

Land and Aqua Fall/Winter Schedule

Effective: Aug. 31-Dec. 19, 2026 (No classes on Monday, Sept. 7 and Thursday, Nov. 26)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30-8:20A Slow Flow Yoga Rey (LS)		7:30-8:20A Slow Flow Yoga Jenn (LS)	7:30-8:20A Slow Flow Yoga Jenn (LS)	7:30-8:20A Slow Flow Yoga Rey (LS)	7-7:50A Slow Flow Yoga Sissy (LS)
		8:30-9:20A Restorative Yoga Jenn (LPT)			7:15-7:45A Treadmill Trekking Bobbie (FF)
9-9:50A T.B.T. Deidra (LS)	9-9:50A Zumba Lilia (LS)	 9-9:50A T.B.T. Katie (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)	9-9:40A FUNctional Flow Pamela (TP)	9-9:50A Aqua II Kim (LP)	9-9:40A FUNctional Flow Pamela (TP)	9-9:50A Aqua II Kathy (LP)	8-8:50A Pilates Sculpt Kathleen (LS)
10-10:50A Pilates Katie (LS)	10-10:50A Functional Strength Pamela (LS)	10-10:50A Yogilates Katie (LS)	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 Cycle Pamela (CA)	★ 10-10:25A Water Walking Calvin (LP)		10-10:50A Tone & Balance Katie (LPT)	10-10:50A Pilates Katie (LPT)	10-10:50A Zumba Lilia (LS)
 11-11:40A Chair Yoga Katie (LS)	11-11:50A Tai Chi Michael (LS)	11-11:40A Chair Yoga Kim (LS)	★ 10-10:25A Water Walking Calvin (LP)	11-11:40A Brain, Balance & Beyond Sue (LS)	★ 11-11:50A Tai Chi Michael (LS)
	★ 12-12:40P Sit, Move & Groove Alyssa (LS)	12-12:40P F.L.E.E. Sue (LS)	11-11:40A Chair Zumba Lilia (LS)		
5:15-6:05P Anything Goes Aziza (LS)		5-5:45P Aqua Pilates Bobbie (TP)	5:15-6:05P T.B.C. Katie (LS)	CLASS CANCELLATION POLICY: ANY CLASS WITH LESS THAN TWO PARTICIPANTS WILL BE DETERMINED BY INSTRUCTOR.	
6-6:50P Cycle Michelle (CA)	★ 5:30-5:55P Cardio Chaos Kathy (LS)	5:30-6:20P R.I.P.P.E.D. Michelle (LS)	5:15-6P *Kettlebell Conditioning Felipe (LPT)	KEY: CA = CYCLE ALCOVE FF = FITNESS FLOOR LPT = LARGE PERSONAL TRAINING STUDIO LS = LARGE STUDIO LP = LAP POOL TP = THERAPY POOL NEW CLASS = ★ NEW INSTRUCTOR =  NEW LOCATION =  NEW TIME =  QUALITYCONTROL OSHA GUIDELINES OF <85 DB OF SOUND	
6:15-7:05P Aqua II Aziza (LP)	★ 6:15-7:05P W.W.O. Kathy (LS)	 6-6:45P Deep Water Patty (LP)	5:30-5:55P Cycle Kathy (CA)		
6:30-7:20P Zumba Flor (LS)		6:30-7:20P Zumba Flor (LS)	★ 6:15-7:05P W.W.O. Kathy (LS)		
		7:30-8:20P Slow Flow Yoga Lindsey (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.)

Aqua Pilates - Learn to challenge stability and increase core strength. Pilates principles will be implemented and adapted for the water.

Brain, Balance & 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 Yoga - Experience the beauty of yoga and meditation while seated and standing with a chair for support. Cognitive skills may be added to some classes.

Chair Zumba - This class is a modified form of exercise that allows individuals of all ages and abilities to perform dance fitness routines while seated.

Cycle - This class will offer a great total body workout on upright cycles.

Deep Water - A great nonimpact aerobics class using water equipment, such as noodles, buoyancy belts and resistance cuffs. Equipment provided. No swimming skills required.

F.L.E.E. - Functional Living Exercises for Everyone - This class incorporates exercises to strengthen your muscles, and improve balance, coordination, posture and agility. Exercise equipment such as light hand weights, balls and bands, will be used for best results.

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.

***Kettlebell Conditioning** - This class provides a low-impact, full-body workout that strengthens muscles and improves cardiovascular health.

Sign up at the Fitness Desk. Maximum = 14 / Waitlist = 2

Pilates - Based on the theories of Joseph Pilates, this stretching and strengthening program will improve 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 toward more advanced techniques while incorporating weights, balls and bands.

Restorative Yoga - This class uses exercise tools and postures to restore and heal the stressed, distracted body/mind. It also focuses on 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 uses free weights, resistance and body weight exercises.

Sit, Move & Groove - This fun, low-impact chair class blends movement, dance, music, flexibility, balance and cognition to help keep your mind and body sharp. Each week will offer a different variety of chair movement aimed at improving your wellbeing.

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

Step Mix Up - This unique class combines intervals of step and cardio kickboxing.

Tai Chi - Performed through set sequences called forms, which involve slow, flowing and deliberate movements designed to harmonize the body, mind and breath. The practice emphasizes posture, balance, flexibility, coordination and controlled breathing.

T.B.C. - Total Barre Conditioning - This class incorporates cardio and core work with the 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 exercise tools.

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 runners and walkers. It alternates between exciting speed and hill work interspersed with recovery periods.

Water Walking - This instructor-led low-intensity activity is adaptable for individual pace and intensity. Various styles of walking across the width of the shallow end of the pool. This class format includes a warm-up, walking segment and cool down. No swimming experience is needed.

W.W.O. - Weighted WorkOut - The perfect total body strength and muscle-toning workout using 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.

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