

GROUP FITNESS CLASS SCHEDULE

FALL AUG 21-NOV 30

MONDAY

5:30 am** Studio 2	INTERVAL EXPRESS ANDREA
5:30 am Spin Studio	STUDIO CYCLE Megan
8:00 am Spin Studio	STUDIO CYCLE Mark
8:00 am Studio 2	BARRE/SCULPT (Max capacity 20 Laurel New Time
8:30 am Studio 1	SUPER SCULPT Laurie
9:00 am Lap Pool	AQUA ZUMBA Tom
9:15am Gym	Cross Train Challenge Stephanie NEW CLASS
9:30 am Studio 1	CARDIO KNOCKOUT Kristi
9:30 am Studio 3	POWER YOGA Dawn/Nadja(Rotation)
9:30 am Spin Studio	STUDIO CYCLE Emily
9:30 am Studio 2	CARDIO MIX/Strength Laurie
10:30 am Studio 1	OASIS COMPLETE FITNESS Stephanie
10:30 am Studio 2	PILATES PLUS Beth
11:45 am Studio 2	BALANCED BODY OASIS Staff (Rotation)
12:45 pm** Lap Pool	OASIS/WATERWORKS Beth
1:00 pm Studio 3	YOGA I/II Carlene
1:00 pm Spin Studio	STUDIO CYCLE Lisa
4:30pm Studio 2	WERQ/WEIGHTS Sarella NEW CLASS
5:30 pm** Studio 1	EXPRESS TRAIN Susan
6:30 pm** Studio 1	ZUMBA Michelle
6:30 pm** Studio 3	YOGA I/II Mary Ann/Kristin
6:30 pm Spin Studio	STUDIO CYCLE Ada
6:30 pm Studio 2	PILATES 1 Tina
7:30 pm Studio 1	BOXFIT John

TUESDAY

5:30 am** Studio 1	CORE SYNERGY Beth
5:30 am Spin Studio	STUDIO CYCLE Christina
6:00 am Studio 3	RISE AND SHINE YOGA Kris
6:00 am* Studio 1	INTERVAL EXPRESS Beth
8:30 am Studio 1	ZUMBA Julie
8:30 am Studio 2	BOOT CAMP Lisa
9:00 am Lap Pool	WATERWORKS Penny
9:30 am Studio 1	STRENGTH/CORE INTERVALS Kristi
9:30 am Studio 2	PILATES FORMULA Angie
9:30 am Spin Studio	STUDIO CYCLE Emily
9:30am Studio 3	YOGA SCULPT Dawn
10:30 am** Studio 1	SUPER SCULPT Jackie
10:30 am Studio 2	OASIS/PILATES I Angie
1:00 pm Studio 2	YOGA I/II Sarah
4:30 pm Studio 1	SUPER SCULPT Nicole
5:30 pm Studio 1	ZUMBA Wendi
5:30 pm Studio 2	PILATES MAT FUSION Laura
5:30 pm Lap Pool	WATERWORKS Linda
6:30 pm Studio 3	POWER VINYASA Corrine
6:30 pm Studio 1	BOOT CAMP Mickey
6:30 pm Spin Studio	STUDIO CYCLE Lisa
7:30 pm Studio 3	RESTORATIVE YOGA Corrine

WEDNESDAY

5:30 am** Studio 1	EXPRESS TRAIN Mark/Beth
5:30am: Spin Studio	STUDIO CYCLE Christina S.
9:15 Gym	TOTAL BODY BLAST Nicole NEW TIME
8:30 am Studio 2	BARRE/BURN Julie
8:30 am Studio 1	CORE FLOW Laurie
9:00 am Lap Pool	WATERWORKS Dawn
9:30 am Studio 3	Yoga II Sarah
9:30 am Studio 1	BOXING CIRCUITS Laurie
9:30 am Studio 2	BARRE + SCULPT(Max capacity 20) Laurel
9:30 am Spin Studio	STUDIO CYCLE Erin
10:30 am Studio 2	OASIS YOGALATES Dawn
10:30 am Studio 1	OASIS ZUMBA Michelle
10:30 am Studio 3	YOGA FLOW Niki
1:00 pm ** Therapy Pool	WARM WATER PILATES Laura
4:30 pm** Studio 1	BOXFIT John NEW CLASS
5:30 pm Studio 1	KETTLEBELL AMPD Jackie
5:30 pm Spin Studio	STUDIO CYCLE Wendy
6:30 pm Studio 1	Zumba Barbra NEW INSTRUCTOR
6:30 pm Studio 3	YOGA FLOW Niki

