

# WINTER GROUP FITNESS SCHEDULE

Starting January 7<sup>th</sup>, 2019

## MONDAY

5:30 am Spin Studio	<b>STUDIO CYCLE</b> Megan
8:00 am Spin Studio	<b>STUDIO CYCLE</b> Mark
8:30 am Studio 1	<b>SUPER SCULPT</b> Laurie
9:00 am Lap Pool	<b>AQUA ZUMBA</b> Catherine <b>NEW INSTRUCTOR</b>
9:15 am Studio 2	<b>KETTLEBELL</b> Erin
9:30 am Studio 1	<b>CARDIO KNOCKOUT</b> Kristi
9:30 am Studio 3	<b>POWER YOGA</b> Kristin
9:30 am Spin Studio	<b>STUDIO CYCLE</b> Emily
10:30 am Studio 1	<b>OASIS COMPLETE FITNESS</b> Dawn
10:30 am Studio 2	<b>PILATES PLUS</b> Beth
11:45 am Studio 2	<b>BALANCED BODY OASIS (45 min)</b> Andrea
12:45 pm Lap Pool	<b>OASIS/WATERWORKS</b> Beth
1:00 pm Studio 3	<b>YOGA I/II</b> Derek
1:00 pm Spin Studio	<b>STUDIO CYCLE</b> Lisa
4:30 pm Studio 1	<b>WERQ/WEIGHTS</b> Sarella
5:30 pm Studio 1	<b>EXPRESS TRAIN</b> Mark
5:30 pm Studio 3	<b>PILATES I</b> Kristin <b>NEW INSTRUCTOR</b>
6:30 pm Studio 1	<b>BARBELL RIP</b> Beth P <b>NEW CLASS</b>
6:30 pm Studio 2	<b>ZUMBA</b> Karen <b>STUDIO CHNAGE</b>
6:30 pm Studio 3	<b>YOGA I/II</b> Mary Ann/Kristin
6:30 pm Spin Studio	<b>STUDIO CYCLE</b> Laura C / Karen J

## TUESDAY

5:30 am Studio 1	<b>CORE SYNERGY (30 min)</b> Beth
5:30 am Spin Studio	<b>STUDIO CYCLE</b> Catherina
6:00 am Studio 3	<b>RISE AND SHINE YOGA</b> Kris
6:00 am Studio 1	<b>INTERVAL EXPRESS (30 min)</b> Beth
7:30 am Studio 2	<b>YOGA / BARRE</b> Monika
8:30 am Studio 1	<b>ZUMBA</b> Julie
8:30 am Studio 2	<b>BOOT CAMP</b> Lisa
9:00 am Lap Pool	<b>WATERWORKS</b> Penny
9:30 am Studio 1	<b>STRENGTH/CORE INTERVALS</b> Kristi
9:30 am Studio 2	<b>PILATES FORMULA</b> Angie
9:30 am Spin Studio	<b>STUDIO CYCLE</b> Emily
9:30 am Studio 3	<b>YOGA II</b> Stephanie <b>NEW CLASS</b>
10:30 am Studio 1	<b>SUPER SCULPT</b> Jackie
10:30 am Studio 2	<b>STRENGTHEN LENGTHEN</b> Kristin
1:00 pm Studio 3	<b>YOGA I/II</b> Valerie
4:30 pm Studio 1	<b>SUPER SCULPT</b> Nicole
5:30 pm Studio 1	<b>ZUMBA</b> Andrea <b>NEW INSTRUCTOR</b>
5:30 pm Studio 2	<b>PILATES MAT FUSION</b> Laura
5:30 pm Lap Pool	<b>WATERWORKS</b> Linda
6:30 pm Studio 3	<b>POWER VINYASA</b> Corrine
6:30 pm Studio 1	<b>BOOT CAMP</b> Mickey
6:30 pm Spin Studio	<b>STUDIO CYCLE</b> Lisa
6:30 pm Studio 2	<b>TURBO KICK</b> Rachel <b>HIGH ENERGY</b>
7:30 pm Studio 3	<b>RESTORATIVE YOGA</b> Corrine

## WEDNESDAY

5:30 am Studio 1	<b>EXPRESS TRAIN (45 min)</b> Mark/Beth
5:30 am Spin Studio	<b>STUDIO CYCLE</b> Christina
8:00 am Spin Studio	<b>SPIN EXPRESS (30 min)</b> Julie
8:30 am Studio 2	<b>BARRE/BURN</b> Julie
8:30 am Studio 1	<b>CORE FLOW</b> (Max capacity 42) Laurie
9:00 am Lap Pool	<b>WATERWORKS</b> Dawn
9:30 am Studio 3	<b>YOGA SCULPT</b> Kristin
9:30 am Studio 1	<b>BOXING CIRCUITS</b> Laurie
9:30 am Studio 2	<b>ZUMBA</b> Loly <b>NEW INSTRUCTOR</b>
9:30 am Spin Studio	<b>STUDIO CYCLE</b> Erin
10:30 am Studio 2	<b>OASIS PILATES</b> Angie
10:30 am Studio 1	<b>TAI CHI FIT</b> Derek <b>NEW CLASS</b>
10:30 am Studio 3	<b>YOGA FLOW</b> Valerie
1:00 pm Studio 3	<b>YIN YOGA</b> Andrea <b>NEW CLASS</b>
1:00 pm Therapy Pool	<b>WARM WATER PILATES (45 min)</b> Laura
4:30 pm GYM	<b>SPARFIT</b> John
5:30 pm Studio 1	<b>KETTLEBELL AMPD</b> Jackie
5:30 pm Spin Studio	<b>STUDIO CYCLE</b> Wendy
6:30 pm Studio 1	<b>ZUMBA</b> Barbra
6:30 pm Studio 3	<b>YOGA FLOW</b> Derek

