



# HOURS

Sunday - Closed

Monday - Thursday 5:00am - 8:00pm

Friday 5:00am - 7:00pm

Saturday 7:30am - 1:00pm

## CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00am - 8:00am Yoga Kathy	8:15am - 9:15am Cardio Pump Tracie	7:00am - 8:00am Yoga Kathy	8:15am - 9:15am Yoga Kathy	7:00am - 8:00am Yoga Kathy
8:15am - 9:15am Cardio Fight Cristiane	9:30am - 10:15am Dancing Dumbbells Cristiane	8:15am - 9:15am Instructor's Choice Kathy	9:30am - 10:30am Just Dance Cristiane	8:15am - 9:15am Cardio Fight Cristiane
9:30am - 10:15am Just Move It Plus Cristiane	10:30am - 11:15am Latin Power Cristiane	9:30am - 10:15am Just Move It Plus Cristiane	10:30am - 11:15am Line Dance Cristiane	9:30am - 10:15am Just Move It Plus Cristiane
10:30am - 11:15am Just Move It Brenda	12:15pm - 12:45pm HIIT David	10:30am - 11:15am Just Move It Brenda	12:15pm - 12:45pm Strength Blast Natisha	10:30am - 11:15am Just Move It Brenda
12:00pm - 12:30pm H2O Arthritis Adriana	1:00pm - 1:30pm Pilates Video Virtual Class	12:00pm - 12:30pm H2O Arthritis Adriana	1:00pm - 1:30pm Pilates Video Virtual Class	12:00pm - 12:30pm H2O Arthritis Adriana
12:15pm - 12:45pm Ab Blast David	2:00pm - 2:45pm H2O Blast Kathy	2:00pm - 2:30pm H2O Arthritis Adriana	2:00pm - 2:45pm H2O Blast Kathy	
2:00pm - 2:30pm H2O Arthritis Adriana	5:30pm - 6:30pm Yoga Kathy	5:30pm - 6:30pm Boot Camp David	5:30pm - 6:30pm Yoga Kathy	
5:30pm - 6:30pm Boot Camp David		5:30pm - 6:30pm Cardio Fight Cristiane		

**\*\* H2O Arthritis Class - Members will need to sign up for H2O Arthritis Class. \*\***  
Space LIMITED to 7 Members / class.

**Ab-Blast:** This is a collection of mild to high intensity abdominal exercises and core workouts that are primarily organized to help you sculpt your abs, build core strength, and get rid of belly fat. Time to drop the one pack and get a six-pack! (30 minutes)

**Body Blast:** High-intensity full-body training with a combination of weights, bands, bodyweight exercises, cardio moves, and more! (60 minutes)

**Boot Camp:** High intensity workouts combining a combination of movements with light interval exercises. Workouts consisting of, but not limited to: full body weight, dumbbells, kettlebells, tractor tires, and sledgehammers. (60 minutes)

**Cardio Fight:** A high-energy martial arts-inspired workout with choreographed routines from Kickboxing, Karate, Boxing, Muay Thai, Capoeira and Kung Fu moves. Release stress, burn lots of calories and feel like a champion. No experience needed. (60 minutes)

**Cardio Pump:** A weighted cardio workout with high reps. It is a total body workout that can be adjusted for various levels of fitness. (60 minutes)

**HIIT:** Supercharge your fitness with this challenging class of high speed, high intensity work alternated with recovery periods of low intensity. (30 minutes)

**H2O Arthritis:** This class will focus on full range of motion, stretching, and other arthritic exercises to help ease the pain associated with arthritis and other conditions. Located in Emerge, our Therapy pool. (30 minutes)

**H2O Blast:** This invigorating class improves cardio conditioning, muscular strength and endurance using the buoyancy and resistance of the water giving you a safe, effective, and fun workout! It also allows a break from "impact" on the body. (50 minutes)

**Instructor's Choice:** A fun workout where you never know what to expect! Keep your muscles guessing and mix up your routine with this class that could be just about anything: strength, cardio, barre, you name it! (60 minutes)

**Just Move It:** These classes are designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength, and cardiovascular endurance. The workout combines aerobic, flexibility and resistance (strength) training with plenty of friendly fun. (45 minutes)

**Just Move It Plus:** Standing and seated exercises with weights, elastic tubing, and Swiss medicine ball to increase muscle strength, range of motion, flexibility, and improve activities for daily living. Also included are low-impact choreographies from Latin Rhythms to Line Dance to keep the mind and body sharp. This class is suitable for nearly every fitness level and can be adapted depending on the skills of individual participants. (45 minutes)

**Latin Power:** This class features exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit, and your energy levels will be soaring! It's easy to do, effective and totally exhilarating. No experience or partner is necessary. (60 minutes)

**Line Dance:** Come enjoy a great mix of some classic boot scooting moves with a flare of something new. Regardless of your current skill all are welcome to jump into this great line dancing class. (60 minutes)

**Pilates Video:** Each class will work to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement. Brought to you by Fitness on Demand. (60 minutes)

**Step Class:** Full-body workout using an aerobic step with a twist of cardio bursts! For all fitness levels. (60 minutes)

**Yoga:** This powerful yoga discipline is more challenging and faster paced than a traditional yoga class. Enhance your strength, balance, flexibility, and stability. (60 minutes)