THURSDAY

5:30 am* Studio 1	CORE SYNERGY Beth
6:00 am Studio 1	SUPER SCULPT EXPRESS Beth
6:00 am Spin Studio	STUDIO CYCLE Mark
8:00 am Spin Studio	STUDIO CYCLE Diane
8:15 am Δ Studio 1	AB CLASS Christine
8:30 am Studio 2	ZUMBA Wendi
8:30 am Studio 1	OVERDRIVE Christine
8:30 am Studio 3	YOGA I/II Dawn
9:00 am Lap Pool	WATERWORKS Penny
9:30 am Studio 1	BODY SHRED Stephanie
9:30am Studio 3	ZUMBA Tom
9:30 am Studio 2	PILATES MAT FUSION Beth
9:30 am Spin Studio	STUDIO CYCLE Diane
10:30 am** Studio 1	SUPER SCULPT Jackie
10:30 am Studio 2	OASIS/YOGA I Kristin
12:45 pm Lap Pool	AQUA ZUMBA Mo
1:00 pm Studio 3	YOGA I/II Nikki
4:30pm Studio 3	Yoga 1/11 Maggie
5:30 pm Studio 1	BARBELL RIP Beth P
5:30 pm Studio 2	PILATES MAT FUSION Laura
5:30 pm Lap Pool	WATERWORKS Stephanie I.
6:30pm Studio 2	ZUMBA Loly
6:30 pm** Studio 1	KETTLEBELL AMPD Jackie
6:30 pm+ Studio 3	YOGA I/II Janet
6:30 pm Spin Studio	STUDIO CYCLE Christina

FRIDAY

5:30 am Spin Studio	STUDIO CYCLE Cheryl S.
6:00 am Studio 3	INTEGRATED STRENGTH YOGA Niki
8:15 amΔ Studio 2	AB CLASS Kristi
8:30 am Studio 2	BARRE/BURN Kristi
8:30 am Studio 1	SUPER SCULPT Beth
9:00 am Lap Pool	WATERWORKS Mo/Jackie (Rotation)
9:15 am Spin Studio	STUDIO CYCLE Anne W
9:30 am Studio 1	ZUMBA Julie
9:30 am Studio 3	YOGA I/II Angie NEW INSTRUCTOR
9:30am ** Studio 2	CIRCUIT 4 NEW CLASS Cheryl
10:30 am Studio 1	OASIS COMPLETE FITNESS Joan
10:30am Studio 2	PILATES 1 Laura
11:30am** Studio 3	YOGA SCULPT EXPRESS Laurel
11:45am ** Studio 2	BALANCED BODY OASIS Joan
12:00 pm** Studio 2	WARM WATER PILATES Laura
12:00 pm ** Therapy Pool	POWER VINYASA YOGA Laura
12:45pm Studio 3	YOGA 1 Donna
5:00pm Studio 3	YOGA 1/11 Staff rotation
6:30pm Gym	BOOT CAMP Mickey

SATURDAY

7:00 am Spin Studio	STUDIO CYCLE Mark
7:30 am Studio 3	YOGA I/II Kris
8:30 am Spin Studio	STUDIO CYCLE Kristel
8:30 am Lap Pool	WATERWORKS Stephanie I.
8:30 am Studio 2	PILATES MAT FUSION Staff Rotation
9:00 am Studio 1	SUPER SCULPT Nicole
9:30 am Studio 3	YOGA II Mary
10:00 am Studio 1	ZUMBA Wendi
10:00 am Spin Studio	STUDIO CYCLE Nicole
10:30 am Studio 3	YOGA I/II Maggie
11:00 am Studio 1	BARBELL RIP Beth P.

SUNDAY

7:15 am Spin Studio	STUDIO CYCLE Karen
8:30 am Spin Studio	STUDIO CYCLE Susan/Wendy (rotation)
9:30amΔ Studio 1	AB CLASS Beth/Andrea (rotation)
9:30 am+ Studio 3	YOGA I/II Sarah
9:45am** Studio 1	INTERVAL EXPRESS Beth/Andrea (rotation)
10:30 am Studio 1	STRONG BY ZUMBA/WERK (Rotation) Andrea/Sarella (rotation)
2:15pm+ Studio 3	YOGA I/II Derek
4:00 pm Studio 3	YOGA I/II Karol NEW TIME

Try out this great class!
First Class Free
SPAR FIT
 5:30 AM Mondays & 8:00 AM Saturdays
 (\$12 drop-in fee)

All classes are 55 minutes unless otherwise indicated

Δ = 15 minutes
 * = 30 minutes + = 75 minutes
 ** = 45 minutes † = 90 minutes

Please look for studio changes!
 Also, please note that classes may be updated 6/23/17
 any time due to low attendance.

