



Group Fitness Classes (FREE to All-Inclusive, Wellness & Lap Swim Members)

Fall Schedule - Begins on September 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Aquacise 7:30 - 8:30 am Mary Ann / Pool		AquaZumba 7:30 - 8:30 am Lindy / Pool			New! Rip It 8:00 - 9:00 am Alicia / Gym
	Aquamates 8:30 - 9:30 am Mary Ann / Pool	Hydro-Fit Max 8:30 - 9:30 am Polly / Pool	Hydro-Fit Max 8:30 - 9:30 am Bonnie / Pool	Aquamates 8:30 - 9:30 am Mary Ann / Pool	Hydro-Fit Max 8:30 - 9:30 am Bonnie / Pool	Complete Cardio 8:30 - 9:30 am Jeannine / Pine
			New ! Cardio Kickboxing 9:15 - 10:15 am Carol / Pine	Cardio Rhythms & Barre 9:15 - 10:15 am Susan / Pine	Hydro-Fit Workout 9:30 - 10:30 am Bonnie / Pool	
	AquaRhythms 9:30 - 10:30 am Susan / Pool	New! HIIT 9:30 - 10:30 am Christy / Maple	Hydro-Fit Workout 9:30 - 10:30 am Bonnie / Pool	New! Metabolic Fitness 9:00 - 10:00 am Christy / Maple	Sculpt, Core & Stretch 9:30 - 10:30 am Carol / Maple	
	Cardio Fusion 9:30 - 10:30 am Elizabeth / Pine	Pilates Mat & Barre 9:30 - 10:30 am Susan / Pine	New! Booty Barre 9:30 - 10:30 am Jill / Maple	Pilates Mat & Barre 10:30 - 11:30 am Susan / Pine	Zumba® 9:30 - 10:30 am Roxanne / Pine	Zumba® 10:00 - 11:00 am Lindy / Pine
	Total Body Conditioning 9:30 - 10:30 am Robin / Maple	Aqua Aerobics 10:30 - 11:30 am Sally / Pool	New! Arms, Buns & Abs 10:30 - 11:30 am Jill / Maple	Water Cardio Chi 10:30 - 11:30 am Mary Ann / Pool		
	Arthritis H2O Exercise 12:00 - 1:00 pm Mary Ann / Pool	Baton Twirling (ages 7-12) (starts 9/9) 4:45 - 5:30 pm Susan / Maple	Arthritis H2O Exercise 12:00 - 1:00 pm Bonnie / Pool	Zumbatomic® (ages 8-12) (starts 9/11) 4:30 - 5:15 pm Roxanne / Maple	Arthritis H2O Exercise 12:00 - 1:00 pm Bonnie / Pool	
			Zumba® 6:30 - 7:30 pm Christy / Charter Oak 1	Complete Cardio 6:30 - 7:30 pm Jeannine / Maple		
	New! Crash & Burn 6:30 - 7:30 pm Alicia / Pine	Deep H2O Run 6:30 - 7:30 pm Susan / Pool	Deep H2O Run 6:30 - 7:30 pm Susan / Pool			

Aqua Aerobics - A great workout for all ages with minimal stress to joints. This class incorporates shallow and deep water aerobics with upper/lower body stretching and toning. No need to swim, we will use flotation belts and/or noodles for deep water exercises.

Aquacise - This high energy, low impact water fitness class emphasizes toning, stretching, and cardio conditioning. Participants work at their own level of intensity using various forms of traveling rebounding movements. Deep/shallow ends of the pool will be utilized.

Aquamates - This complete water workout will cover cardiovascular endurance, muscular strength training as well as flexibility. It'll be a mix of aerobic intervals, kickboxing, aqua pilates, and aqua yoga. It's set to music and all exercise equipment will be provided.

AquaRhythms - Fast-paced, non-stop, rhythmic cardio workout utilizing shallow and deep water. Strengthen your core, stretch, tighten and tone every inch of your body without breaking a sweat – all to a fusion of inspiring world music.

