

# JULY GROUP EXERCISE SCHEDULE: DRY LAND

☐ Toning 
 ☐ Yoga 
 ☐ Strength 
 ☐ Cardio

Class times and location are subject to change.



TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00A-10:00A GX Studio/Courts		Power Flex Jan	Barre/Pilates Kimberly	Core Pole Jan		
9:30A-10:30A GX Studio/ Upstairs						ZUMBA Keeley
10:30A-11:30A GX Studio	Essentrics Kimberly North Court			Rebalancing Essentrics Lynn		
12:00P-1:00P GX Studio	Beginner & Chair Yoga Sage		Beginner & Chair Yoga Sage		Beginner & Chair Yoga Sage	
5:15P-6:15P GX Studio				Salsa Suzanne		
5:30P-6:30P GX Studio	STRONG Nation Keeley	Kickboxing Keeley			ZUMBA Melody	
5:30P- 6:30P Upstairs	Weight Lifting 101 Virginia		Weight Lifting 202 Virginia			
6:30P- 7:30P GX Studio		ZUMBA Betty		ZUMBA Betty		
6:45P-7:30P GX Studio						

# JULY GROUP EXERCISE SCHEDULE: POOLS



☒ Lap Pool   ☐ Therapy Pool

Class times and locations are subject to change.

Therapy & Recreation Pool open from 7:00am - 7:30pm

Lap Pool opens from 5:00am - 7:30pm



TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00A-9:00A Therapy Pool	Water Aerobics Maggie	Aqua Solutions Kelly	Water Aerobics Maggie	Aqua Solutions Kelly	Water Aerobics Maggie	
10:30a-11:30a Therapy Pool	Aqua Zumba Melody				Aqua Zumba Melody	
10:45A-12:00P Lap Pool						Aqua Zumba Melody
4:00P-5:00P Therapy Pool			Aqua Zumba Melody			
6:00P-7:00P Lap Pool	Water Aerobics Denise		Water Aerobics Denise			

**PLEASE SIGN IN FOR CLASSES AT WELCOME DESK.**

# CLASS DESCRIPTIONS:

- **Essentrics:** This is a full body workout that will help improve balance, strengthen muscles, improve joint range of motion, increase mobility, improve posture and flexibility. This class includes standing work, floor work (modifications provided if you are unable to get on the floor), sometimes barre work. Please bring a yoga mat.
- **Ballet Barre:** This class uses 1-to-3-pound weight. We have some weights available for use or you may bring your own and a yoga mat. You can also bring a 6-to 8-inch diameter squishy ball. This is a toning class that is perfect for those who want a little bit more resistance to improve bone density. This class includes strength training, balance, cardio, standing, barre and sometimes floor work.
- **Gentle Essentrics:** This class is designed to be gentle and slower in nature, focusing on releasing tension, rebalancing your body and overall restorative. This is the perfect class to end your week after the 2 toning classes. Perfect for those with chronic pain or coming back from an injury.
- **Yoga:** Beginner classes focus on correct form and breathing through the poses. 26 pose is a form of hatha yoga and focuses on balance and increased energy flow. Deep Stretch Yin is a slower moving flow where poses are held to relieve deep tissue tension and increase flexibility.
- **Core Pole:** Resistance equipment using tubing at various levels and strengths resulting in muscle strength and endurance, agility, movement, and balance. Total body workout that can be done by Junior thru Senior population. This is a total CORE workout!
- **Power Flex:** Focus is on power, strength, flexibility weights, bars, balls and using weights various equipment. Helps maintain and improve bone density, muscle mass, better movement as we live our daily lives.
- **Zumba®:** Join the Party! Latin & World music with dance rhythms to create a party atmosphere while exercising to lose weight and improve overall fitness & flexibility. Zumba classes are aimed at different age groups and levels of fitness. It's Exercise in disguise!
- **Zumba®Toning:** Zumba plus a focus on muscle conditioning using lightweight toning sticks. The class combines cardio and strength training to tone and sculpt the body. Perfect for people looking to target specific muscle groups and improve overall fitness.
- **Zumba®Fitness:** An interval-style, calorie-burning fitness party! Zumba®Fitness is a total body workout, combining all elements of fitness – cardio, strength training, balance and flexibility, with boosted energy and a serious dose of awesome in each class.
- **Kickboxing:** This kickboxing class is a great cardio, interval-style workout. With choreography to popular music, this full body workout will feature patterns that are easy to follow.
- **Weightlifting 101:** focus on proper form and body mechanics for big compound movements like bench, squat and deadlift. **Power Blocks:** timed blocks of smaller muscle group lifting with core. **MetCon:** metabolic conditioning- fast paced class with small muscle groups, lots of cardio and core.

# CLASS DESCRIPTIONS:

- **Aqua Aerobics and Aqua Solutions:** A fun, shallow-water exercise class that uses different intensity options. Suitable for all skill levels and is safe for non-swimmers.
- **Aqua Zumba:** Combines traditional Zumba dance with the resistance and buoyancy of the water. There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.
- **STRONG Nation®** combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.
- **Water Aerobics** Combines cardio, strength, and flexibility training, making it ideal for all fitness levels. The buoyancy of water reduces strain on joints, while providing resistance to enhance workouts. Perfect for improving endurance, toning muscles, and increasing mobility.

