

GROUP EXERCISE CLASS AND EVENTS SCHEDULE

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
8:00 AM KICK N PUMP 9:15 AM PILATES 10:30 AM WATER FITNESS (BEGINS MAY 31) KIDCREDIBLE CAMPS JUNE 19-22 JULY 24-27	8:00 AM INDOOR CYCLE 9:15 AM YOGALATES 	8:00 AM CARDIO BLAST 9:15 AM BODY BAR, ABS & STRETCH 10:30 WATER FITNESS (BEGINS MAY 31)	8:00 AM INDOOR CYCLE 9:15 AM PILATES	7:00 AM INDOOR CYCLE 8:15 AM FIT FUSION 9:15 AM TONE, SCULPT, STRETCH 10:30 AM WATER FITNESS (BEGINS MAY 31) MOVIE NIGHTS @ THE POOL JUNE 23, JUNE 30 & JULY 29	8:00 AM INDOOR CYCLE 9:15 AM YOGALATES *CLASSES IN RED REQUIRE AN ADVANCED RESERVATION AND MAY INCLUDE A FEE.	COMMUNITY HIKES MAY 14, JUNE 11, SEPT. 10 COMMUNITY BIKE RIDES MAY 28, JUNE 25, JULY 23, AUGUST 27

Class Descriptions are located on the back of this calendar.
 Please let the Instructor know if this is your first time taking a class.
 All class times and days are subject to change based on participation.
 Two (2) people minimum needed to hold a class.

CLASS AND SPECIAL EVENT DESCRIPTIONS

- Orientation:** A highly recommended 15 to 20 minute orientation to the Fitness Center. Learn how to use the equipment, get a group exercise schedule, sign a Release of Liability form, and more. Please sign up at the Front Desk.
- Cardio Blast:** A combination of step and hi/lo impact moves keep you in your cardio zone for 20-30 minutes. Resistance training exercises are next, followed by relaxing stretches to complete this 60 minute class.
- Tone, Stretch & Sculpt:** After a brief warm-up, this 60 minute class will focus on total body strength and resistance training using dumbbells, bands, balls, bars and more. A sure way to tone and shape the entire body.
- Abs & Stretch:** Work your abdominal muscles using many different techniques and equipment. Class will conclude with a nice long stretching segment. A 20 - 30 minute class.
- Kick & Pump:** A combination of high energy kickboxing techniques with strength and resistance training exercises designed to give you a great 60 minute workout!!
- Pilates:** This non-aerobic 60 minute class focuses on developing the overall control and strength of the core body muscles utilizing various types of equipment such as stability balls and resistance bands. Pilates is great for golfers!
- Fit Fusion:** If you like variety, this 60 minute class is just for YOU. It includes a fusion of high/low cardio combinations, strength and core training, and a short stretching segment.
- Indoor Cycle:** Each participant has their own stationary bicycle and the Instructor leads you on a different 50-60 minute adventure every time. Burn fat and increase your endurance in this fun, music driven class.
- Yogalates:** A 60 minute class blending both yoga and pilates exercise techniques.
- Body Bar Workout:** This 30-40 minute class will use a weighted Body Bar to improve your muscular strength and endurance. We recommend doing a 5 minute cardio warm-up before this class.
- 20/20/20:** A 60 minute class including 20 minutes of cardio, 20 minutes of strength training using bands, weights and bars and 20 minutes of abs and stretching.
- Cardio Circuit:** A 60 minute class taking you through various circuits of cardio and strength followed by an abs and stretch segment.