


## Land and Aqua Holiday Schedule

MONDAY Dec. 22, 2025	TUESDAY Dec. 23, 2025	WEDNESDAY Dec. 24, 2025	THURSDAY Dec. 25, 2025	FRIDAY Dec. 26, 2025	SATURDAY Dec. 27, 2025
7:30-8:20A Slow Flow Yoga Rey (LS)		<b>FACILITY HOURS: 5 A-1 P</b>  <b>NO GROUP EXERCISE CLASSES</b>	<b>FACILITY IS CLOSED</b>  <i>Happy Holidays!</i>	7:30-8:20A Slow Flow Yoga Rey (LS)	7:15-7:45A Treadmill Trekking Michelle (FF)
9-9:50A T.B.T. Deidra (LS)	9-9:50A Zumba Lilia (LS)				8-8:50A Cycle Michelle (CA)
9-9:50A Aqua II Kathy (LP)	9-9:40A Functional Flow Pamela (TP)			9-9:50A R.I.P.P.E.D. Lilia (LS)	9-9:50A W.W.O. Kathy (LS)
10-10:50A Pilates Katie (LS)	10-10:50A Functional Strength Pamela (LS)			10-10:40A Zumba Gold Lilia (LS)	10-10:50A Zumba Lilia (LS)
10-10:50A Cycle Pamela (CA)				10-10:50A Pilates Katie (LPT)	
11-11:40A Chair Yoga Cindy (LS)	11-11:25A Chair Drumming Kim (LS)				
5:15-6:05P Anything Goes Aziza (LS)	5:30-5:55P Cardio Chaos Kathy (LS)				
6:15-7:05P Aqua II Aziza (LP)	6:15-7:05P W.W.O. Kathy (LS)				
MONDAY Dec. 29, 2025	TUESDAY Dec. 30, 2025	WEDNESDAY Dec. 31, 2025	THURSDAY Jan. 1, 2026	FRIDAY Jan. 2, 2026	SATURDAY Jan. 3, 2026
7:30-8:20A Slow Flow Yoga Rey (LS)		<b>FACILITY HOURS: 5 A-1 P</b>  <b>NO GROUP EXERCISE CLASSES</b>	<b>FACILITY HOURS: 5 A-1 P</b>  	7:30-8:20A Slow Flow Yoga Rey (LS)	7:15-7:45A Treadmill Trekking Bobbie (FF)
	9-9:50A Zumba Nicole (LS)				8-8:50A PiYo Pamela (LS)
9-9:50A Aqua II Kathy (LP)	9-9:40A Functional Flow Pamela (TP)			9-9:50A R.I.P.P.E.D. Lilia (LS)	8-8:50A Cycle Bobbie (CA)
10-10:50A Cycle Pamela (CA)	10-10:50A Functional Strength Pamela (LS)			10-10:40A Zumba Gold Lilia (LS)	9-9:50A W.W.O. Kathy (LS)
10-10:50A Pilates Katie (LS)	11-11:25A Chair Dance Kim (LS)			10-10:50A Pilates Katie (LPT)	10-10:50A Zumba Nicole (LS)
11-11:40A Chair Yoga Pamela (LS)	5:30-5:55P Cardio Chaos Kathy (LS)			11-11:40A Brain, Balance and Beyond Sue (LS)	
	6:15-7:05P W.W.O. Kathy (LS)				

## 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.)

**Brain, Balance and Beyond** - Blend engaging movements with cognitive challenges to enhance your overall well-being! This fun and supportive class is designed for seniors, focusing on improving balance, grip strength and mental sharpness.

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

**Chair Dance** - Enjoy a fun, total body exercise experience to music from a variety of decades while seated in a chair.

**Chair Drumming** - This unique exercise class combines drumming (with drum sticks) on an exercise ball or another chair all while seated making it suitable for everyone. Enjoy upbeat music and making some noise with other drummers.

**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 and flexibility, which will help you function effectively and efficiently throughout each day.

**Functional Strength** - This class will focus on building strength and mobility in a way that mirrors real-life movements and activities. This approach helps to improve coordination and balance while improving overall functional ability.

**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. Come ready to sweat!

**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.

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

**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.

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

**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.

<b>KEY:</b> CA = CYCLE ALCOVE FF = FITNESS FLOOR LS = LARGE STUDIO LPT = LARGE PERSONAL TRAINING STUDIO  LP = LAP POOL TP = THERAPY POOL	<b>QUALITY CONTROL:</b>  OSHA GUIDELINES OF <85 DB OF SOUND	<b>CLASS CANCELLATION POLICY:</b>  ANY CLASS WITH LESS THAN TWO PARTICIPANTS WILL BE DETERMINED BY INSTRUCTOR.
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