



FOR YOUTH DEVELOPMENT\*  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# group exercise schedule

## mon tues wed thur fri sat sun

**STUDIO CYCLING**  
Kathleen K. (Studio)  
6:00-6:45 am

**SILVER SNEAKERS 1**  
Laurie L. (Studio)  
8:00-8:55 am

**A.F.A.P.\***  
Shelly B. (Therapy Pool)  
8:00-8:45 am

**YOGA 1\***  
Anna S. (CR)  
8:30-9:30 am

**W.E.T.\***  
Shelly B. (Lap Pool)  
9:00-10:00 am

**STEP AEROBICS 2**  
Laurie L. (Studio)  
9:00-10:00 am

**YOGA 1\***  
Anna S. (CR)  
9:30-10:30 am

**AQUA PLUS\***  
Jane W. (Therapy Pool)  
10:00-11:00 am

**ZUMBA\***  
Tonya R. (Studio)  
10:15-11:15 am

**A.F.A.P.\***  
Debbie L. (Therapy Pool)  
11:00-11:45 am

**YOGA 1\***  
RoseMarie L. (CR)  
6:00-6:55 am

**YOGA 1\***  
Mary L. (CR)  
8:00-8:50 am

**Qi Gong\***  
Leo E. (CR)  
9:00-9:55 am

**W.E.T.\***  
Mary L. (Lap Pool)  
9:00-10:00 am

**LOW IMPACT**  
Laurie L. (Studio)  
9:00-10:00 am

**TNT**  
Laurie L. (Studio)  
10:00-10:30 am

**A.F.A.P.\***  
Renata J. (Therapy Pool)  
10:00-10:45 am

**STEP N' SCULPT**  
Laurie L. (Studio)  
10:30-11:30 am

**TAI CHI\***  
Todd P. (Studio)  
12:00-1:00 pm

**STUDIO CYCLING**  
Kathleen K. (Studio)  
6:00-6:45 am

**SILVER SNEAKERS 2**  
Laurie L. (Studio)  
8:00-8:55 am

**YOGA 1\***  
Anna S. (CR)  
8:30-9:30 am

**AQUA MAX**  
Michelle W. (Lap Pool)  
9:00-10:00 am

**STEP AEROBICS 1**  
Laurie L. (Studio)  
9:00-10:00 am

**YOGA 1\***  
Anna S. (CR)  
9:30-10:30 am

**AQUA PLUS\***  
Jane W. (Therapy Pool)  
10:00-11:00 am

**PILATES ON THE BALL**  
Kathleen K. (Studio)  
10:15-11:00 am

**A.F.A.P.\***  
Debbie L. (Therapy Pool)  
11:00-11:45 am

**SILVER SNEAKERS YOGA STRETCH\***  
Kathleen K. (Studio)  
11:15-12:00 pm

**YOGA 1\***  
Geena W. (CR)  
6:00-6:55 am

**YOGA 1\***  
Geena W. (Studio)  
8:00-8:50 am

**A.F.A.P.\***  
Shelly B. (Therapy Pool)  
8:00-8:45 am

**W.E.T.\***  
Mary L. (Lap Pool)  
9:00-10:00 am

**LOW IMPACT**  
Laurie L. (Studio)  
9:00-10:00 am

**TNT**  
Laurie L. (Studio)  
10:00-10:30 am

**A.F.A.P.\***  
Mary L. (Therapy Pool)  
10:00-10:45 am

**STEP N' SCULPT**  
Laurie L. (Studio)  
10:30-11:30 am

**TAI CHI\***  
Todd P. (Studio)  
12:00-1:00 pm

**INTERNATIONAL FOLK DANCE\***  
Valerie D. (Studio)  
1:30-2:30 pm

**STUDIO CYCLING**  
Kathleen K. (Studio)  
6:00-6:45 am

**STUDIO CYCLING**  
Kathleen K. (Studio)  
8:15-9:00 am

**YOGA 1\***  
Anna S. (CR)  
8:30-9:30 am

**W.E.T.\***  
TBD (Lap Pool)  
9:00-10:00 am

**STEP, PUMP & JUMP**  
Laurie L. (Studio)  
9:15-10:15 am

**YOGA 1\***  
Anna S. (CR)  
9:30-10:30 am

**AQUA PLUS\***  
Jane W. (Therapy Pool)  
10:00-11:00 am

**ADULT SWIM\***  
Cathy B. (Lap Pool)  
10:00-10:45 am

