

HEALTH & FITNESS CENTER**Fitness Schedule**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	
6:00am		Cycle (30min) Melinda		Cycle (30min) Melinda		
8:00am	Aqua Ruth	Aqua Neal	Aqua Ruth	Aqua Neal	Aqua Ruth	
8:15am	Zumba Stephanie		Zumba Stephanie		Zumba Stephanie	
9:15am	Burn 45 Mandy	Forever Fit Kathryn	Burn 45 Mandy	Forever Fit Kathryn	Burn 45 Mandy	
10:30am	Total Body Kathryn	Total Body Kathryn	Total Body Kathryn	Total Body Kathryn		
12:00pm						
POOL IS CLOSED FROM 11:00-12:00						
POOL IS CLOSED FROM 2:00-3:00						
					POOL HOURS	
					Monday - Thursday 5:00a-6:00p	
					Friday 5:00a-5:00p	
					Saturday 8:00a-10:00a	
					Sunday CLOSED	
					LAP SWIM 5:00a-7:00a	
6:00pm	Cycle Mike	Aqua Neal		Aqua Neal		
6:30pm		REFIT Debi	Cycle Melinda	Rev+Flow Debi		

GROUP FITNESS CLASS DESCRIPTIONS

Burn 45- Strength/Cardio/Core. This 45-minute-high intensity class combines all your favorite parts of working out in one class. Get ready for fun, functional training that varies each time you take it.

*This class is led by a certified instructor that can provide modifications for exercises when needed. However this class is not for beginners.

Cycle (Morning)- This 30-minute class is a great way to get your day started, especially if you're short on time. Packed full of High Intensity Interval training you'll burn calories and get fast results.

Zumba- Move to the music, no rhythm or experience required. Cardio for all ages and fitness levels. A great class if you love to dance, smile and have fun.

Aqua- Held in the pool. This class uses the natural resistance of water against the body along with pool weights and noodles to provide a wide variety of conditioning activity.

Total Body- A conditioning class that builds muscle and burns fat using weights, the stability ball, and the step. This class hits all of the major muscle groups, strengthens the core, and increases your endurance.

Forever Fit- Specifically designed for members 60 and over. This class uses bands, balls and bodyweight to increase mobility and lean muscle. This class can be taken seated or standing.

CYCLE (evening) Ride away the stress of Monday, challenge yourself with hills and sprints and feel great when you get done.

REFIT®-A cardio dance fitness class that uses positive music and powerful movements that impact your body, mind, and soul. At REFIT®, everybody belongs!

Rev+Flow – A dynamic workout that's easy on joints without compromising the intensity of the workout. REV+FLOW strengthens bodies and sculpts muscles through targeted, music-based movements and resistance training. Be challenged in new and unique ways through easy to follow movements and uplifting music. All fitness levels welcome!

Yoga- Focus on balance, core strength, flexibility and stress relief. This is an all levels class that incorporates supine, seated, and standing poses. **(Returning in the Fall)**