



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY



GROUP EXERCISE

Effective January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
5:30-6:00am Project Comeback5 Instructor: Tiff				
8:30 – 9:30 a.m. AQUA BEATS Instructor: George Location: Pool	8:30 – 9:30 a.m. AQUACISE Instructor: George Location: Pool	8:30 – 9:30 a.m. AQUA BEATS Instructor: George Location: Pool	8:30 – 9:30 a.m. AQUACISE Instructor: George Location: Pool	8:30 – 9:30 a.m. AQUA BEATS Instructor: George Location: Pool
9:00 – 10:00 a.m TOTAL BODY TONING Instructor: Courtney Location: Studio		9:00 – 10:00 a.m TOTAL BODY TONING Instructor: Courtney Location: Studio		
9:45 – 10:30 a.m. JOINTS IN MOTION Instructor: Kathie Location: Pool	9:45 – 10:30 a.m. JOINTS IN MOTION Instructor: Kathie Location: Pool	9:45 – 10:30 a.m. JOINTS IN MOTION Instructor: Kathie Location: Pool	9:45 – 10:30 a.m. JOINTS IN MOTION Instructor: Kathie Location: Pool	9:30 – 10:30 a.m. WATER VOLLEYBALL Instructor: George Location: Pool
10:00 – 10:30 a.m. BALANCE/FLEXIBILITY Instructor: Courtney Location: Studio	10:30-11:30am Senior Elite Instructor: Mike Location: Studio	10:00 – 10:30 a.m. SPIN Instructor: Courtney Location: Studio	10:30-11:30 Senior Elite Instructor: Mike Location:Studio	
10:30-11:30 AM H2O Combo Instructor: Charlie Location: Pool	10:30 – 11:15 a.m. Silver Splash Instructor: Kathie Location: Pool	10:30 – 11:30 a.m. H2O Combo Instructor: Charlie Location: Pool	10:30 – 11:15 a.m. Silver Splash Instructor: Kathie Location: Pool	
11:30 a.m.-12:30 pm SILVERSNEAKERS Instructor: Kathie Location: Studio	11:30 a.m. – 12:30 pm SILVERSNEAKERSYOGA Instructor: Kathie Location: Studio	11:30 a.m.-12:30 pm SILVERSNEAKERS Instructor: Kathie Location: Studio	11:30 a.m. – 12:30 pm SILVERSNEAKERSYOGA Instructor: Kathie Location: Studio	
5:30-6:15 YOGA Instructor: Audrey Location: Studio				
5:30 – 6:30 p.m. REFIT Instructor: Liz Location: Studio				5:30-6:30 p.m REFIT Instructor: Liz Location: Studio
6:30-7:30 pm ZUMBA Instructor: Casey Location: Studio				

CLASS DESCRIPTIONS

AQUA BEATS

Low impact water fitness class that incorporates music and rhythms to your workout.

AQUACISE

A total body workout using a variety of quicker paced exercises held in shallow water. This class combines light aerobic workout with muscle strengthening and flexibility. Participants may use equipment to enhance workout.

BALANCE/FLEXIBILITY

This class is exactly what it sounds like. Tone the entire body, strengthen your core, and improve stability muscles all in one class!

BODY SCULPTING

Non-aerobic, muscle toning class, focused on core strength. Uses weight bars, exercise bands, dumbbells, or a combination of both performing traditional weight training moves.

H2O COMBO

This mind-body workout incorporates movements based on elements of Yoga, Tai Chi, and Pilates. This class is designed to use the water's natural resistance to increase the body's full range of motion while stabilizing the core muscles.

JOINTS IN MOTION

Instructors guide participants through a low impact, warm water workout. Exercises are aimed at improving joint range of motion, reducing joint stiffness, and pain. Great class for beginners, participants with back pain, arthritis, or recovering from surgery.

SILVER SPLASH

A fun, shallow water exercise class that uses a signature splash board to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers. The pool provides many benefits when used for aerobic exercise and resistance training.

SILVERSNEAKERS® CLASSIC

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing with handles, and SilverSneakers® balls are offered for resistance and a chair is used for seated and/or standing support.

SILVERSNEAKERS® YOGA

Will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of poses designed to increase flexibility, balance, and range of movement. Restorative exercises and final relaxation will promote stress reduction and mental clarity.

WATER VOLLEYBALL

Enjoy this friendly water volleyball game with others while getting a healthy low-impact workout.

ZUMBA

This class fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic fitness program that will buoy you away!