

LAND and AQUA CLASS MENU

EFFECTIVE 11-2-2020

NO CLASSES on Thanksgiving, Christmas Eve, New Year's Eve and New Year's Day.

IMPORTANT INFORMATION:

- To provide safe physical distancing for members taking classes, we have set the following capacity limitations:
 - Large Studio capacity = 20 participants
 - Cycle Alcove capacity = 10 participants
 - Lap Pool capacity = 24 participants
 - Therapy Pool capacity = 15 participants
- You can reserve your place in a class **24 HOURS IN ADVANCE** by:
 - Going to fitnesspointe.org and clicking the **GROUP EXERCISE SCHEDULER** in the red bar
 - Calling Fitness Pointe at 219-924-5348
- If the class is full, you can call Fitness Pointe and add your name to the **WAIT LIST**.
- Please arrive 5-10 minutes before the class begins. Enter through the west doors. If you have not arrived by the start time of that class, your spot may be given to someone on the wait list.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30-8:10A Med. Yoga Andy (LS) CLICK HERE TO SIGN UP		6:30-7:10A Beginning Yoga Andy (LS) CLICK HERE TO SIGN UP		7:30-8:10A Med. Yoga Andy (LS) CLICK HERE TO SIGN UP	7:30-8:10A Med. Yoga Andy (LS) CLICK HERE TO SIGN UP
9-9:40A T.B.T. Deidra (LS) CLICK HERE TO SIGN UP	9-9:40A Zumba Lilia (LS) CLICK HERE TO SIGN UP	9-9:40A T.B.T. Cindy (LS) CLICK HERE TO SIGN UP	9-9:40A Step Mix Up Cindy (LS) CLICK HERE TO SIGN UP	9-9:40A R.I.P.P.E.D. Lilia (LS) CLICK HERE TO SIGN UP	9:30-10:10A W.W.O. Kathy P. (LS) CLICK HERE TO SIGN UP
9-9:40A Aqua II Patty (LP) CLICK HERE TO SIGN UP	9-9:40A FUNctional Flow Kathy J. (TP) CLICK HERE TO SIGN UP	9-9:40A Aqua II Patty (LP) CLICK HERE TO SIGN UP	9-9:40A FUNctional Flow Kathy J. (TP) CLICK HERE TO SIGN UP	9-9:40A Aqua II Kathy P. (LP) CLICK HERE TO SIGN UP	10:30-11:10A Zumba Lilia (LS) CLICK HERE TO SIGN UP
10:15-10:55A Yogilates Katie (LS) CLICK HERE TO SIGN UP	10-10:40A STRONG Rachel (LS) CLICK HERE TO SIGN UP	10:15-10:55A Pilates Katie (LS) CLICK HERE TO SIGN UP	10:15-10:55A Barre Fit Katie (LS) CLICK HERE TO SIGN UP	10:15-10:55A Pilates Katie (LS) CLICK HERE TO SIGN UP	10:30-11:10A Cycle Bobbie (CA) CLICK HERE TO SIGN UP
11:15-11:55A Chair Yoga Cindy (LS) CLICK HERE TO SIGN UP		11:15-11:55A Chair Yoga Kim (LS) CLICK HERE TO SIGN UP			
5:15-5:55P Anything Goes Aziza (LS) CLICK HERE TO SIGN UP	5:15-5:55P Aqua Yoga Pam (TP) CLICK HERE TO SIGN UP	5:15-5:55P Aqua Pilates Bobbie (TP) CLICK HERE TO SIGN UP			
6-6:40P Cycle Colleen (CA) CLICK HERE TO SIGN UP	5:30-6:00P Cardio Chaos Kathy P. (LS) CLICK HERE TO SIGN UP	6:15-6:55P PiYo Pam (LS) CLICK HERE TO SIGN UP	6:15-6:55P W.W.O. Kathy P. (LS) CLICK HERE TO SIGN UP		
6-6:40P Aqua II Aziza (LP) CLICK HERE TO SIGN UP	6:15-6:55P W.W.O. Kathy P. (LS) CLICK HERE TO SIGN UP				

KEY: LS = LARGE STUDIO / CA= CYCLE ALCOVE / LP = LAP POOL / TP = THERAPY POOL

CLASS REMINDERS:

QUALITY CONTROL: CLASSES FOLLOW OSHA GUIDELINES OF <85 DB OF SOUND.



NOTE: CONSULT WITH INSTRUCTOR FOR CLASS APPROPRIATE FOOTWEAR.



FOR YOUR SAFETY, PLEASE DO NOT ENTER ANY CLASS WHILE IT IS IN SESSION.

CLASS DESCRIPTIONS:

Anything Goes - A well-rounded strength workout incorporating a variety of formats and equipment. Each week's workout will be different.

Aqua II - These classes incorporate a wide variety of class formats (aerobic to toning), with or without water equipment (resistance cuffs, noodles, etc.) and a range from shallow to deep water.

Aqua Pilates - Learn to challenge stability and increase core strength. Pilates principles will be implemented and adapted for the water.

Aqua Yoga - This class is designed to relax, stretch and calm. Move through various yoga poses that increase flexibility. All poses will be adapted for the water.

Barre Fit - This total body conditioning regimen combines ballet, Pilates, strength and flexibility training using a ballet barre.

Beginning Yoga - A beginning yoga class emphasizing breath and postures that promote flexibility, energy, peace and resilience.

Cardio Chaos - A fun cardio workout using a variety of styles and techniques.

Chair Yoga - Experience the beauty of yoga and meditation while seated and standing with a chair for support.

Cycle - This class will offer a great total body workout on upright cycles.

FUNctional Flow - This class will focus on improving balance, agility, coordination, strength, flexibility and endurance which will help you function effectively and efficiently throughout each day.

Med. (Meditation) Yoga - A beginning Hatha Yoga class that promotes inner peace and balance through breath and meditation.

Pilates - Based on the theories of Joseph H. Pilates, this unique stretching and strengthening program will improve your alignment, coordination, strength and flexibility through specific mat work exercises that focus on abdominal control and pelvic stability.

PiYo - Designed to increase flexibility, strength & cardio stamina using a combo of Pilates & yoga poses sped up to music.

R.I.P.P.E.D Resistance, Intervals, Power, Plyometrics, Endurance (modified) - This total body toning and strengthening workout utilizes free weights, resistance and body weight exercises.

Step Mix Up - This unique class combines intervals of step and conditioning/toning. Core segments may also be included.

STRONG - Stop counting the reps. Start training to the beat. STRONG combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music designed to match every single move.

T.B.T. - Total Body Toning - This well-rounded workout will strengthen the muscles of the upper, middle and lower body using various props.

W.W.O. - Weighted WorkOut - The perfect total body strength and muscle-firming workout uses dumbbells, bands, tubing and bars.

Yogilates - An exciting new style of yoga that integrates the techniques of Joseph Pilates with Hatha Yoga. Participants will discover how to use their breath, proper alignment and "hidden powerhouse" to achieve greater results.

Zumba - An energizing dance class featuring Latin and International music taught by our certified Zumba instructors.

Class Cancellation Policy - Classes may be cancelled due to one of the following reasons:

1. **Single class with less than two participants will be determined by Instructor.**
2. **Classes with less than five participants over a two-month period may be cancelled until further notice.**