



"Snapshot" Group Exercise Schedule

February 2012

MONDAYS			
Time	Class	Room	Instructor
5:30am	Boot Camp	2	Sharon
6:00am	Sunrise Yoga	1	Suanne / Crystal
8:00am	Pilates	1	Amy
8:15am	Cardio Muscle	2	Fran / Rene
9:10am	Seniors	1	Kathy L. / Reety
9:20am	Zumba@	2	Rachel B.
10:15am	SS Yoga Stretch	1	Kathy S.
10:20am	Body Blast	2	Reety
12:00pm	Kettlebells	2	John
4:30pm	Intense Fit	2	Sean
5:30pm	Cycle	1	Giselle / Mandres
5:45pm	Step / Sculpt	2	Mindy
6:35pm	Yoga	1	Brendan
6:50pm	Kettlebells	2	Phillip
7:20pm	Kettlebells	2	Phillip

THURSDAYS			
Time	Class	Room	Instructor
5:30am	Boot Camp (30 min)	2	Jeannie
5:45am	Cycle	1	Randy / Mandres
6:05am	Core & More (30 min)	2	Jeannie
6:35am	Sculpt Express	1	Randy / Mandres
8:00am	Pilates	2	Sarah
9:00am	Cycle	1	Sean
9:10am	Intense Fit	2	Andrea H.
10:15am	Body Sculpt	2	Sandy / Theresa
10:15am	SilverSneakers® MSROM	1	Allyson
11:15am	SilverSneakers@ Cardio Circuit	1	Allyson
12:00pm	Yoga	2	Becky
12:00pm	Boxing 101	6	Blake
4:15pm	Teen Cycle 101	1	Sean / Rachel C.
5:30pm	Yoga	1	Brendan
5:45pm	Step / Interval	2	Reety
6:50pm	Zumba@	2	Andrea R.
7:10pm	Boxing 101	6	Phillip

TUESDAYS			
Time	Class	Room	Instructor
5:45am	Cycle	1	Randy
6:35am	Sculpt Express	1	Randy
8:00am	Step	2	Allyson
8:00am	Pilates	1	Sarah / Fran
9:00am	Cycle	1	Sean
9:10am	Core & More	2	Jeannie / Sharon
10:15am	Body Sculpt	2	Sandy / Sharon
10:15am	SilverSneakers® MSROM	1	Allyson
11:15am	SilverSneakers@ Cardio Circuit	1	Allyson
12:00pm	Yoga	2	Becky
12:00pm	Boxing 101	6	Blake
5:30pm	Super Sculpt	1	Margaret
5:45pm	Body Combat@	2	Theresa
6:30pm	Pilates	1	Sarah / Rene
6:50pm	Zumba@	2	Andrea
7:10pm	Boxing 101	6	Phillip

FRIDAYS			
Time	Class	Room	Instructor
5:30am	Boot Camp	2	Jolene / Mary
6:00am	Sunrise Yoga	1	Suanne
8:15am	Cardio / Sculpt	2	Reety
8:15am	Cycle	1	Rene / Giselle
9:10am	Seniors	1	Reety
9:20am	Body Combat@	2	Theresa
10:15am	SS Yoga Stretch	1	Suanne / Kathy S.
10:30am	Zumba@	2	Robin
12:00pm	Restorative Yoga	2	Becky
12:00pm	Cycle	1	Giselle
1:00pm	Kettlebells	2	John
4:15pm	Intense Fit	2	Bernie

WEDNESDAYS			
Time	Class	Room	Instructor
5:30am	Cycle	1	Giselle
5:30am	Boot Camp	2	Bernie
8:00am	Pilates	1	Amy
8:15am	Body Sculpt	2	Rene
9:10am	Seniors	1	Reety
9:20am	Step & Abs	2	Allyson
10:15am	Yoga Stretch	1	Becky
10:20am	Zumba@	2	Rachel B.
12:00pm	Kettlebells	2	Blake
12:00pm	Cycle	1	Giselle
12:15pm	Tread & Shred	W2	Theresa
4:30pm	Intense Fit	2	Sean
5:45pm	Inner Strength	2	Jodie
5:45pm	Cycle	1	Jim K. / Steve
6:30pm	Cycle	1	Jim K. / Steve
6:30pm	Kettlebells	2	Phillip
7:00pm	Kettlebells	2	Phillip

SATURDAYS			
Time	Class	Room	Instructor
7:40am	Boot Camp	2	Phillip
8:00am	Inner Strength	1	Jodie
8:45am	Step N Sculpt*	2	Reety
8:45am	Body Combat	2	Theresa
9:00am	Cycle	1	Sean
10:00am	Intense Fit	2	Phillip
10:15am	Power Yoga	1	Sean
11:00am	Zumba@	2	Robin / Amy
12:15pm	Kettlebells	2	Phillip

