



GROUP X SCHEDULE

MARCH 2021

Monday			Room	Type
6:15am	Spin	Jean	GYM	
8:00am	Aqua Shallow	Jean	P	
8:30am	Zumba	Angela	GYM	
9:30am	Aqua Shallow	Jean	P	
9:45am	Yoga	Tomomi	GYM	
11:15am	Pilates	Sharon	GYM	
12:30pm	Aqua Shallow	Michelle	P	
12:45pm	Spin/ HIIT	Laurie	GYM	
5:30pm	Core	Melissa	GYM	
5:30pm	Aqua Shallow	Carmen	P	
5:30pm	Aqua Deep	Jean	P	
6:45pm	Qi Gong	Cheryl	GYM	

Wednesday			Room	Type
6:15am	Spin	Sharon	GYM	
8:00am	Aqua Shallow	Jean	P	
8:30am	Strength	Angela	GYM	
9:30am	Aqua Shallow	Jean	P	
9:45am	Zumba	Yezmi	GYM	
11:15am	Qi Gong	Cheryl	GYM	
12:30pm	Aqua Shallow	Jean	P	
12:45pm	Yoga	Taylor	Gym	
5:30pm	Strength	Angela	Gym	
5:30pm	Aqua Shallow	Carmen	P	
5:30pm	Aqua Deep	Renee	P	

Friday			Room	Type
6:00am	Spin	Jean	GYM	
8:00am	Aqua Shallow	Jean	P	
8:30am	Strength	Angela	GYM	
9:30am	Aqua Shallow	Jean	P	
9:45am	Zumba	Yezmi	GYM	
11:15am	Yoga	Tomomi	GYM	
12:30pm	Aqua Shallow	Michelle	P	

Tuesday			Room	Type
8:00am	Aqua Shallow	Jean	P	
8:30am	Strength	Angela	GYM	
9:30am	Aqua Shallow	Renee	P	
12:30pm	Aqua Shallow	Jean	P	
5:30pm	Tabata	Melissa	GYM	
5:30pm	Aqua Shallow	Carmen	P	
5:30pm	Aqua Deep	Jean	P	
6:45pm	Zumba	Yezmi	GYM	

Thursday			Room	Type
8:00am	Aqua Shallow	Jean	P	
8:30am	Zumba	Angela	GYM	
9:30am	Aqua Shallow	Renee	P	
9:45am	Spin	Jean	GYM	
12:30pm	Aqua Shallow	Michelle	P	
12:45pm	Spin/HIIT	Laurie	GYM	
5:30pm	Tabata	Melissa	GYM	
5:30pm	Yoga Outdoor	Taylor	OD	
5:30pm	Aqua Shallow	Carmen	P	
5:30pm	Aqua Deep	Jean	P	
6:45pm	Zumba	Yezmi	GYM	

Saturday			Room	Type
8:15am	Aqua Shallow	Rotation	P	
8:30am	Zumba	Lucy	GYM	
10:00am	Int. Interval	Melissa	GYM	

Sunrise Yoga
 Every 2nd Wednesday and 2nd Saturday of each month.
8:00am at the MacLean Park Pavilion.

-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

MARCH 2021

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.

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.

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.

Sunrise Yoga: Sunrise Yoga will be an hour-long class that focuses on connecting your breath with specific movements. We will move through a handful of seated stretches, standing traditional yoga poses, and always leave room for working on balance. This class is meant for all experience levels, and a glorious way to start the day.

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.

Yoga Outdoor: This class focuses on connecting your breath with specific movements. We will move through a handful of seated stretches, standing traditional yoga poses, and always leave room for working on balance. Class meets in the courtyard outside the Kidz Zone exit.

Zumba®: Fitness in disguise for everybody and every BODY! This Latin and World rhythm based dance fitness class uses both low and high intensity interval style training to get the calories burning on the dance floor! Led by licensed Zumba® instructors whose technique and level of intensity are just as unique as the class itself!

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.

Lap Swim Schedule

	Monday	Tuesday	Wed	Thursday	Friday	Saturday
6:30am	8 Lanes	8 Lanes	8 Lanes	8 Lanes	8 Lanes	8:30am 8 Lanes
7:30am	8 Lanes	8 Lanes	8 Lanes	8 Lanes	8 Lanes	9:30am 8 Lanes
8:30am	8 Lanes	8 Lanes	8 Lanes	8 Lanes	8 Lanes	10:30am 8 Lanes
9:30am	8 Lanes	8 Lanes	8 Lanes	8 Lanes	8 Lanes	11:30am 8 Lanes
10:30am	8 Lanes	8 Lanes	8 Lanes	8 Lanes	8 Lanes	12:30am 8 Lanes
11:30am	8 Lanes	8 Lanes	8 Lanes	8 Lanes	8 Lanes	
12:30am	8 Lanes	8 Lanes	8 Lanes	8 Lanes	8 Lanes	
1:30pm	8 Lanes	8 Lanes	8 Lanes	8 Lanes	8 Lanes	
2:30pm	8 Lanes	8 Lanes	8 Lanes	8 Lanes	8 Lanes	
3:30pm	8 Lanes	8 Lanes	8 Lanes	8 Lanes	8 Lanes	
4:30pm	8 Lanes	8 Lanes	8 Lanes	8 Lanes	8 Lanes	
5:30pm	*4 Lanes	*4 Lanes	*5 Lanes	*4 Lanes	8 Lanes	
6:30pm	8 Lanes	8 Lanes	8 Lanes	8 Lanes	8 Lanes	

Lap Swim

- 1 person per lane
- 1 hour blocks

Pickleball Schedule

M-T	W-F	Sat
	8:30a - 12p	8:30 - 10:30a
11a - 1:30p		11a - 1p
1:45 - 3:45p	1:45 - 3:45p	
4 - 6p	4 - 6p	

- 2 Courts
- 12 person Limit

Self Directed Water Fitness

M-F	Sat
6:30-8:00am	9:30-1:30pm
10:30-12:30pm	
1:30-5:30pm	
6:30-7:30pm	

The Leisure Pool is closed during Water Aerobics and for leisure swim

Weight Room Schedule

M-F	Sat
6:00am-8:00pm	8:00am-2:00pm

Limited to 25 people