**ZUMBA\***  
Terry B. (Studio)  
10:30-11:30 am

**A.F.A.P.\***  
TBD (Therapy Pool)  
11:00-11:45 am

**NICE & EASY YOGA**  
Geena W. (CR)  
7:45-8:55 am

**STUDIO CYCLING**  
Marci H. (Studio)  
7:55-8:55 am

**W.E.T.\***  
Michelle W. (Lap Pool)  
8:00-9:00 am

**PILATES\***  
Marci H. (Studio)  
9:05-9:55 am

**NIA\***  
Katherine S. (Studio)  
10:00-10:55 am

**STUDIO CYCLING**  
Maggie M. (Studio)  
9:00-10:00 am

**YOGACISE\***  
Juliette C. (CR)  
2:00-3:00 pm

## evening classes

**STUDIO CYCLING**  
Sandy P. (Studio)  
5:15-6:00 pm

**SILVER SPLASH\***  
Velma E. (Therapy Pool)  
5:15-6:00 pm

**PILATES\***  
Kathleen K. (Studio)  
6:10-7:00 pm

**ZUMBA\***  
Terry B. (Studio)  
7:05-8:00 pm

**TURBO KICK**  
Lee Ann M. (Studio)  
5:05-6:05 pm

**YOGA 1\***  
Rae B. (CR)  
5:30-6:30 pm

**W.E.T.\***  
Sherral H. (Lap Pool)  
6:15-7:00 pm

**STUDIO CYCLING**  
Marci H. (Studio)  
6:15-7:00 pm

**YOGA 1\***  
Rae B. (Studio)  
6:30-7:30 pm

**ADULT SWIM LESSONS\***  
Bonnie G. (Lap Pool)  
6:30-7:15 pm

**STUDIO CYCLING**  
Sandy P. (Studio)  
5:15-6:00 pm

**SILVER SPLASH\***  
Velma E. (Therapy Pool)  
5:15-6:00 pm

**PILATES\***  
Marci H. (Studio)  
6:10-7:00 pm

**POOLATES\***  
Sherral H. (Therapy Pool)  
7:00-8:00 pm

**ZUMBA\***  
Maggie M. (Studio)  
7:05-8:00 pm

**TURBO KICK**  
Lee Ann M. (Studio)  
5:05-6:05 pm

**YOGA 1\***  
Karla R. (CR)  
5:30-6:45 pm

**W.E.T.\***  
Sherral H. (Lap Pool)  
6:15-7:00 pm

**STUDIO CYCLING**  
Kathleen K. (Studio)  
6:15-7:00 pm

**SILVER SPLASH\***  
Velma E. (Therapy Pool)  
5:15-6:00 pm

**TAI CHI\***  
Todd P. (Studio)  
5:30-6:30 pm



Classes, times and instructors are subject to change, Classes with an asterisk (\*) are a great place to start! Classes highlighted in grey are held in the pool. We do our best to offer these classes at the times listed, but from time to time, changes occur. These classes are provided for your benefit, so please... go at YOUR pace, have fun and ENJOY!

**SCHEDULE UPDATED: 2.1.2012**



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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# class descriptions

**20/20/20:** Uses 20 minute increments of building strength, flexibility and endurance through low impact exercises.

**ADULT SWIM LESSONS:** Designed for all ability levels and geared towards each participant's needs and abilities. It's a great way for members to improve in the water.

**A.F.A.P. (Arthritis Foundation Aquatics Program)** allows you to exercise without putting excess strain on your joints and muscles. The gentle activities in warm water, with guidance from a trained instructor, will help you gain strength and flexibility.

