracks, and this class will have you feeling exhilarated and powerful! Step patterns are fun and not too complicated. **Intensity Level - Medium/High**

**Silver Sneakers** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living **Intensity Level - Low**

**Yoga** A Vinyasa flow class that will increase strength and flexibility, as well as calm and relax your mind. **Intensity Level - Low**

**Yoga Plus** A class that will fuse traditional yoga poses with some fitness moves to increase strength, toning and flexibility. Class is for all levels. You will need a yoga mat, water and towel. **Intensity Level - Medium**

**Water Aerobics** This class is a great way to get a high energy, cardio building workout, while remaining low impact. Impact can be controlled by your location in the pool. There are a variety of exercises and pool props used to create a great workout. **Intensity - Medium**

**Wellness, Strength, and Balance** Low impact class focusing on whole person wellness. It will help you increase your endurance and stay independent. **Intensity Level - Low**

**Zumba** This dance fitness class is so much fun you won't want it to end. The moves are extra sassy and everyone can do it. Get your cardio the fun way. **Intensity Level - Medium**