



# GROUP X SCHEDULE

## JANUARY 2020

Monday			Room	Type
6:00-6:55am	Spin	Jean	AR	
8:00-9:00am	Aqua Shallow	Jean	P	
8:30-9:25am	Zumba	Lucy	GYM	
9:00-10:00am	Aqua Shallow	Jean	P	
9:30-10:25am	Step	Sharon	AR	
10:30-11:25am	Yoga	Tomomi	AR	
11:45-12:30pm	TRX/ Spin	Laurie	AR	
12:00-1:00pm	Aqua Shallow	Michelle	P	
5:00-6:00pm	Aqua Deep	Jean	P	
5:30-6:30pm	Aqua Shallow	Carmen	P	
5:30-6:25pm	Core	Bobbi	AR	
6:30-7:25pm	Qi Gong	Cheryl	AR	

Wednesday			Room	Type
6:00-6:55am	Spin	Sharon	AR	
8:00-9:00am	Aqua Shallow	Jean	P	
8:30-9:25am	Strength	Angela	AR	
8:30-9:25am	Dance Fusion	Chris	FOD	
9:00-10:00am	Aqua Shallow	Jean	P	
9:30-10:25am	Pilates Core	Sharon	AR	
10:30-11:25am	Qi Gong	Cheryl	AR	
11:30-12:25pm	Yoga	Tomomi	AR	
12:00-1:00pm	Aqua Shallow		P	
5:30-6:25pm	Strength	Angela	AR	
5:30-6:30pm	Master Swim	Anas	P	
6:30-7:25pm	Dance Fusion	Chris	AR	

Friday			Room	Type
6:00-6:55am	Spin	Jean	AR	
7:00-8:00am	Aqua Shallow	Jean	P	
8:30-9:25am	Zumba	Michelle	GYM	
8:30-9:25am	Dance Fusion	Chris	AR	
9:30-10:25am	Strength	Angela	AR	
10:30-11:25am	Yoga	Tomomi	AR	
12:00-1:00pm	Aqua Shallow	Michelle	P	

Tuesday			Room	Type
6:00-7:00am	Master Swim	Kandice	P	
8:00-9:00am	Aqua Shallow	Jean	P	
8:30-9:25am	Zumba	Michelle	GYM	
8:30-9:25am	Circuit	Tahona	AR	
9:00-10:00am	Aqua Shallow	Linda	P	
9:30-10:25am	Yoga	Angela	AR	
10:30-11:25am	Tai Chi	Sifu Rob	AR	
11:30-12:25pm				
12:00-1:00pm	Aqua Shallow		P	
5:00-6:00pm	Aqua Deep	Jean	P	
5:30-6:25pm	Aqua Shallow	Carmen	P	
5:30-6:25pm	Tabata	Melissa	AR	
6:30-7:25pm		Sharon	AR	
6:30-7:25pm	Zumba	Yazmine	GYM	

Thursday			Room	Type
6:00-7:00am	Master Swim	Kandice	P	
8:00-9:00am	Aqua Shallow	Jean	P	
8:30-9:25am	Zumba	Michelle	GYM	
8:30-9:25am	Circuit	Tahona	AR	
9:00-10:00am	Aqua Shallow	Linda	P	
9:30-10:25am	Spin	Sharon	AR	
10:30-11:25am	Tai Chi	Sifu Rob	AR	
11:45-12:30pm	TRX/ Spin	Laurie	AR	
12:00-1:00pm	Aqua Shallow	Michelle	P	
5:00-6:00pm	Aqua Deep	Michelle	P	
5:30-6:25pm	Aqua Shallow	Carmen	P	
5:30-6:25pm	Tabata	Melissa	AR	
6:30-7:25pm	Zumba	Yazmine	GYM	
6:30-7:25pm	Spin	Jean	AR	

Saturday			Room	Type
9:00-9:55am	Zumba	Lucy	AR	
10:00-10:55am	Int. Interval	Melissa	AR	

Happy New Year!!! It's great to be in 2020! Get a jump on your resolutions with some of our awesome classes. We have classes for just about anyone. Check out our new TRX/SPIN hybrid class with Laurie!

-Class schedule based on availability of instructors and may be subject to change. -

Aqua	Strength	Cardio	Mind/Body	Fusion
AR = Aerobics Room	P= Pool	GYM= Basketball Gym	FOD=Fitness on Demand Studio	OP=Outdoor Pool



# GROUP X SCHEDULE

## JANUARY 2020

**Circuit:** This resistance, muscle strengthening class offers 3 rounds consisting of 10 stations that are performed for 60 seconds each. Using both body weight and various equipment, participants of all fitness levels will benefit from this time efficient, full body workout.