## THURSDAY

5:30 am Studio 1	<b>CORE SYNERGY (30 min)</b> Beth
6:00 am Studio 1	<b>SUPER SCULPT EXPRESS (30 min)</b> Beth
6:00 am Spin Studio	<b>STUDIO CYCLE</b> Mark
7:00 am Studio 3	<b>POWER VINYASA</b> Monika
8:00 am Spin Studio	<b>STUDIO CYCLE</b> Diane
8:15 am Studio 1	<b>AB CLASS (15 min)</b> Christine
8:30 am Studio 2	<b>ZUMBA</b> Karen
8:30 am Studio 1	<b>OVERDRIVE</b> Christine
8:30 am Studio 3	<b>YOGA I/II</b> Nikki
9:00 am Lap Pool	<b>WATERWORKS</b> Penny
9:30 am Studio 1	<b>SUPER SCULPT</b> Nicole
9:30 am Studio 2	<b>PILATES MAT FUSION</b> Beth
9:30 am Spin Studio	<b>STUDIO CYCLE</b> Diane
10:30 am Studio 1	<b>SUPER SCULPT (45 min)</b> Jackie
10:30 am Studio 2	<b>OASIS/YOGA I</b> Kristin
12:45 pm Lap Pool	<b>AQUA ZUMBA</b> Mo
1:00 pm Studio 3	<b>MINDFUL YOGA</b> Janet
4:30 pm Studio 3	<b>YOGA I/II</b> Maggie
4:45 pm Spin Studio	<b>SPIN EXPRESS (30 mins)</b> Beth P
5:30 pm Studio 1	<b>SUPER SCULPT</b> Beth P. <b>NEW FORMAT</b>
5:30 pm Studio 2	<b>PILATES MAT FUSION</b> Laura
5:30 pm Lap Pool	<b>WATERWORKS</b> Stephanie I.
6:30 pm Studio 1	<b>KETTLEBELL AMPD (45 min)</b> Jackie
6:30 pm Studio 2	<b>ZUMBA</b> Loly
6:30 pm Spin Studio	<b>STUDIO CYCLE</b> Christina
7:30 pm Studio 3	<b>RESTORATIVE YOGA</b> Derek

## FRIDAY

5:30 am Spin Studio	<b>STUDIO CYCLE</b> Cheryl
6:00 am Studio 3	<b>INT. STRENGTH YOGA (45 min)</b> Niki
8:00 am Tennis Court	<b>CARDIO TENNIS</b> Tennis Drills 8:00-9:00
8:15 am Studio 2	<b>AB CLASS (15 min)</b> Kristi
8:30 am Studio 2	<b>BARRE/BURN</b> Kristi
8:30 am Studio 1	<b>SUPER SCULPT</b> Beth
9:00 am Lap Pool	<b>WATERWORKS</b> (Staff Rotation)
9:30 am Spin Studio	<b>STUDIO CYCLE</b> Megan
9:30 am Studio 1	<b>ZUMBA</b> Julie
9:30 am Studio 3	<b>YOGA II</b> Stephanie
9:30 am Fitness Floor	<b>CIRCUIT 4 (45 min)</b> Cheryl
9:30 am Studio 2	<b>KETTLE BELL</b> Erin
10:30 am Studio 1	<b>OASIS COMPLETE FITNESS</b> Joan
10:30 am Studio 2	<b>PILATES I</b> Laura
11:45 pm Studio 2	<b>BALANCED BODY OASIS (45 min)</b> Joan
12:00 pm Therapy Pool	<b>WARM WATER PILATES (45 min)</b> Laura
1:00 pm Studio 3	<b>YOGA I</b> Derek
5:00 pm Studio 3	<b>YOGA FLOW</b> Yash <b>NEW INSTRUCTOR</b>

## SATURDAY

7:00 am Spin Studio	<b>STUDIO CYCLE</b> Mark
7:30 am Studio 3	<b>YOGA I/II</b> Kris
8:00 am GYM	<b>SPARFIT</b> Mark
8:00 am Studio 2	<b>BARRE / BURN</b> Julie
8:30 am Spin Studio	<b>STUDIO CYCLE</b> Kristol
8:30 am Lap Pool	<b>WATERWORKS</b> Stephanie I.
8:30 am Studio 3	<b>PILATES MAT FUSION</b> Staff Rotation
9:00 am Studio 1	<b>SUPER SCULPT</b> Nicole
9:30 am Studio 2	<b>YOGA II</b> Mary
10:00 am Studio 1	<b>ZUMBA</b> Barbara
10:00 am Spin Studio	<b>STUDIO CYCLE</b> Nicole
10:00 am Studio 3	<b>YOGA I/II (75 min)</b> Maggie
11:00 am Studio 1	<b>BARBELL RIP (75 min)</b> Beth P.