**AQUA MAX:** Exercise to lively, upbeat music while getting an intense water workout. Enjoy the "no impact" effects of the water to improve your cardiovascular fitness, balance, muscles and self-esteem.

**AQUA PLUS:** Range of motion and cardiovascular exercises in warm water with a bit more intensity!

**TURBO KICK:** Cardio kickboxing is a combination of aerobics, boxing, and martial arts. This intense, total-body workout can improve strength, aerobic fitness, flexibility, coordination, and balance.

**SILVER SPLASH:** Range of motion & light cardio exercises in warm water.

**INTERNATIONAL FOLK DANCE:** Learn dances from all over the world! All levels are encouraged!

**NIA: (Neuro-Muscular Integrative Action)** "Nia is "fusion fitness" which combines elements of dance and body awareness techniques with the focus and energies of martial arts, yoga and tai-chi into a fun, balanced workout by connecting body, mind and spirit. This class is adaptable to all fitness levels and kind to joints.

**PILATES:** Core based exercises based on the teaching of Joseph Pilates combining yoga, dance therapy, and flexibility.

**POOLATES:** Focus on developing strength, flexibility and stability in the core muscles. Strengthen your abdominal and back muscles, improve your posture, and relieve stress and tension in the warm-water atmosphere of the therapy pool.

**QI GONG:** ("chee-GUNG") A component of traditional Chinese medicine that combines movement, meditation, and regulation of breathing to enhance the flow of qi (an ancient term given to what is believed to be vital energy) in the body, improve blood circulation, and enhance immune function.

**SILVER SNEAKERS I:** Engages Active Older Adults in a fitness program and improves general health conditions.

**SILVER SNEAKERS II:** Engages Active Older Adults in a fitness program and improves general health conditions, this class is a bit more intense than SS1.

**SILVER SNEAKERS YOGA STRETCH:** Active Older Adults will have fun as they safely improve balance, learn versatile breathing techniques, & functional skills through a variety of seated & standing yoga poses during this 45 minute class.

**STEP N' SCULPT:** After a warm-up, 20 minutes of basic stepping at a slower power pace. ½ hour of muscle conditioning using power bands and high repetition floor work. Be prepared to work hard.

**STEP, PUMP & JUMP:** A cardiovascular warm-up followed by step aerobics, jump rope training then resistance-training using weights and power bands.

**STEP AEROBIC 1 AND 2:** Step aerobics with basic choreography to music, STEP 2 has more advanced choreography.

**STUDIO CYCLING:** Riding to music with instruction. Our cycling classes are designed to accommodate all levels of riders in the same class.

**TAI CHI:** The core training involves two primary features: the first being the solo form, a slow sequence of movements which emphasize a straight spine, abdominal breathing and a natural range of motion; the second being different styles of pushing hands for training movement principles of the form.

**T N' T (Tighten and Tone):** Get a complete weight training work out (upper & lower body) in 30 minutes. This class is strictly weight training (no cardio).

**YOGA I:** Gain flexibility and strength. Improve balance and relaxation skills. If you are new to Yoga notify the instructor before class begins.

**YOGACISE:** This class is based on Yoga, designed to build confidence to build toward traditional yoga poses. This class will get you moving, stretching, and strengthening!

**W.E.T. (Water Exercise Training):** Low impact aerobics in the pool.

**ZUMBA:** The class that is taking the world by storm. The exciting & unique dances class with Latin moves & rhythms to dance yourself into a fitter you. You will get a great cardio workout in this 55 minute class.

## policies

- 1) **Be on time** to ensure your space in class & prevent injury.
- 2) **Limit talking**, it's impolite & distracting to the class and instructor.
- 3) If you have a special medical consideration, **consult your doctor** prior to exercise.
- 4) **Wait for classroom to clear** before entering.
- 5) Wear **good aerobic shoes** (no black soles).
- 6) Participants **must be 12 years or older** (unless they are in the Kids Cardio Club).