*Offered only on 2/4, 2/18

SUNDAYS			
Time	Class	Room	Instructor
12:15pm	Rx RIPPED*	2	Rx Team
1:30pm	Cardio Conditioning	2	Sean / Phillip
1:45pm	Cycle	1	Giselle / Bernie
2:30pm	Kid's Yoga	2	Pandora / Crystal
3:00pm	Cycle	1	Giselle / Bernie
3:15pm	Yoga	2	Pandora / Crystal

*Only offered on 2/26



"Snapshot" Water Exercise Schedule

February 2012

MONDAYS			
Time	Class	Lane	Instructor
5:30am	Masters	Out	Leslie
6:00am	Water Works*	1-2	Fran
9:00am	Hydrotone	1-2	Yvonne
10:00am	Water Works	1-2	Brianna / Yvonne
12:00pm	Masters	Out	Leslie
2:00pm	Aquaerobics	1-2	Fran / Theresa
3:00pm	Hydrocycle	1-2	Fran / Theresa
5:30pm	Aquaerobics	1-2	Theresa / Brianna / Fran
*No Class on 2/13			

THURSDAYS			
Time	Class	Lane	Instructor
6:00am	Aqua Power	1-3	Heather
9:00am	Aqua Power	1-2	Sandy
10:00am	Water Boot Camp	3-4	Janella
12:00pm	Circle of Hope	1-2	Janella
5:30pm	Hydrocycle	1-2	Theresa

TUESDAYS			
Time	Class	Lane	Instructor
6:00am	Aqua Power*	1-3	Fran
9:00am	Aqua Power	1-2	Sandy / Fran
10:00am	Water Boot Camp	3-4	Janella
12:00pm	Circle of Hope	1-2	Janella
5:30pm	Hydrocycle*	1-2	Fran
*No Class on 2/14			

FRIDAYS			
Time	Class	Lane	Instructor
5:30am	Masters	Out	Leslie
9:00am	Hydrotone	1-2	Yvonne
10:00am	Water Works	1-2	Brianna
2:00pm	Aquaerobics	1-2	Fran / Yvonne

WEDNESDAYS			
Time	Class	Lane	Instructor
5:30am	Masters	Out	Leslie
6:00am	Water Works	1-2	Heather
9:00am	Hydrotone	1-2	Yvonne
10:00am	Aqua Zumba	1-2	Amy
2:00pm	Aquaerobics	1-2	Theresa / Fran
3:00pm	Hydrocycle	1-2	Theresa / Fran
5:30pm	Aquaerobics	1-2	Janella
6:30pm	Masters	Out	Leslie

SATURDAYS			
Time	Class	Lane	Instructor
9:15am	H2O*	1-2	Fran
9:15am	Aqua Zumba	1-2	Amy
10:30am	Hydrocycle	1-2	Fran / Brianna
*Only offered on 2/4			

WATER FITNESS CLASS DESCRIPTIONS

Aquaerobics: Get energized with this invigorating workout. This is a shallow water class, however, those who are comfortable in deeper water can do some of the class in transitional water depth. Resistive and buoyant equipment is used to increase the cardiovascular and strength components of the class. All fitness levels welcome!

***Aqua Power:** This is a high energy deep water class during which buoyant and resistive equipment provide an excellent cardiovascular workout with zero impact on joints. Aqua Power is designed for all fitness levels, however, participants must be able to swim and be comfortable in deep water.

****NEW**Aqua Zumba:** Aqua Zumba combines dance and fitness moves for a fantastic and fun workout. Most of the arm movements are done below water level utilizing the natural resistance of the water. Water shoes are recommended for quick changes in pace and direction.

Circle of Hope: A class for those battling cancer and cancer survivors. Fun and functional fitness and strength are the focus of the class. We use a variety of equipment to regain muscle strength, balance, and flexibility as well as cardiovascular strength and endurance.

H2O Combo: Join us in the pool for fun and fitness on a Saturday morning! You will strengthen and tone muscles and get your heart pumping in this combination class taught in both the shallow and deep end of the pool.

Hydro Cycle: Enjoy the benefits of a cycle class without the stress on knee and hip joints. The buoyant property of water will keep you comfortable on the bike while the water's resistive property will help to strengthen your legs. Working in waist to chest height water we pedal in a variety of cycling positions; seated, lifted, and recumbent. It's a great cardiovascular and muscle strengthening class.

HydroTone: a moderate intensity class that provides gentle motion and exercises to increase flexibility, range of motion, muscle strength and endurance and balance. The majority of the class is done in waist to chest height water and noodles and water mitts can be used to intensify the movements. A great entry level class.

***Water Boot Camp:** A challenging and vigorous total body workout. You do not have to be a swimmer to take this class. Using a variety of equipment such as the HydroRider bikes, swim fins and kickboards as well as resistance bands you will burn calories, get your heart pumping and strengthen muscles in both your upper and lower body.

Water Works: A medium intensity level class done primarily in the shallow end of the pool. Participants can step up the intensity of the workout by adding resistive equipment, working in deeper water, and traveling and accelerating their exercises. This class is designed to be a cardio conditioning as well as muscle strengthening workout. Come and join us for fun and fitness.

* Deep-end of pool. Must be able to swim in order to take the class.