### Aquatics Schedule

Aquatic classes are great for beginners, pregnant exercisers, and cancer survivors. As well as those with diabetes, arthritis and fibromyalgia. 

*It is recommended for those with diabetes to wear footwear in the pool.

**KEY**

- All shaded classes can be modified for all fitness levels
- Beginner Friendly Classes: Easy to follow, low impact classes that are gentle on the joints, build endurance, strength, balance and flexibility.

Instructors may be substituted without prior notice.

All classes last 60 minutes, unless noted otherwise.

- * 30 minute class
- ^ 45 minute class
- ** 75 minute class

#### Monday

- **9:30 AM**
  - Ai Chi (Barb B.)

#### Tuesday

- **10:30 AM**
  - Sr. Aqua^ (Maura)
- **2:15 PM**
  - Arthritis Aqua (Barb B.)
- **4:15 PM**
  - New You^ (Barb B.)

#### Wednesday

- **10:30 AM**
  - Sr. Aqua (Kim)
- **2:15 PM**
  - Arthritis Aqua (Barb B.)
- **4:15 PM**
  - Aqua Zumba 4:30 (Abby)
- **5:00 PM**
  - Aqua (Barb B.)

#### Thursday

- **10:30 AM**
  - Arthritis Aqua (Barb B.)
- **4:15 PM**
  - New You^ (Barb B.)

#### Friday

- **10:30 AM**
  - Sr. Aqua (Diane)
- **4:15 PM**
  - New You^ (Barb B.)

#### Saturday

- **6:00 PM**
  - Aqua Tone (Kim)

### Land Schedule

Land classes are great for those wanting to improve overall fitness. Basic classes will benefit those with osteoporosis, diabetes and cancer survivors. As well as those with arthritis and fibromyalgia.

#### Monday

- **6:00 AM**
  - Yoga (Zo)
- **9:00 AM**
  - Cycle Circuit^ (Regina)
- **10:15 AM**
  - Room Reserved Breathing Class

#### Tuesday

- **9:30 AM**
  - Stretch & Tone (Karen)
- **10:30 AM**
  - Gentle Yoga^ (Kaaren)
- **12:15 PM**
  - Pilates^ (Sylvia)

#### Wednesday

- **9:00 AM**
  - Yoga (Zo)
- **10:00 AM**
  - Room Reserved Cancer Queens
- **12:30 PM**
  - Basic Training 12:30 (Susan)

#### Thursday

- **9:30 AM**
  - Cycle^ (Karen/Maura)
- **10:00 AM**
  - Room Reserved Cancer Queens
- **12:30 PM**
  - Zumba^ (Kath)

#### Friday

- **9:30 AM**
  - Yoga (Zo)
- **10:00 AM**
  - Tai Chi (Rusty)
- **12:00 PM**
  - Tap Dance 12:00 (Denise)