CLASS DESCRIPTIONS FALL 2017 AUGUST 21-NOV 30

AQUA ZUMBA: This class is perfect for those looking to make a splash by adding a low-impact, high energy aquatic exercise to their fitness routine. Just add water and shake!

AB CLASS: Nothing" but core work! 15 minutes devoted to flattening and sculpting the midsection. Gonna hit the oblique's, postural muscles of the mid and lower back, and of course that 6-pack! Great class to add to your workout.

BALANCED BODY OASIS: Balance is something we tend to lose as we get older. However, balance can be improved at any age with simple exercises! Join us as we strengthen the core on stability balls, increase lower body strength using tubing, change our gait to improve posture, and reduce the risk of falling. Chairs are available if needed.

BARBELL RIP: Barbell RIP is a functional strength training barbell workout. Every movement plane is attacked using weights and body weight. This class features safe and motivating exercises set to great music to create a fun and energizing group fitness atmosphere.

BARRE BURN: In this class, HIT meets the ballet bar with 30 minutes of intense cardio followed by 30 minutes of Barre work. Come feel energized!

BARRE SCULPT: This class will target every muscle in your body. Yoga sculpt, Barre, light to medium cardio sessions and stretching are incorporated. Light weights will be used.

BODY SHRED: This class consists of 5 high-intensity 6-minute circuits utilizing Jillian Michaels' 3-2-1 interval format with 3 minutes of resistance training, 2 minutes of HIIT intervals, and 1 minute of active recovery/core.

BOOT CAMP: Get in the best shape ever in this intense boot camp style class. Soldier through this grueling class and you will burn calories and tone your entire physique! Old school workout all levels welcome!

BOXING CIRCUITS: No need for gloves for this workout! This high intensity Circuit training class will utilize ,jumping rope, body weight exercises , weights all designed to get in you in shape for the summer!

BOXFIT: Hit the bags, ropes weights and more in this intense boxing format. We will utilize running on the track hitting bags and sparring with your teacher in this high intensity, boxing based class, all levels welcome!

CARDIO MIX: Tired of logging miles on a treadmill, or elliptical trainer? Burn calories, increase your cardiovascular fitness and feel great in this 55 minute cardio based class! Weights, tubes, bands, steps may be used in this class. Have some fun!

CARDIO KNOCKOUT: Our cardio based boxing and kickboxing classes are total body workouts. These fun and high energy classes will be sure to get you moving in the best way possible .

CIRCUIT 4: No nonsense class here !4 circuits of 10 minutes each circuit.. This class will utilize of track to walk or run for 5 min and then off to studio 2 for strength training . Repeat 4 times

CORE FLOW: This class takes you through a series of exercise progressions to improve core strength and stability as well as balance and flexibility. All fun tools will be used in this great class!

CORE SYNERGY: 30 minutes packed with strength and stability exercises for the abdominals and back. This class is a great way to target the core muscles with challenges for all levels.

CROSS TRAIN CHALLENGE: Designed for the athlete in all of us! Going from station to station crossing over different training styles to give you the ultimate fitness experience while improving your speed, agility and power . Great workout intermediate to advanced fitness levels.

EXPRESS TRAIN: No coffee clutch here! 45 minutes, all business! This interval style class will challenge your cardiovascular fitness, strength, and core with a new challenge each week. Whether body weight exercise sessions, dumbbells, or a circuit of varied equipment, this is one "board meeting" guaranteed to kick start your day!

INTEGRATED STRENGTH YOGA: Yoga postures, bodyweight strength moves, isometrics and core work blend with deep flexibility and mental focus, make this class ideal for those looking to improve functionally for sport or daily living. Emphasis is on proper body alignment. All levels welcome.

INTERVAL TRAINING EXP: Alternating segments of cardio and strength to give you the best of both formats in 30 minutes!

KETTLEBELL AMPD: Let's get loud! In this class, kettle bell training is set to heart- pumping music to create a fun, energetic one-of-a-kind experience. We use the rhythm, speed and phrasing of the music to keep all class participants on the same pace.

OASIS COMPLETE FITNESS: Older Adults Staying In Shape is everything you need to stay fit. 20 minutes of light aerobics to fun music for cardiovascular health, 20 minutes of functional weight training increasing bone density and muscle mass while learning the correct way to move and lift heavy objects, and 20 minutes of balance training.