**Core:** Health and strength start with the core. A strong core will help you build a more stable, powerful abdomen and lower back to improve fitness, straighten posture, and provide a foundation for an active daily lifestyle. Your core is responsible for supporting back, spine, and shoulders. This Core class will help with balance, flexibility, and strength.

**Dance Fusion:** Combines a variety of styles including Hip-Hop, Latin Ballroom, and Jazz into one action packed session. Join the fun and dance for your life!! Please note that this class incorporates Hip-hop music and is heavily influenced by Hip-hop dancing styles.

**Deep Water:** Gives the benefits of weights, Aerobics and stretching in a non-impact workout that focuses on burning calories and improving all aspects of physical fitness.

**Intensive Interval:** Interval Training Class (ITC) is a mixture of boot camp/ interval training and focuses on functional fitness. It consists of traditional calisthenics, agility drills, balance movements, core development, and strength training. Each session consists of times stations and is designed to strengthen different muscle groups and can be modified for all levels.

**Master Swim:** Master Swim is an instructor lead lap swim work out. Great for anyone wanting to improve endurance, technique or speed in a fun team setting.

**Pilates Core:** Core strengthening to improve flexibility, posture and enhance mental awareness. Beginners to moderate level of intensity. Use of stability ball. Bring small towel and water.

**Qi Gong:** Qi Gong is a mind-body exercise that works to improve health and vitality. Qi Gong works with the energy system of the body to increase energy levels and reduce stress. The main elements of Qi Gong practice are deep breathing, relaxed stretching, slow flowing movements, and meditation. Qi Gong is simple, easy to learn, and can be done by everyone, at any age or fitness level. It is a great choice for anyone looking to increase overall wellness.

**Shallow Water:** A low impact class paced on for seniors and designed to promote joint flexibility, range of motion, and agility while building cardio fitness and muscle strength.

**Spin:** Spinning provides amazing cardiovascular training that utilizes the largest muscle groups of the body. It is a non-impact workout that strengthens joints and ligaments, stabilizes muscles and enhances body alignment. Great for all levels.

**Strength:** Work all muscle groups in this class with a mix of strength and conditioning exercises for the lower and upper body. Using resistance such as hand weights, resistance bands, stability balls, and your own body weight; this class can be adapted to all strength and fitness levels.

**Step:** The "step" is a 4-inch to 12-inch raised platform. You step up, around, and down from the platform in different patterns to boost your heart rate and breathing, and strengthen your muscles. Basic to moderate choreographed routines with modifications shown. Please wear walking or aerobic shoes not running shoes. There will be a 15 minute core strengthening & stretching segment and the end of the class.

**Tabata:** This is a high intensity class format that will challenge anybody and give a great workout! Alternating short intervals of high energy exercise and rest will keep your body guessing, and help your metabolism kick into high gear.

**Tai Chi:** Sifu Robert Roy has years of training in Tai Chi. Tai Chi improves overall fitness, coordination, balance, and agility. People who practice Tai Chi on a regular basis tend to have good posture, flexibility, and range of motion. They are more mentally alert, and sleep more soundly at night.

**TRX:** TRX suspension training uses your own body weight and gravity to build power, strength, balance, coordination, flexibility, core and joint stability, all while preventing injuries and working at the intensity level you choose.. TRX is the perfect workout for all fitness levels. It allows everyone from beginners to elite athletes to work every muscle group in a single workout, while creating long, lean muscles in the process.

**Yoga:** Derived from Hatha Yoga, this physical practice creates a balanced flow of asanas (postures) to increase strength, flexibility and balance in a group exercise setting. While focusing on breathing and mindful movements, participants of all levels will build endurance for the mind, body, and spirit.

### Fitness Class Rules

1. Group X Classes are included with a membership. Regular admission fee is required for non-members.
2. Please arrive on time to ensure proper warm up. Participants are not allowed to enter after 10 minutes from the start of class.
3. Classes are first come, first served. The instructor has the right to bar entry if class is at maximum capacity.
4. Participants must be 12 years of age or older to enter aerobics room and/or participate in classes.
5. Fitness classes may change after publication and we apologize for any errors that may occur.