















## LAND and AQUA FALL SCHEDULE

Effective: Sept. 16 - Dec. 21, 2024

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 Yoga Plus Tracie (LS)	7:30-8:20A Slow Flow Yoga Rey (LS)	 7:15-7:45A Treadmill Trekking Bobbie (FF)
		8:30-9:20A Restorative Yoga Fran (UCL)			7:30-8:20A Slow Flow Yoga Sissy (LS)
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 Kim (LS)	9-9:50A R.I.P.P.E.D. Lilia (LS)	 8-8:50A Cycle Bobbie (CA)
9-9:50A Aqua II Kathy (LP)		9-9:50A Aqua II Kim (LP)		9-9:50A Aqua II Kathy (LP)	 8:15-8:55A Pilates Sculpt Kathleen (UCL)
	9-9:40A FUNctional Flow Pamela (TP)		9-9:40A FUNctional Flow Pamela (TP)	9-9:40A Aqua Tone Pamela (TP)	 9-9:50A W.W.O. Kathy (LS)
★ 10-10:50A Interval Jam Pamela (LS)	10-10:50A STRONG Rachel (LS)	10-10:50A Tabata Lilia (LS)	★ 10-10:50A Pumped Up F.S. Pamela (LS)	10-10:40A Zumba Gold Lilia (LS)	 10-10:50A Zumba Lilia (LS)
 10-10:50A Pilates Katie (UCL)		 10-10:50A Yogilates Katie (UCL)	 10-10:50A Tone & Balance Katie (UCL)	 10-10:50A Pilates Katie (UCL)	
 11-11:40A Chair Yoga Cindy (LS)	 11-11:40A Chair Yoga Louise (LS)	 11-11:40A Chair Yoga Kim (LS)	 11-11:40A Chair Yoga Louise (LS)		
★ 5-5:50P Cycle Bobbie (CA)		5-5:45P Aqua Pilates Bobbie (TP)			<u>QUALITYCONTROL</u> OSHA GUIDELINES OF <85 DB OF SOUND
5:15-6:05P Anything Goes Aziza (LS)	5:15-5:55P FUNctional Flow Pamela (TP)	★ 5:15-6:05P Yogilates Kathleen (UCL)	5:15-5:55P T.B.C. Pamela (LS)	CLASS CANCELLATION POLICY: ANY CLASS WITH LESS THAN TWO PARTICIPANTS WILL BE DETERMINED BY INSTRUCTOR.	
	5:30-5:55P Cardio Chaos Kathy (LS)	★ 5:30-6:20P Interval Power Leslie (LS)	5:30-5:55P Cycle Kathy (CA)	KEY: CA = CYCLE ALCOVE FF = FITNESS FLOOR LS = LARGE STUDIO UCL = UPSTAIRS CLASSROOMS	
6:15-7:05P Zumba Flor (LS)	6:15-7:05P W.W.O. Kathy (LS)	6-6:45P Deep Water Patty (LP)	6-6:50P Vinyasa I Rey (UCL)	LP = LAP POOL TP = THERAPY POOL	
6:15-7:05P Aqua II Aziza (LP)		★ 6:30-7:20P Zumba Flor (LS)	6:15-7:05P W.W.O. Kathy (LS)	NEW CLASS = ★ NEW INSTRUCTOR =  NEW TIME = 	

## CLASS DESCRIPTIONS:

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

**Aqua II** - This class incorporates a wide variety of class formats (aerobic to toning), with or without water equipment (hand buoys, noodles, etc.)

**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 various pieces of equipment, 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.

**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. Equipment 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.

**Interval Jam** - Interval cardio workout with combinations of pumped up functional strength blocks and alternating turbo kick blocks.

**Interval Power** - 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.

**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.

**Pumped Up F.S. - Pumped Up Functional Strength** - Designed for everyone to strengthen skeletal muscles. Come strengthen and balance your body as you actively age.

**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 cardio kickboxing.

**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.

**Tabata** - A HIIT program that is scientifically proven to help increase cardiovascular and muscular systems. Timed intervals will keep you moving and resting to gain maximum benefits during this class.

**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 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.

**Vinyasa I** - Designed for beginners to intermediate participants. This yoga class can bring more energy to your life; improve concentration, increase strength and balance. All movements are connected to a breath.

**W.W.O. - Weighted WorkOut** - The perfect total body strength and muscle-toning workout using dumbbells, bands, tubing and bars.

**Yoga Plus** - This class is designed to improve strength, balance and flexibility through core work, dynamic and functional movements with longer hold time for some poses.

**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.

**Zumba Gold** - This class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination.