AQUATICS



Love the water & variety? This class will include elements of cardio, stability, flexibility, and balance incorporating yoga poses, noodle work, even a little dance to provide a refreshing and fun workout.

AQUA NOODLE

Using the noodle for an upper body, lower body, and abdominal aerobic workout; you'll push it, pull it, float on it, balance on it, & get an awesome workout!

AOUA ZUMBAR ••••

Splash your way into shape with an invigorating low-impact aquatic exercise. Known as the Zumba "pool party", it gives new meaning to the idea of a refreshing workout. Aqua Zumba blends it together into a workout that's cardio, body-toning, & exhilarating beyond belief.



SILVERSNEAKERS SPLASH® • • • • Splash offers shallow water moves to improve agility, flexibility & cardiovascular endurance. No swimming ability is required. Develop strength, balance, & coordination. Ideal for those with arthritis, as this class consists of range of motion, strengthening, & endurance exercises.

SENIOR ADULT

SILVERSNEAKERS CLASSIC®



Designed to increase muscle strength, range of movement & improve activities for daily living. A chair is used for seated exercises & standing support & class can be modified depending on fitness levels.

SII VFRSNFAKFRS STABII ITY® ••••••



Designed to help you become stronger & improve balance. The movements focus on specific exercises to improve strength & power around the ankle, knee & hip joints, while improving your reaction time. This class is designed for fall prevention & is suitable for nearly every fitness level. It can be adapted depending on the skill of individual participants. A chair may be used for balance & support.

SILVERSNEAKERS YOGA® ●●●●



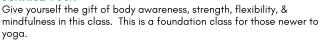
Get ready to move through a complete series of seated & standing yoga poses. Chair support is offered so you can perform a variety of postures designed to increase flexibility, balance & range of movement. Restorative breathing exercises & final relaxation will promote stress reduction & mental clarity.

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SilverSneakers® classes are free to SilverSneakers® card holders. regular pricing applies to others

YOGA

SUNRISE YOGA





Change up your yoga routine by adding some pilates and variety! Challenge your muscles, balance & coordination. (Mat required)

VERAFLOW

Dance, stretch, & find your true flow in this class like nothing you have ever experienced. Finding the true flow as you stretch your body & train your mind to the rhythm of the music. VeraFlow is just what you need to feel completely relaxed & content. (Mat required)

UNLIMITED FITNESS CLASSES + GYM ACCESS



ONLY \$39 A MONTH!

12 month contract required

Ask about our discounts for full-time students, seniors, and families.

STRENGTH & CONDITIONING

BARRE • • • •

Inspired by ballet, this class focuses on full-body strength. Barre is a owimpact class that burns calories; works every muscle group; improves posture, balance, & flexibility, while promoting relaxation & toning.

BOOTCAMP • • •

Looking to spice up your workout? This class will be different every day & designed to push participants harder than they have pushed themselves before, while always keeping the body guessing!

CARDIO CORE

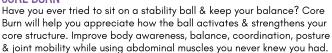
A class geared toward variety! You'll be stepping on a bench, performing aerobic moves on the floor, & using the ball & body bars. A great all-inone workout incorporating cardiovascular, flexibility, & strength training!

CIRCUIT STRFNGTH • • • • •

This full body strength training class will challenge those who want to see change in muscle tone & definition. Uses a variety of dumbbells, body bars, bands, & more. This class is for everyone - beginner & advanced.

CORE BURN • • • •





DRUMS ALIVE

Powerful beat & rhythm of the drums, using the stability ball that will get your feet stomping & your body moving. Simple movements on, with, & around the ball that intentionally raise and lower your heart rate for optimal calorie burn & cardiovascular benefit. FUN! FUN! FUN FOR ALL!









POUNDR ••••

Channel your inner rock star with this full-body cardio jam session inspired by infectious, sweat dripping fun of playing the drums. Instead of listening to music, you BECOME the music in this exhilarating workout combining cardio & strength training with yoga & pilates-inspired movements.

TOTAL BODY



For anyone looking to get lean, tone, & fit - FAST. Be ready to sweat to the music, challenge your strength & endurance, & work the total body!

ZUMBAR •••

Take the "work" out of workout, by mixing low-intensity & high-intensity moves for an interval-style, calorie-burning dance fitness party including elements of Zumba® Toning for the added benefits of resistance training!

moderate







	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30 AM-BARRE * 10:00 AM-SS CLASSIC® 11:00 AM-SS YOGA® 4:30 PM-CIRCUIT STRENGTH * 5:30 PM-AQUA NOODLE 5:30 PM-CARDIO CORE * 6:30 PM-POUND® *	5:30 AM-BOOTCAMP * 7:00 AM-SUNRISE YOGA * 8:30 AM-AQUA FIT 10:00 AM-SS SPLASH® 11:00 AM-SS SPLASH® 5:30 PM-DRUMS ALIVE * 6:30 PM-POUND® * 7:00PM-AQUA FIT	10:00 AM-SS CLASSIC® 11:00 AM-SS STABILITY® 4:30 PM-CIRCUIT STRENGTH * 5:30 PM-AQUA NOODLE 5:30 PM-CARDIO CORE * 6:30 PM-CORE BURN *	5:30 AM-BOOTCAMP * 7:00 AM-SUNRISE YOGA * 8:30 AM-AQUA FIT 10:00 AM-SS SPLASH® 11:00 AM-SS SPLASH® 5:30 PM-DRUMS ALIVE* 6:30 PM-POUND® * 7:00PM-AQUA FIT	5:30 AM-BARRE *	8:00 AM-BARRE * 9:00 AM-TOTAL BODY
3	5:30 AM-BARRE * 10:00 AM-SS CLASSIC® 11:00 AM-SS YOGA® 4:30 PM-CIRCUIT STRENGTH * 5:30 PM-AQUA NOODLE 5:30 PM-CARDIO CORE * 6:30 PM-POUND® *	5:30 AM-BOOTCAMP * 7:00 AM-SUNRISE YOGA * 8:30 AM-AQUA FIT 10:00 AM-SS SPLASH® 11:00 AM-SS SPLASH® 5:30 PM-DRUMS ALIVE * 6:30 PM-POUND® * 7:00PM-AQUA FIT	10:00 AM-SS CLASSIC® 11:00 AM-SS STABILITY® 4:30 PM-CIRCUIT STRENGTH * 5:30 PM-AQUA NOODLE 5:30 PM-CARDIO CORE * 6:30 PM-CORE BURN *	5:30 AM-BOOTCAMP * 7:00 AM-SUNRISE YOGA * 8:30 AM-AQUA FIT 10:00 AM-SS SPLASH® 11:00 AM-SS SPLASH® 5:30 PM-DRUMS ALIVE* 6:30 PM-POUND® * 7:00PM-AQUA FIT	5:30 AM-BARRE *	8:00 AM-BARRE * 8:30 AM-POUND® * 9:00 AM-TOTAL BODY 9:30 AM-DRUMS ALIVE * 10:30 AM-CORE BURN *
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9	5:30 AM-BARRE * 10:00 AM-SS CLASSIC® 11:00 AM-SS YOGA®		II. classes are 45		Like us on Fa class schedu	



4:30 PM-CIRCUIT STRENGTH *
5:30 PM-AQUA NOODLE
5:30 PM-CARDIO CORE *







Password for RingCentral will change at noon on January 3rd. An email with the new password will be sent out to all paid fitness class members.