

LAND and AQUA CLASS MENU

EFFECTIVE SEPTEMBER 3, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30-8:20A Slow Flow Yoga Rey (LS)		 7:30-8:20A 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.P.E.D. Lilia (LS)	8:30-9:20A Pilates Sculpt Kathleen (LS)
9-9:50A Aqua II Kathy (LP)		9-9:50A Aqua II Kim (LP)		9-9:50A Aqua II Kathy (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 (LS)
10:15-11:05A Pilates Katie (LS)	10-11A STRONG Rachel (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 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 Chair Yoga Louise (LS)	11:15-11:55A Chair Yoga Kim (LS)	11:15-11:55A Chair Yoga Louise (LS)	10:30-11:10A Zumba Gold Lilia (LS)	
5:15-6:05P Anything Goes Aziza (LS)	5:15-5:55P FUNctional Flow Pam (TP)	 5-5:25P MFR & Core Lisa (LS)	 5:15-5:55P T.B.C. Pam (LS)	NEW INSTRUCTOR= 	QUALITY CONTROL: OSHA GUIDELINES OF <85 DB OF SOUND
	5:30-5:55P Cardio Chaos Kathy (LS)	5-5:45P Aqua Pilates Bobbie (TP)	5:30-5:55P Cycle Kathy (CA) CLICK HERE TO SIGN UP	NEW CLASS=  NEW TIME= 	CLASS CANCELLATION POLICY: ANY CLASS WITH LESS THAN TWO PARTICIPANTS WILL BE DETERMINED BY INSTRUCTOR.
6-6:50P Cycle Colleen (CA) CLICK HERE TO SIGN UP	6:15-7:05P W.W.O. Kathy (LS)	5:30-6:20P Power Blend Leslie (LS)	6-6:50P Slow Flow Yoga Rey (UCL)	KEY: LS = LARGE STUDIO UCL = UPSTAIRS CLASSROOMS FF = FITNESS FLOOR CA = CYCLE ALCOVE LP = LAP POOL TP = THERAPY POOL	
6:15-7:05P Aqua II Aziza (LP)		6-6:45P Deep Water Bobbie (LP)	6:15-7:05P W.W.O. Kathy (LS)		

IMPORTANT INFORMATION:

- Reservations are not required; however, you can reserve your place in a Cycle or Treadmill Trek class 24 hours in advance by:
 - Going to fitnesspointe.org and clicking CLASSES then GROUP EXERCISE SCHEDULER
 - 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.

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.

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.

MFR & Core - Myofascial Release & Core - This foam rolling class combines essential core training with restorative self-myofascial release techniques. Every moment recruits trunk muscles, creating a strong foundation for any physical challenge.

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 (Trekkling) - Trekkling 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.

Zumba Gold - This class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat and prepare to leave empowered and feeling strong. Participation can be either standing or seated.