#### Saturday

- **6:00 PM**
  - Zumba / Zumba Toning (Valerie)
<table>
<thead>
<tr>
<th>Class</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cycle</td>
<td>A stationary bike class in which participants are challenged to ride through various intervals!</td>
</tr>
<tr>
<td>Cycle Circuit</td>
<td>This class includes interval training on the stationary bike as well as strength training exercises.</td>
</tr>
<tr>
<td>Sculpt</td>
<td>30 minute class designed to strengthen muscles. Expect use of Resist-A-Balls, weights, tubing and balance trainers! Take this class after Step or before Spin for a total body workout! (all levels)</td>
</tr>
<tr>
<td>Gentle Stretch</td>
<td>30 minute class designed to improve flexibility</td>
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<tr>
<td>Basic Training</td>
<td>This interval training class alternates aerobic exercise with strength training. Students use body resistance along with handheld weights, Bosu, resistance tubing, balance balls and other equipment. All fitness levels are welcome; activities can be modified for beginning exercisers</td>
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<tr>
<td>Pilates</td>
<td>Both standing and floor exercises are utilized to improve muscular strength and endurance, especially in the abdomen and low back. (all Levels)</td>
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<tr>
<td>Stretch &amp; Tone</td>
<td>Ideal for seniors, beginning exercisers and for those returning to exercise after an absence. This class focuses on “functional fitness” to improve the quality of everyday life by increasing muscle tone, strengthening heart and lungs, and improving balance and flexibility.</td>
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<tr>
<td>Express Step</td>
<td>This med-paced step aerobics class offers more basic choreography and dance patterns yet is challenging and allows you to add our own advanced modifications for additional a cardiovascular workout (basic/int Levels)</td>
</tr>
<tr>
<td>Power Step</td>
<td>This fast-paced step aerobics class offers more exciting choreography and dance patterns to challenge participants while giving them a great cardiovascular workout (int./adv. Levels)</td>
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<tr>
<td>Sword Play</td>
<td>Students wield a three-foot wooden bokken in this martial arts-inspired workout. Japanese drum and contemporary rock music accompany traditional samurai sword training moves and strikes. No experience needed; beginners are welcome.</td>
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<tr>
<td>Tap Dance</td>
<td>This fun class teaches the basics of tap dancing. This great workout also can improve agility and balance. Tap shoes recommended, but not required.</td>
</tr>
<tr>
<td>Yoga/Barre Fusion</td>
<td>This class combines the instructor’s background in yoga, Pilates, ballet, modern dance and martial arts to create a unique blend of movement styles that energize body and mind, relieve stress, improve focus and promote deep relaxation. Suitable for all fitness levels, beginners welcome.</td>
</tr>
<tr>
<td>Zumba®</td>
<td>It’s an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that’s moving millions of people toward joy and health.</td>
</tr>
<tr>
<td>BootCamp</td>
<td>This is an interval training class that combines aerobic exercise with strength training. Students use props including handheld weights, steps, Bosu, balance balls and resistance bands. All fitness levels welcome. Activities can be modified for beginning exercisers.</td>
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<tr>
<td>OnTrack</td>
<td>A grab bag of playground games and sports drills done on the indoor track. This 30-minute express workout promotes teamwork, fitness and fun.</td>
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<tr>
<td>Awesome Abs</td>
<td>Forget crunches, the best way to shape up your core is through a variety of standing and floor exercises. A combination of calorie burning drills and balance challenging props helps students tone the complex of abdominal and back muscles that make up the core. Do On Track before this class for a total body workout.</td>
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<tr>
<td>Tai Chi</td>
<td>Tai Chi is a special Chinese martial art that includes a series of slow movements which cultivates internal energy and the development of balance. Tai Chi has been referred to as a moving meditation and a powerful key to relaxation, stress reduction, strength building, and concentration. Appropriate for individuals of any ability provided they are able to stand independently.</td>
</tr>
<tr>
<td>Zumba/Zumba Tone</td>
<td>This class mixes strength training with the use of dumbbells with the Latin-inspired dance moves to give you a total body workout.</td>
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<tr>
<td>Healing Qigong</td>
<td>60 minutes of gentle movement, breath, and stillness that nurtures non-judgmental awareness and a kind relationship with body and self. This class will focus on qigong practices that still the mind, connect with the body, and soothe the heart. Practices induce a relaxation response that may positively impact the immune system, inner strength, and vital energies. Holding the body and self in compassionate loving-kindness is an important aspect of creating the conditions needed to optimize the body’s natural healing ability. Appropriate for individuals of any ability and those with all medical conditions.</td>
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<tr>
<td>Yoga Level 1</td>
<td>Beginner paced yoga class with a focus on building strength, flexibility, stamina, and balance. Students will learn healthy and healing body alignment in and through yoga poses—breaking poses down so that new or refreshing students can understand how classical yoga practices work and how to implement them in a home practice. Students learn breath awareness and the therapeutic benefits of syncing movement with breath. Appropriate for individuals interested in a traditional yoga class, including first time students. Instructors are able to show modifications for each pose and for general health concerns.</td>
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<tr>
<td>Gentle Yoga</td>
<td>Gentle Yoga is a slower paced class focused on creating balance in the body through developing both strength and flexibility. Students will learn gentle movements, postures, slow deep-breathing, meditation, and relaxation at a pace that feels comfortable for each individual. These classes are slow and emphasize taking care. Appropriate for individuals of any ability and those with all medical conditions. Instructors are able to show modifications for each pose and for all medical conditions.</td>
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<tr>
<td>Ai Chi</td>
<td>Ai Chi is a water movement and relaxation program which can be enjoyed by anyone, regardless of fitness level or mobility, including those living with chronic illness, pain, or anxiety and who are so in need of movement activity for wellness. Swim skill are not required; hair and eye wear will not be soaked. Each flowing warm water session will calmly meet individuals exactly as they are. Appropriate for individuals of any ability and those with all medical conditions.</td>
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<tr>
<td>Aqua Zumba®</td>
<td>is a safe, challenging, water-based workout that’s cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.</td>
</tr>
<tr>
<td>New You Arthritis Aqua</td>
<td>A relaxed-pace aqua class for those new or returning to exercise following an illness or injury. This class may especially benefit those with arthritis, fibromyalgia, and multiple sclerosis. This is an easy-does-it class with gentle, range-of-motion exercises designed by the Arthritis Foundation.</td>
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<tr>
<td>Aqua Circuit</td>
<td>This fast-paced class alternates cardiovascular exercise and strength circuits.</td>
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<tr>
<td>Aqua Tone</td>
<td>This 45-minute class is designed to improve muscle strength and endurance using the water’s resistance and various types of equipment. Non-swimmers are welcome. This class is joint friendly. (all levels)</td>
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<tr>
<td>Aqua Aerobics</td>
<td>A fast-paced shallow-water pool class that uses dance routines, athletic drills, barbells, noodles and resistance bands to improve cardiovascular fitness. Non-swimmers are welcome. (all levels)</td>
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<tr>
<td>Sr. Aqua</td>
<td>A fun-filled, joint-friendly aerobic and strength workout in the pool. Non-swimmers are welcome!</td>
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<tr>
<td>Water Workout</td>
<td>This class emphasizes the joy of moving in water while offering students a safe and effective cardiovascular, body toning workout. Suitable for all fitness levels.</td>
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<tr>
<td>HEAT</td>
<td>This class makes maximum use of water resistance to increase heart rate, burn calories and challenge muscles in water. Using a variety of props such as kickboards, buoys, balls, and sand weights, students build cardiovascular endurance and muscle tone. Intermediate to advanced level.</td>
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