## SUNDAY

7:15 am Spin Studio	<b>STUDIO CYCLE</b> Laura
8:30 am Spin Studio	<b>STUDIO CYCLE</b> Wendi
9:30 am Studio 2	<b>YOGA I/II</b> Karol
9:30 am Studio 1	<b>AB CLASS (15 min)</b> Beth/Andrea (Rotation)
9:45 am Studio 1	<b>INTERVAL EXPRESS (45 min)</b> Beth/Andrea (Rotation)
10:30 am Studio 1	<b>ZUMBA / WERQ</b> Andrea/Sarella
2:15 pm Studio 3	<b>RESTORATIVE YOGA I/II (75 min)</b> Derek



Updated: 1/28/2019. Please visit the App for recent Updates

All classes are 55 minutes unless otherwise indicated

## CLASS DESCRIPTIONS

**AB CLASS:** Nothing but core work! 15 minutes devoted to flattening and sculpting the midsection. Gonne 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.

**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.

**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 our whole body using light weights, tubes, and bands. This class is a basic chair class that ends at the ballet barre practicing our balance with the assistance of something to hold onto 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. This is one great workout!

**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!

**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

**BOXING CIRCUITS:** No need for gloves in this workout! This high intensity circuit training class will utilize jumping rope, bodyweight exercises, and weights—all designed to get you into shape for summer!

**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, 10 minutes per circuit. This class will utilize the track to walk or run for 5 minutes 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.

**DANCE JAM:** Zumba meets hip hop. Come enjoy this high intensity easy to follow dance based class.

**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:** Turn up your heart rate and recruit virtually every muscle group with this ultimate sculpting and toning total body workout period. Improving your body means taking your workout to the next level.

**KETTLEBELL AMPD:** Let’s get loud! In this class, kettlebell 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.

**MINDFUL YOGA:** Come enjoy this Mindful, chill, core, balance yoga class. Leave feeling calm yet, refreshed!

**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 I:** 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 Pilate’s class taught at a pace that is slow and gentle.

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

**OASIS WATERWORKS:** Come meet us in the pool for this 45min cardio strength pool class. Geared towards fun and fit older adults.

**OASIS ZUMBA:** Get your dance shoed on for this lively dance inspired class. Latin, Hip Hop Oldies and more. Geared towards fun and fit older adults.

**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 FORMULA:** This multi-level class will effectively strengthen, tone, and lengthen the entire body through the Pilate’s 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.

**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. 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 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.

**POWER YOGA:** This powerful, energetic, playful flowing class has a strong emphasis on breath and allows for all levels to be challenged in the same class.

**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.

**SPARFIT:** Hit heavy bags, jump ropes, weights, pushups and more! All levels welcome. This is a boxing format.

**SPIN EXPRESS:** 30 Min class! Come enjoy this express class that will challenge for a low body as well as your heart.

**STRENGTH/CORE:** Total body conditioning using a variety of strength equipment and a focused core workout for a leaner, stronger body. Cardio segments are included!

**STRENGTHEN & LENGTHEN:** Geared toward older adults, we will be doing series of standing stretches, balance training and core work. (45min format).

**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. Great workout for the whole body.

**TAI CHI FIT:** Graceful form of exercise now used for stress reduction and a variety of other health conditions. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements.

**TURBO KICK:** Turbo-kick is the workout that wraps you up in the fun of the moves with killer music, so before you know it you are drenched in sweat and you forget you are working out. (Kick-Boxing Inspired)

**WARM WATER PILATES:** Challenge your core, balance, and overall body strength with Pilate’s 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.

**YIN YOGA:** Focuses on the slow patient, opening of the fascial layer of the body. Overtime chronic stiffness and inflexibility of the body restricts mobility and energy flow. 25mins basic Vinyasa flow followed by deep meditative stretch work.

**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. Also a great workout!

**YOGA II:** Intermediate to advance. This class features a series of Asana set in a structured sequence. Guaranteed to challenge your strength, concentration, flexibility, core and peace ending in Shavasana.

**YOGA BARRE:** This hybrid class is a perfect pairing: yoga and barre. This class will get you flowing through Vinyasa sequences designed to warm and torn the body, combined with lower body work and ending with longer stretches, you are getting the best of both workout! All levels welcome.

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

**ZUMBA:** We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.