

# SMALL GROUP FITNESS CLASSES

- Great for All Levels
- Motivating Atmosphere
- Smaller Class Sizes
- Special Equipment
- See Schedule for Times and Pricing
- TRY IT ONCE FOR FREE!!

**BODYPUMP®:** A fast way to shape up and lose body fat. This toning and conditioning class uses weights and is for just about everybody who wants to add strength training to their workout. The simplicity of BODYPUMP makes it a great starting point to develop strength and confidence. Hot sounds and compelling choreography keep you going through each workout. You'll use a step platform, a bar and a set of weights. Participants: Min. 4, Max 14

**BODYPUMP Benefits**

- Burn up to 600 calories per class for fat loss
- Improve your strength
- Improve your general fitness
- Shape and tone your muscles

**FITNESS RUNNING:** Walking, but want to run? Seasoned runner? Marathon runner? This class is designed for runners of all levels and abilities. Learn to improve your form and efficiency with a focus on endurance and speed; plus meet people with similar goals. Included is toning and training to prepare for a race or to stay in shape for the next season. Outdoors weather permitting. Participants: Min. 4, Max 14

**FITNESS SWIMMING:** You'll be guided through a variety of drills to improve your technique, speed and endurance. Held in the Lap Pool, this is a great class for all competitive swimmers and triathletes. Bring: proper swimwear, goggles, cap (women), fins (optional). Participants: Min. 4, Max 12

**HARD TARGET BLAST:** This fun, challenging class combines resistance training of the upper body and lower body major muscle groups with small blasts of high impact cardio (such as burpees, box jumps, mountain climbers, knee tuck jumps, etc). Bring your muscles to fatigue, burn some fat, and have some fun! Participants: Min. 4, Max 9

**HIIT:** HIIT is interval training that combines short intervals of maximum intensity exercise separated by longer intervals of recovery or low to moderate intensity exercise. This high-impact, heart pumping workout will push you past your limits to get you in the shape you've always wanted to be! Participants: Min. 4, Max 14

**SENIORS ON WEIGHTS:** It's important for seniors to be strong in order to maintain healthy bones and remain independent. This class is for our members who are 55 and better, and who are either new to strength training, or looking to challenge themselves more by learning new exercises. Participants: Min. 4, Max. 15

**STRONG by ZUMBA®:** This class combines high intensity interval training (HIIT) with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster. Participants: Min. 4, Max. 14

**TAI CHI:** Feel more invigorated, energized and balanced with this easy style of the Yang Short Form Tai Chi and random style of Chi Gong breathing exercises. Learn a fluid movement routine helping you to control slow movements and balance while also building strength. No equipment, experience, or shoes necessary. Participants: Min. 4, Max. 14

**TRX® SUSPENSION TRAINING:** Want a fast, effective total-body workout? TRX Suspension Training leverages gravity and your own body weight along with the TRX Suspension Trainer™ to challenge your whole body while working in every plane of motion. Build a solid core, increase muscular endurance and strength, as well as improve flexibility and balance. Experience this device in Studio B and My Fitness Studio sessions. Participants: Min. 4, Max 9

**TRX® for SENIORS:** This TRX class is appropriate for those who are intimidated, unfamiliar with TRX, more sedentary or older adults who are active and want to increase strength. Participants: Min. 4, Max 9

**YOGA:** This class will create a pleasant feeling, rejuvenate your spirit, mind and body as well as improve flexibility, strength, vitality and energy. Some poses will be held momentarily to integrate breath work and self-awareness and some poses will flow one-to-another with the breath. Poses can be shown and modified for a variety of levels. You may bring your own yoga mat, if you have one. Participants: Min. 4, Max. 15

**YOGA PLUS:** Build strength, improve flexibility and de-stress. This class will be primarily yoga with a little tai-chi and pilates added in the mix.

## CYCLE CLASSES

**SPINERGY:** Boost your energy levels with SPINergy! This awesome, non-impact workout is for everyone. Come sweat, have fun, and enjoy upbeat music while you challenge yourself with lots of calorie-burning racing! Participants: Min. 4, Max 14

**SPINLATES:** SPIN+PILATES = SPINLATES! We'll start in the Cycle Studio with 30-minutes of spin to burn calories, then move to Studio A for 30-minutes of Pilates to stretch and strengthen the muscles throughout the body. All levels are welcome! Participants: Min. 4, Max 14

**CYCLE COMPLETE:** A full-body workout! Class will include strength training and 30-minutes of cycling. Participants: Min. 4, Max 14

## REGISTER FOR 3 OR MORE CLASSES AT ONCE & SAVE \$10!

### SAVE \$ WITH A SUPERFIT CARD

#### Members: \$75 per session

This card allows you to attend any SMALL GROUP FITNESS LAND OR WATER GROUP FITNESS CLASSES for one low price. Class registrations are not transferable to a SuperFit card after 1<sup>st</sup> week of classes. This card available to members only.

