

2023

February Group Fitness Class Schedule

WATER CLASSES

LAND CLASSES

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 AM	6:00-7:00 AM Water Aerobics Missy		6:00-7:00 AM Water Aerobics Missy		
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 Water Tabata Barb	9:00-10:00 AM Arthritic H2O Chris
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
11:30 AM					11:30-12:30 AM LIFETIME Partners H2O Aerobics Chris
5:00 PM	5:00-6:00 PM Water Aerobics Debbie	5:00-6:00 PM Stride & Stretch H2O Training Debbie		5:00-5:45 PM Aqua Zumba Carisa	
7:00 AM	7:15-8:00 AM Yoga Missy ZOOM & IN-PERSON				
9:00 AM	9:00-10:00 AM Cardiotonic Barb ZOOM & IN-PERSON	9:30-10:00 AM Stride and Stretch Barb ZOOM & IN-PERSON	9:00-10:00 AM Cardiotonic Barb ZOOM & IN-PERSON	9:00-10:00 AM Total Body Linda ZOOM & IN-PERSON	9:00-10:00 AM Cardiotonic Patty ZOOM & IN-PERSON
10:00 AM		10:15-11:15 AM Forever Young Chris ZOOM & IN-PERSON		10:15-10:45 AM Morning Stretch Barb ZOOM & IN-PERSON	10:15-11:15 AM Yoga Patty ZOOM & IN-PERSON
5:00 PM	5:00-5:30 PM Walking Aerobics Missy ZOOM & IN-PERSON		5:00-5:30 PM Walking Aerobics Missy ZOOM & IN-PERSON		
5:30/ 6:00 PM	5:35-6:15 PM Yoga Missy ZOOM & IN-PERSON	6:00-7:00 PM Zumba Carisa ZOOM & IN-PERSON	5:35-6:15 PM Yoga Missy ZOOM & IN-PERSON	5:30-6:30 PM Pump RX Brittany ZOOM & IN-PERSON	
6:30 PM		6:30-7:30 PM Spinning Harry IN-PERSON ONLY		6:30-7:30 PM Zumba Carisa ZOOM & IN-PERSON	Key New Classes Water Classes Downstairs Classes
DOWNSTAIRS	10:00-10:30 AM Silver Sneakers Seniorcise Jeff FB & IN-PERSON	11:00-11:20 AM Ahhh.. Stretch Out! Jeff/Brittany/Sam IN-PERSON ONLY	10:00-10:30 AM Silver Sneakers Seniorcise Jeff FB & IN-PERSON	11:00-11:20 AM Ahhh.. Stretch Out! Jeff/Brittany/Sam IN-PERSON ONLY	11:00-11:20 AM Ahhh.. Stretch Out! Jeff/Brittany/Sam IN-PERSON ONLY

Class Descriptions

Ahhh... Stretch Out! Join our Exercise Specialists in the Stretch Room for a class designed to increase flexibility and mobility through use of Stretch-Rite bands and other stretching activities. *Intensity - Low*

Aqua Zumba This low impact, high energy aquatic exercise class blends the Zumba philosophy with water resistance. . There is less impact on your joints during Aqua Zumba so you can really let loose! Water creates natural resistance, which means every step is more challenging and helps tone your muscle. *Intensity – Low/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 – 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 – Medium*

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 – Low*

LIFETIME Partners H2O Aerobics A FREE water aerobics class for all Lifetime Partner and Health and Wellness Center members. *Intensity - Low*

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

Morning Stretch Let's get ready for the day by stretching our bodies. We will use our body weight, the balance bar, a chair and fitness balls to keep the movements fun! *Intensity - Low*

Pump Rx is a 60-minute barbell class for able-bodied men and women of all ages and all fitness levels. Matching movement to music and using traditional strength training allows participants to work at their own level. *Intensity Level - Medium/High*

Spinning Pedal a spin bike to great music over stimulated hills and flat roads at different speeds and difficulties in a sitting or standing position. In this class, we occasionally take the workout to the floor for strengthening and core exercises for an all around great cardio workout. This is a great spin class for advanced and beginner spinners. *Intensity—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 – Medium*

Stride and Stretch A quick pick-me-up workout that alternates different walking moves and stretches to get your day started right. *Intensity - All*

Total Body This class is a total body workout incorporating several different modalities of exercise, such as, weights, cardio, barre, core, kick boxing and sports yoga. *Intensity - All*

Walking Aerobics This is an indoor walking class for improving health and fitness. Walking movements are simple and fun. Light weights can be used to increase the intensity. Participants will walk approximately 2 miles in the 30-minute class. *Intensity - All*

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 – All*

Water Tabata Let's take this new fitness technique to the pool. Tabata style workouts incorporate various periods of intense work periods incorporated with brief rest periods throughout the workout. This is suitable for beginners and can be easily adapted to more advanced members by differencing intensity levels. *Intensity - Medium/High*

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

Zumba A calorie-burning dance party that mixes low and high intensity moves for an interval –style workout. Zumba combines all the elements of fitness: cardio, muscle conditioning, balance and flexibility. Ditch the workout and join the party! *Intensity Level-All*