



Group X Schedule

SEPTEMBER 2023

Monday			Room	Type
6:00am	Spin	Jean	AR	
8:00am	Aqua Shallow	Jean	P	
8:30am	Zumba	Mary	AR	
9:00am	Aqua Shallow	Jean	P	
10:00am	Aqua Deep	Renee	P	
11:00am	Pilates	Sharon	AR	
12:00pm	Aqua Shallow	Michelle	P	
12:45pm	Spin/ HIIT	Laurie	AR	
5:00pm	Aqua Deep	Jean	P	
5:30pm	Int. Interval	Melissa	AR	
5:30pm	Aqua Shallow	Carmen	P	
6:45pm	Yoga	Tonomi	AR	

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

Wednesday			Room	Type
6:00am	Spin	Sharon	AR	
8:00am	Aqua Shallow	Jean	P	
8:30am	Strength	Melissa	AR	
9:00am	Aqua Shallow	Jean	P	
10:00am	Zumba	Yezmi	AR	
10:00am	Aqua Deep	Renee	P	
12:00pm	Aqua Shallow	Jean	P	
5:15pm	Aqua Shallow	Carmen	P	
5:30pm	Strength	Melissa	AR	
6:45pm	Yoga	Autumn	AR	

Thursday			Room	Type
8:00am	Aqua Shallow	Jean	P	
8:30am	Zumba	Sheila	AR	
9:00am	Aqua Shallow	Renee	P	
9:45am	Spin	Jean	AR	
12:00pm	Aqua Shallow	Michelle	P	
12:45pm	Spin/HIIT	Laurie	AR	
5:00pm	Aqua Deep	Jean	P	
5:30pm	Tabata	Melissa	AR	
5:30pm	Aqua Shallow	Carmen	P	
6:45pm	Zumba	Yezmi	AR	

Friday			Room	Type
6:00am	Spin	Jean	AR	
8:00am	Aqua Shallow	Jean	P	
8:30am	Strength and Recovery	Melissa	AR	
9:00am	Aqua Shallow	Jean	P	
10:00am	Zumba	Yazmi	AR	
11:15a.m	Zumba Gold	Sheila	AR	
12:00pm	Aqua Shallow	Michelle	p	

Saturday			Room	Type
8:30am	Aqua Shallow	Rotation	P	
8:30am	Club Cardio	Emily	AR	
10:00am	Int. Interval	Melissa	AR	

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	OP=Outdoor Pool	



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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 and 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.

HIIT: Higher intensity Interval training—mixture of boot camp/ interval training and focuses on functional 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.

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.

Shred: Join us for a high intensity interval (HIIT) class developed with mindfulness. This energetic class gives you 30 minutes of fast paced movement followed by 30 minutes of mindful stretching. Optimize fat and calorie burn, boost metabolism, improve bone density and cardiovascular efficiency. Engage fast twitch muscle fibers to build stamina. Highly effective and save movements are low impact to protect joints. All levels welcome. You choose the intensity of your workout!

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.

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.

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.

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!

Strength and Recovery: Fully low impact sessions. Each movement targets both strength and mobility to help with soreness, range of motion and flexibility.

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.