

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	6:00-7:00 AM Water Aerobics Rhonda		6:00-7:00 AM Water Aerobics Rhonda			
9:00 AM	9:00-9:45 AM Cardiotonic Barb *OUTSIDE* IN-PERSON ONLY		9:00-9:45 AM Cardiotonic Barb *OUTSIDE* IN-PERSON ONLY		9:00-9:45 AM Cardiotonic Patty *OUTSIDE* IN-PERSON ONLY	9:00-9:45 AM Pot Luck Variable IN-PERSON ONLY
9:00 AM	9:00-10:00 AM Arthritic H2O Debbie	9:00-10:00 AM Arthritic H2O Chris	9:00-10:00 AM Arthritic H2O Debbie		9:00-10:00 AM Arthritic H2O Chris	
9:15 AM	NEW CLASS →	9:15-10:00 AM Tabatas & Pyramids Barb *OUTSIDE* IN-PERSON ONLY		9:15-10:00 AM Terrifically Toned Barb *OUTSIDE* IN-PERSON ONLY		
10:00 AM	10:00-10:45 AM Silver Sneakers Seniorcise Jeff FB & IN-PERSON		10:00-10:45 AM Silver Sneakers Seniorcise Jeff FB & IN-PERSON		10:00-10:45 AM Yoga Patty IN-PERSON ONLY	
10:15 AM	10:15-11:15 AM Water Aerobics Barb	10:15-11:15 AM Water Aerobics Barb	10:15-11:15 AM Water Aerobics Debbie	10:15-11:15 AM Water Aerobics Debbie	10:15-11:15 AM Water Aerobics Chris	
10:30 AM		10:30-11:15 AM Forever Young Chris ZOOM & IN-PERSON		10:30-11:15 AM Forever Young Barb ZOOM & IN-PERSON		
11:00 AM	NEW CLASS ←	11:00-11:45 AM Fit For Life Jeff/Sam/Kayla IN-PERSON ONLY	NEW INSTRUCTOR ↗	11:00-11:45 AM Fit For Life Jeff/Sam/Kayla IN-PERSON ONLY	11:00-11:45 AM Fit For Life Jeff/Sam/Kayla IN-PERSON ONLY	
5:00 PM	5:00-5:30 PM HIIT Bootcamp Missy *OUTSIDE* IN-PERSON ONLY	5:00-5:45 PM Cycling Harry IN-PERSON ONLY	5:00-5:30 PM HIIT Bootcamp Missy *OUTSIDE* IN-PERSON ONLY	5:00-5:45 PM Pump RX Carla ZOOM & IN-PERSON	PLEASE BE AWARE THAT ALL WATER CLASSES HAVE CHANGED START TIMES AND DURATION! ↘ NEW INSTRUCTOR	
5:00 PM	5:00-6:00 PM Water Aerobics Debbie	5:00-6:00 PM Water Aerobics Debbie		5:00-6:00 PM Stride, Stretch H2O Training Trina		
5:35 PM	5:35-6:15 PM Yoga Missy *OUTSIDE* IN-PERSON ONLY	NEW CLASS →	5:35-6:15 PM Yoga Missy *OUTSIDE* IN-PERSON ONLY			
6:30 PM	6:30-7:15PM Pound Rx Chris ZOOM & IN-PERSON	Some classes will now be offered virtually using ZOOM. If you would like to attend, please call and ask for the meeting code and password for that specific class. Members are still encouraged to				

Class Descriptions

Due to enhanced restrictions, land-based Group Fitness class participant numbers have been altered temporarily.

Land classes will now be limited to 10 participants, and cycling class to 3 participants for the month of April.

Some classes are now being offered virtually through ZOOM. If you would like to attend, please call and ask for the meeting code and password for that specific class!

Members may call and sign-up for a spot the day of class if attending in person on LAND.

Policies have been updated so that there is no longer a need to call and reserve placements for ANY of the water-based group fitness classes.

Classes will operate on those who have signed-up first in the event of reaching maximum capacity.

There are select classes that will remain outdoors, designated on the schedule. In the event of in-climate weather, the instructor will decide to cancel or move the class inside.

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*

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*

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, good music and cognitive exercises. There is no laying on the floor for exercise or jumping in the class. *Intensity Level – Medium*

HIIT Bootcamp Pressed for time? This high intensity interval training (HIIT) class will allow you to build lean muscles and burn fat with quick intervals of work and rest. The variety of format will keep you from getting bored. All exercises can be modified to meet individuals' needs and abilities. *Intensity Level - Medium/High*

HIIT The POOL This is a high intensity interval training class that takes place in the pool that will utilize quick interval times of work interspaced with short periods of rest to maximize the value of your workout. Take the fun and challenging aspect of a HIIT class and add in the water for an extra special pool workout! *Intensity Level - Medium/High*

Pot Luck This is a variable class that meets every Saturday morning. Come check out our different instructors and what their specialties are. Each class will be different so come check out the variety of exercises and fun that each of our amazing and talented instructors will bring to each class. *Intensity Level - All*

Pound Rx Find your inner musician while drumming on exercise balls to intense music. This new fitness fad class will provide arm, upper body and total body cardio exercise for a fun workout. *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/High*

Stride, Stretch H2O Interval Training In this class, we will incorporate cardio moves using the length of the pool, taking interval breaks to tone and stretch out various muscle groups. *Intensity Level – Medium*

Silver Sneakers Seniorscise 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*

Tabatas & Pyramids This moderate to high intensity level class is based around newer and common fitness techniques using various time periods and intensity levels to train your heart rate and muscle strength and endurance. *Intensity Level - Moderate/High*

Terrifically Toned This class is a quick cardio driven, multi muscle workout that concentrates on getting the heart rate up while toning major muscle groups *Intensity Level - Moderate*

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 Level – All*

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