

LAND and AQUA CLASS MENU

EFFECTIVE JANUARY 9, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
★ 7:30-8:20A Slow Flow Yoga Rey (LS)		★ 7-7:50A Slow Flow Yoga Fran (LS)		★ 7:30-8:20A Slow Flow Yoga Rey (LS)	★ 7:30-8:20A Slow Flow Yoga Sissy (LS)
		8:30-9:20A Rest. Yoga Fran (UCL)	★ 8-8:50A Power Core Yoga Lisa (LS)		7:30-8A Treadmill Trek Bobbie (FF) CLICK HERE TO SIGN UP
9-9:50A T.B.T. Deidra (LS)	9-9:50A Zumba Lilia (LS)	9-9:50A T.B.T. Cindy (LS)	👤 9-9:50A Step Mix Up Lisa (LS)	9-9:50A R.I.P.E.D. Lilia (LS)	8:30-9:20A Pilates Sculpt Kathleen (LS)
9-9:50A Aqua II Kathy P. (LP)		👤 9-9:50A Aqua II Kim (LP)		9-9:50A Aqua II Kathy P. (LP)	8:30-9:20A Cycle Bobbie (CA) CLICK HERE TO SIGN UP
	9-9:40A FUNctional Flow Pam (TP)		9-9:40A FUNctional Flow Kim (TP)	9-9:40A Aqua Tone Pam (TP)	9:30-10:20A W.W.O. Kathy P. (LS)
		👤 10-10:50A Anything Goes Rachel/Lilia (LS)	10:15-11:05A Tone & Balance Katie (LS)	★ 10-10:25A B.C.S. Pam (LS)	
10:15-11:05A Pilates Katie (LS)	10-11A STRONG Rachel (LS)	10:15-11:05A Yogilates Katie (UCL)		10:15-11:05A Pilates Katie (UCL)	10:30-11:20A Zumba Lilia (LS)
11:15-11:55A Chair Yoga Cindy (LS)	11:15-11:55A F.L.Y. Louise (LS)	11:15-11:55A Chair Yoga Kim (LS)	11:15-11:55A F.L.Y. Louise (LS)		
5:15-6:05P Anything Goes Aziza (LS)	5:15-5:55P FUNctional Flow Pam (TP)	5-5:40P Aqua Pilates Bobbie (TP)	5:15-5:55P T.B.C. Lisa (LS)	NEW INSTRUCTOR= 👤	QUALITY CONTROL: OSHA GUIDELINES OF <85 DB OF SOUND
	5:30-5:55P Cardio Chaos Kathy P. (LS)		5:30-5:55P Cycle Kathy (CA) CLICK HERE TO SIGN UP	NEW CLASS= ★	
6-6:50P Cycle Colleen (CA) CLICK HERE TO SIGN UP	6:15-7:05P W.W.O. Kathy P. (LS)	6-6:50P Deep Water Bobbie (LP)	★ 6-6:50P Slow Flow Yoga Rey (UCL)	NEW TIME= 🕒	
6:15-7:05P Aqua II Aziza (LP)		5:30-6:20P Power Blend Leslie (LS)	6:15-7:05P W.W.O. Kathy P. (LS)	KEY: LS = LARGE STUDIO UCL = UPSTAIRS CLASSROOMS FF = FITNESS FLOOR CA = CYCLE ALCOVE LP = LAP POOL TP = THERAPY POOL	

IMPORTANT INFORMATION:

- You can reserve your place in a Cycle or Treadmill Trek 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 Cycle or Treadmill Trek class is full, you can call Fitness Pointe and add your name to the WAITLIST.
- Cycle class limit is 21 participants / Treadmill Trek class limit is 5 participants.

CLASS DESCRIPTIONS:

Anything Goes - A well-rounded cardio workout incorporating a variety of formats (kickboxing, step and strength). Different class each week.

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 Tone - Muscle toning workout using noodles, paddles, kick boards and hand buoys as well as the natural resistance provided by the water. This is the perfect place to start an exercise program or for those individuals transitioning from a rehab or therapy program.

B.C.S. - Balance Core and Stretch - This class is designed to lengthen tight muscles through holding stretches and tighten the core muscles using effective techniques to build strength and improve overall balance.

Cardio Chaos - A fun, intense 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. (Friday's class will incorporate a free weight section)

Deep Water - A GREAT non-impact aerobics class using water equipment such as noodles, buoyancy belts and resistance cuffs. Buoyancy belts provided. No swimming skills required.

F.L.Y. - Functional Living Yoga - Experience the beauty of yoga and meditation while seated and standing with a chair for support.

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

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.

Pilates Sculpt - Expands upon beginner Pilates, progresses towards more advanced techniques while incorporating weights, balls and bands.

Power Blend - A powerful mix of cardio, kickboxing and strength. Suitable for all fitness levels. This total body workout will utilize free weights and body weight exercises.

Power Core Yoga - Fitness based Vinyasa practice that is designed to build strength and endurance. Sequences vary and poses are held for a shorter duration.

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.

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.

Slow Flow Yoga - The slower pace builds strength through holding poses and brings a deep awareness to each individual pose. Options will be given so that each participant can challenge themselves while allowing more time in the poses and the transitions.

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.C. - Total Barre Conditioning - This class incorporates cardio and core work with strength and toning of Barre fitness.

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

Tone & Balance - This class will feature a variety of exercises designed to increase strength, range of movement, balance, posture and core stability. Barre work may be incorporated.

Treadmill Trek (Trekking) - Trekking is a treadmill-based cardio training class appropriate for both runners and walkers. It alternates between exciting speed and hill work interspersed with recovery periods.

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. If a certified Zumba instructor is not available, this class will be taught as Dance Fitness.

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.**