OASIS PILATES 1: A gentler, effective way to stay fit. Pilates is perfect for older adults because it does not have the impact on the body and joints that other forms of exercise may have. This format is a level 1 Pilates class taught at a pace that is slow and gentle.

OASIS YOGA 1: This class features a gentle format, and is great for stretching, strength, balance, and relaxation.

OASIS YOGALATES: This class is an active style class in a gentler format and is a combination of different types of poses from yoga and Pilates. The instructor will use different props during the class such as: flex band, foam roller, Swiss ball, exercise ring, etc. This class will help stabilize the posture and increase strength at the same time. Anyone can do this class!

OVERDRIVE: Shift your workout into overdrive! Overdrive is a high-intensity interval training class that pushes you to the max. This workout features all out work efforts, mixing it up between weights and cardio with very little recovery time.

PILATES MAT FUSION: This is a blend of introductory to advanced mat-based training. Challenges include alternating breath rhythms, modification of exercises and flow. This class will incorporate the use of foam rollers, balls, bands, circles and weighted toning balls. Previous Pilates experience recommended.

PILATES ONE: Learn the key principles of Pilates (correct breathing, proper posture and alignment) while engaging your powerhouse through a series of dynamic movements to strengthen and tone (lengthen) muscles, and improve posture and flexibility.

PILATES PLUS: Define your abs, strengthen your back, and improve your posture. Challenge your core as you balance, strengthen and stabilize with powerful and efficient abdominal work.

POWER YOGA: Each yoga class is suitable for all levels and all powerful ,flow classes we welcome all levels! This powerful, energetic, playful flowing class has a strong emphasis on breath and allows beginners, intermediate as well as advanced yogis to be challenged in the same class.

POWER VINYASA: Prepare to move, flow, and sweat! This up-tempo class moves breath to movement through traditional sun salutations to more complex flows and ultimately a peak posture. Modifications will be offered for all levels.

RESTORATIVE YOGA: Work to achieve greater flexibility and relaxation in this class through long, supine, posture holds. Restorative Yoga may look like an adult nap time, but through stillness this therapeutic class gets into deep connective tissue and improves digestion and immune systems.

RISE AND SHINE YOGA: Begin your day in a mindful way. This alignment-based class with linked poses and longer holds builds strength and flexibility. Grounding and energizing, this class is suitable for all levels.

STRENGTH/CORE: Total body conditioning using a variety of strength equipment and a focused core workout for a leaner, stronger body.

STRONG BY ZUMBA: A high intensity interval training class using more traditional fitness moves for a more athletic style workout. There are movements inspired by dance but limited compared to a Zumba class. Every level welcome!

STUDIO CYCLE: This non-impact, hour long session features instructors who will motivate participants through different speeds, positions, and resistance levels. Since each individual is in control of their own resistance levels, Studio Cycle classes are suitable for all fitness levels!

SUPER SCULPT: A low-impact weighted class that uses hand weights, body bars and more to strengthen and tone your muscles.

PILATES FORMULA: This multi-level class will effectively strengthen, tone, and lengthen the entire body through the Pilates method, high reps, and small movements. Light weights are used to achieve a chiseled upper body while the mat work targets the legs, glutes, abdominals and pelvic floor. This class improves posture and creates definition.

TOTAL BODY BLAST: By utilizing hand weights, tubing, and body bars, our qualified instructors will take you through an intense full-body strength training workout that is sure to offer a lot of variety.

WARM WATER PILATES: Challenge your core, balance, and overall body strength with Pilates principals in a warm water environment.

WATERWORKS: This challenging water workout provides the ultimate in cardiovascular and muscle conditioning. A variety of unique movements are used to work all major muscle groups. Aquatic equipment will be incorporated.

WERQ: Werq is a fiercely fun dance and fitness class based on pop, rock, and hip hop music. Easy to follow for the new as well as the advanced.

YOGA I: Great for beginner yogis. This class provides an overview of basic yoga techniques. Breathing, poses, and deep relaxation are practiced.

YOGA I/II: All levels welcome. Bring balance to both your mind and body through effort complimented by relaxation. Proper breathing and stretching techniques make this class a great stress reducer and energy booster.

YOGA II: Intermediate to Advance. This class will have a series of asana set in a structured sequence. Guaranteed to challenge your strength, concentration, flexibility, course ,peace ending with savansa

Yoga FLOW: This class is designed to move you from standing to the floor in smooth controlled movements. Strength, balance and flexibility will improve with this great class.