

LAND and AQUA CLASS MENU

PHASE 3 = EFFECTIVE 9-8-2020

IMPORTANT INFORMATION:

- To provide safe physical distancing for members taking classes, we have set the following capacity limitations:
 - Large Studio capacity = 20 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
		6:30-7:10A Rest. 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	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 (LS) CLICK HERE TO SIGN UP
9-9:40A Aqua II Patty (LP) CLICK HERE TO SIGN UP		9-9:40A Aqua II Patty (LP) CLICK HERE TO SIGN UP		9-9:40A Aqua II Kathy (LP) CLICK HERE TO SIGN UP	
10:15-10:55A Pilates Katie (LS) CLICK HERE TO SIGN UP		10:15-10:55A Pilates Katie (LS) CLICK HERE TO SIGN UP		10:15-10:55A Pilates Katie (LS) CLICK HERE TO SIGN UP	10:30-11:10A Zumba Lilia (LS) CLICK HERE TO SIGN UP
5-5:40P T.B.T. Aziza (LS) CLICK HERE TO SIGN UP	5:15-5:55P Aqua Yoga Pam (TP) CLICK HERE TO SIGN UP	5-5:40P W.W.O. Bobbie (LS) CLICK HERE TO SIGN UP			
6-6:40P Aqua II Aziza (LP) CLICK HERE TO SIGN UP	5:30-6:00P Cardio Chaos Kathy (LS) CLICK HERE TO SIGN UP				
	6:15-6:55P W.W.O. Kathy (LS) CLICK HERE TO SIGN UP		6:15-6:55P W.W.O. Kathy (LS) CLICK HERE TO SIGN UP		

KEY:

LS = LARGE STUDIO

LP = LAP POOL

TP = THERAPY POOL

CLASS REMINDERS:**QUALITY CONTROL: "CHECKS" ASSURE THAT OUR 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:

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 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.

Cardio Chaos - (this class will meet in the Large Studio and will be held outside, weather permitting) A fun, intense cardio workout using a variety of styles and techniques.

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.

Rest. (Restorative) Yoga - This class uses props and postures to restore and heal the over stressed, distracted body/mind as well as breath and body work to open areas such as the back, hips and shoulders while reducing stress and promoting healing. Wear loose comfortable clothing.

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.

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.

Zumba - Join the hottest dance workout craze. Our certified Zumba instructors will have you doing the Salsa, Cha-cha and Meringue to the driving Latin rhythms of Zumba.

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 three-month period may be cancelled until further notice.**