# SMALL GROUP FITNESS CLASS SCHEDULE

🔹 Indicates Aquatic Fitness, class descriptions on page 23

DAY	CLASS	TIME	FEE	INSTRUCTOR	LOCATION
MONDAYS	🔹 WATERinMOTION®	7:00-8:00am	\$25 / \$50	Nicole	Lap Pool
	<b>NEW!</b> YOGA	7:00-7:50am	\$25 / \$50	Jennifer	Studio B
	TAI CHI	9:15-10:05am	\$25 / \$50	Nancy	Studio B
	🔹 GENTLE WAVES	9:15-10:15am	\$25 / \$50	Jeanne	Instructional Pool
	SENIORS ON WEIGHTS	10:15-11:05am	\$25 / \$50	Cathie	Studio B
	BODY PUMP®	12:15-1:15pm	\$25 / \$50	Nancy	Studio C
	🔹 GENTLE WAVES	5:30-6:30pm	\$25 / \$50	Dot	Instructional Pool
	YOGA	6:30-7:20pm	\$25 / \$50	Debbie Z.	Studio B
	BODY PUMP®	6:45-7:45pm	\$25 / \$50	Bryan	Studio C
🔹 WATERinMOTION®	7:30-8:30pm	\$25 / \$50	Minda	Lap Pool	
TUESDAYS	HIIT	5:15-6:05am	\$25 / \$50	Annette	Studio B
	<b>NEW!</b> SPINERGY	7:00-8:00am	\$25 / \$50	Amanda	Cycle Studio
	🔹 AQUA PI-YO CHI	8:00-8:45am	\$22 / \$44	Corrine	Instructional Pool
	YOGA	8:30-9:20am	\$25 / \$50	Tammy	Studio B
	SPINLATES	9:30-10:30am	\$25 / \$50	Angie	Cycle Studio & A
	CYCLE COMPLETE	5:30-6:30pm	\$25 / \$50	Jeanne	Cycle Studio
	FITNESS RUNNING	6:00-7:00pm	\$25 / \$50	Tammy	Indoor Track
	STRONG BY ZUMBA	6:00-7:00pm	\$25 / \$50	Bryan	Studio B
	🔹 AQUA ZUMBA	7:00-8:00pm	\$25 / \$50	Kristina	Lap Pool
WEDNESDAYS	🔹 FITNESS SWIMMING	5:15-6:15am	\$25 / \$50	Beth	Lap Pool
	🔹 WATERinMOTION®	7:00-8:00am	\$25 / \$50	Bryan	Lap Pool
	<b>NEW!</b> YOGA	7:00-7:50am	\$25 / \$50	Jennifer	Studio B
	🔹 AQUA ZUMBA	8:45-9:45am	\$25 / \$50	Angel	Lap Pool
	HARD TARGET BLAST	9:15-10:05am	\$25 / \$50	Cathie	Studio B
	🔹 GENTLE WAVES	9:15-10:15am	\$25 / \$50	Jeanne	Instructional Pool
	YOGA PLUS	10:15-11:05am	\$25 / \$50	Nancy	Studio A
	TRX® for SENIORS	10:15-11:05am	\$25 / \$50	Cathie	Studio B
	SPINERGY	11:00am-12:00pm	\$25 / \$50	Tenille	Cycle Studio
BODY PUMP®	5:30-6:30pm	\$25 / \$50	Kelly	Studio C	
🔹 GENTLE WAVES	5:30-6:30pm	\$25 / \$50	Dot	Instructional Pool	
YOGA	6:30-7:20pm	\$25 / \$50	Debbie Z.	Studio B	
THURSDAYS	HIIT	5:15-6:05am	\$25 / \$50	Annette	Studio B
	<b>NEW!</b> SPINERGY	7:00-8:00am	\$25 / \$50	Amanda	Cycle Studio
	🔹 AQUA PI-YO CHI	8:00-9:00am	\$25 / \$50	Nancy	Instructional Pool
	YOGA	8:30-9:20am	\$25 / \$50	Tammy	Studio B
	CYCLE COMPLETE	5:30-6:30pm	\$25 / \$50	Jeanne	Cycle Studio
	🔹 FITNESS SWIMMING	6:00-7:00pm	\$25 / \$50	Chera	Lap Pool
STRONG BY ZUMBA	7:15-8:15pm	\$25 / \$50	Kristina	Studio B	
FRIDAYS	BODY PUMP®	5:15-6:15am	\$25 / \$50	Annette	Studio C
	TRX® for SENIORS	9:15-10:05am	\$25 / \$50	Cathie	Studio B
	🔹 GENTLE WAVES	9:15-10:15am	\$25 / \$50	Jeanne	Instructional Pool
	🔹 AQUA ZUMBA	9:00-10:00am	\$25 / \$50	Angel	Lap Pool
	TRX® for SENIORS	10:15-11:05am	\$25 / \$50	Cathie	Studio B
BODY PUMP®	12:15-1:15pm	\$25 / \$50	Nancy	Studio C	
SATURDAYS	BODY PUMP®	6:15-7:15am	\$25 / \$50	Annette/Kelly	Studio C
	<b>NEW!</b> YOGA	7:00-7:50am	\$25 / \$50	Jennifer	Studio A

FEE: Y Member / General Public

