

group fitness schedule





Jan-12

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:30a	GROUP XPOWER DAN		GROUP XPOWER DAN		GROUP XPOWER DAN	9:05a	GROUP XPOWER	
8:05a				GROUP CENTERGY HOLLY				
8:30a	GROUP XPOWER WANDA		GROUP XPOWER SHELLY	KICKBOXING WANDA	GROUP XPOWER KIMJENNIFER			
9:05a		GROUP ACTIVE SHELLY		GROUP ACTIVE SHELLY				
9:30a	STEP & MORE WANDA		STEP & MORE SHELLY			3:00p		
9:45a	GROUP CENTERGY HOLLY	LEAN&CHISEL BALLET BAR -DALE-	GROUP CENTERGY HOLLY	LEAN&CHISEL BALLET BAR -DALE-		4:00p		GROUP CENTERGY
10:a			10:30 ZUMBA MARIA		9:50 ZUMBA MARIA			
11:a			SR. EXERCISE -DALE-					
12:15	GROUP XPOWER CHRISTY		GROUP XPOWER CHRISTY					
4:00			SR EXERCISE -MARILYN-					
4:30p	GROUP CENTERGY HOLLY	GROUP XPOWER RUTHELLEN	GROUP ACTIVE RUTHELLEN	GROUP XPOWER RUTHELLEN				
5:30p	GROUP XPOWER JENN P/KIM	STEP & MORE WANDA	GROUP XPOWER CHRISTY	STEP & MORE JENNIFER B.				
5:30p	FITKIDS AGES 4-11			FITKIDS AGES 4-11				
6:30p	GROUP ACTIVE JENN B/ RUTHE	ZUMBA MARIA		ZUMBA MARIA				
6:30p		GROUP CENTERGY JENNIFER		GROUP CENTERGY JACKIE.				

cycling room

Time	Monday	Tuesday	Wednesday	Thursday	Time	Saturday	Sunday
5:30a				GROUP RIDE KATIE	9:00a		
8:05a		GROUP RIDE DAN			10:05a	GROUP RIDE RUTHELLEN/ CORY	
					11:00a		
4:30p	GROUP RIDE RUTHELLEN				2:00p		
5:30p		GROUP RIDE RUTHELLEN		GROUP RIDE CORY			
6:30p	GROUP RIDE CORY						

pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
9:00a	CARDIO AQUA DAN	CARDIO AQUA DAN	 Aqua Zumba MARIA	LOW IMPACT AQUA MARILYN	 Aqua Zumba MARIA	9a-5p	FREE SWIM	
1:00p	WATER WALKING		WATER WALKING		WATER WALKING	1p-5p		FREE SWIM
5:30p		 Aqua Zumba MARIA		 Aqua Zumba MARIA				

getting to know your classes



Group Power is your hour of power! This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results, discover



Activate Your Life in only one hour! Feeling fitter, stronger and more alive has never been more achievable or more enjoyable! Incorporating all elements of fitness, Group Active will increase your cardio fitness, build your strength and improve your balance and flexibility, all in a supportive group environment, with motivating music and caring instructors. Get more out of life, Get Active!



Redefine your self with Group Centergy. Grow longer and stronger as you explore this 60 minute journey of yoga and Pilates movements. Positive uplifting music, group dynamics and supportive instructors will enable you to center your energy, reduce stress and even smile. Discover Group Centergy



Everyone finishes first in Group Ride! Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. This 60 minute cycling program is geared for anyone that can ride a bike. Motivating music, awesome instructors and an inspiring group environment lets you Ride On!



- **Zumba** is for All members - Zumba is easy - Zumba is designed for everyone, every shape and age. Anyone can join a Zumba class and have fun. This program is not limited to dancers, fitness fanatics or seniors. All exercisers from beginner to advanced will enjoy the benefits of a Zumba class. Everyone is welcome in a Zumba class!
- Zumba is a cardio-based workout with sculpting exercises designed to tone the entire body from top to bottom.



Aqua Zumba

Aqua Zumba® - Known as the Zumba "pool party," Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.



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KICKBOXING

This intense and energetic 30 minute workout lets you kick, punch, jump and jab your way to fitness. Boxing moves build strength, burns fat and defines muscles. You will leave this class feeling like serious about fitness!

AQUA CARDIO

An athletically designed workout for the exerciser who wants to be challenged in the pool. Includes water running, jumping jacks, resistance training with equipment. Motivating music and instructors keep you moving to burn calories and improve your cardio system and stamina!

AQUA LOW IMPACT

A lower intensity aquatic workout with simple moves to improve balance, mobility and range of motion to participants with no bouncing or fast movements. Ideal for a member with arthritis or fibromyalgia.