AquaZumba - Known as the Zumba® "pool party." A hybrid between water aerobics and traditional Zumba®. The AquaZumba class blends together a safe and challenging workout that's cardio conditioning, body toning, and most of all, exhilarating.

Arms, Buns & Abs - NEW - Trim and tone those trouble zones. Focus on your own bodyweight and weights to sculpt your arms and strengthen and trim your abs and backside. All levels are welcome.

Arthritis H2O Exercise - A recreational water exercise program for persons with arthritis, lupus, fibromyalgia or any other degenerative joint disease. Specially designed exercises that can help improve flexibility.

Booty Barre - NEW - This class is the perfect combination of strength and flexibility with an added cardiovascular element utilizing the barre. All levels are welcome.

Baton Twirling (ages 7-12) - Remember twirling? Come join in the retro fun as we put a new "spin" on an old favorite – moving and twirling to your favorite music.

Cardio Fusion - Attention cardio fans! This class combines the perfect amount of variety in your aerobic training. Formats include a mix of high-low, boxing, boot camp, and step intervals. The class will alternate formats. All levels are welcome.

Cardio Kickboxing - NEW - This class will challenge your body, blast away fat, build strength, improve coordination, and increase your confidence. You will be punching, kicking, and doing plyometrics to increase cardiac and muscular endurance.

Cardio Rhythms & Barre - A flowing low to no impact total body workout with an international flair. Move to a fusion of world music and sample cardio dance exercise from all 7 continents. Core strengthening, Pilates, ab section, and barre stretch are included.

Complete Cardio - Begin your weekend with this energized workout. A variety of fun cardio work will keep you moving and motivated.

Crash & Burn - NEW - This high energy interval class will build strength and endurance using a variety of equipment and methods.

Deep H2O Run - This class is perfect if you're training for a triathlon, marathon or you just want to cross-train with the best zero-gravity, 360 degree total body tone up. This intensive class includes cardio, drills, sprints, and core strengthening.

High Intensity Interval Training (HIIT) - NEW - Supercharge your fitness, boost your metabolism, burn off that extra fat with a blow torch, and enable yourself to start reaching those fitness goals.

Hydro-Fit Max - Take your water workout to the max. A variety of exercises with minimum stress to your joints will tighten your core, tone your muscles and the cardio portion will leave you full of energy. Deep and shallow ends of the pool are used.

Hydro-Fit Workout - By using aqua-jogger buoyancy, resistance gear and by taking advantage of the unique properties of the water, patrons get a great cardio and strength workout with no impact on the joints. All fitness equipment is provided.

Metabolic Fitness - NEW - Challenge your agility, muscle stabilization, and overall endurance. Test your stamina with box jumps, burpees, tuck jumps, plyometrics, and mountain climbers.

Pilates Mat & Barre - Build core strength, flexibility, and balance. Exercises flow from floor to standing to barre, lengthening and toning your muscles and abs, elongating the spine, and improving posture. All levels are welcome.

Rip It - NEW - This class will improve your agility, speed, endurance, and core strength using challenging moves. This intensive class includes TRX, cardio, drills, sprints, and core conditioning.

Sculpt, Core & Stretch - TONE your muscles to burn more CALORIES. This is a total body sculpting class with special attention to your CORE muscles followed by a thorough head to toe STRETCH.

Total Body Conditioning - This strength-based class uses various fitness equipment including stability balls, bands, tubes, and dumbbells. Participants will challenge their stability, balance, strength, and flexibility. All levels are welcome.

Water Cardio Chi - This water workout will be a mix of cardiovascular endurance and Ai Chi, which is Tai Chi principles for balance, relaxation, and range of motion brought to a pool environment. This class is good for all age groups.

Zumba® - fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. These routines feature interval training sessions where fast and slow rhythms tone and sculpt your body while burning fat.

Zumbatonic® (ages 8-12) - Children will have fun, get fit, and learn new dance styles.