

AEROBIC CLASS SCHEDULE

The Event Calendar is prepared a month in advance. Please double check class day, times & instructor changes with the front desk.

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
6:00 am* CARDIO INTERVAL 8:00 am* STEP 9:00 am CYCLE 9:30 am* ✓CARDIO DANCE 10:45 am* CARDIO SCULPT 11:45 am** GENTLE YOGA 2:00 pm* YOGA 3:00 pm* CORE STABILITY 4:00 pm* PILATES MAT 5:30 pm* CI 6:00 pm* SPIN 6:30 pm* ✓BSC 7:45 pm** POWER YOGA	6:15 am* SPIN 6:30 am YOGA 7:15 am* BEGINNER SPIN* 8:00 am* CORE STABILITY 9:00 am* BCS (45) 9:30 am DOUBLE STEP 10:45 am** CIT 11:30 am* PILATES (R-Ball Court) 12:00 pm** GENTLE YOGA 1:30 pm* PILATES MAT 4:00 pm* FUNCTIONAL CROSS TRAINING ✓5:15 pm** STEP+ABS 5:30 pm* SPIN 6:15 pm ABS 6:30 pm* BSC 7:45 pm GENTLE YOGA	6:00 am EARLY AM CHALLENGE 7:15 am OSTEO-IMPACT 8:00 am STEP 8:30 am (55) SPIN 9:00 am* ✓STEP 9:30 am* INTERVAL 10:45 am* CARDIO SCULPT 12:00 pm* YOGA (R-Ball Court) 12:00 pm* PILATES 1:30 pm* BSC 4:00 pm*** YOGA (MULTI LEVEL) 5:45 pm (45) ✓CI 6:00 pm* SPIN 6:30 pm (45) ✓BSC 7:00 SPIN/STRETCH 7:30 pm* PILATES	6:00 am POWER HOUR 6:15 am (45) PILATES MATS 6:15 am* SPIN 7:30 am (30) STRETCH 8:00 am* CORE STABILITY ✓9:15 am* CARDIO DANCE 10:15 am PILATES 11:05 am (55) LO IMPACT/SCULPT 11:30 am* PILATES (R-Ball Court) 12:00 pm** GENTLE YOGA 4:00 pm* FUNCTIONAL CROSS TRAINING 5:10 pm* CORE STABILITY 6:00 pm* SPIN ✓6:15 pm** CARDIO KICK+ABS 7:45 pm** POWER YOGA	6:00 am* STEP 8:00 am* CARDIO COMBO 9:00 am (55) SPIN 9:30 am* ✓STEP 11:00 am* BSC 12:00 pm** YOGA (MULTI LEVEL) 4:00 pm* YOGA (MULTI LEVEL) 5:30 pm* HI/LO 6:30 pm*** BSC/STRETCH	7:45 am** ✓STEP 8:00 am*** SPIN 9:00 am** ✓FUNCTIONAL CROSS TRAINING 10:15 am*** ✓CARDIO DANCE 10:45 am (45) BSC 12:00 pm* PILATES MATS 12:00 pm* YOGA (R-Ball Court) R-BALL COURT for all SPIN CLASSES	8:00 am YOGA 9:00 am* STEP INTERVAL 10:00 am*** BSC/STRETCH 12:00 pm* LAURIE'S JAM 1:00 pm*** ✓LAURIE'S FAMILY JAM Check Front Desk for dates 5:30 pm*** POWER YOGA

Definition of Classes

- A-STEP = Advanced level step
- LO IMPACT/SCULPT = Beginner level aerobics class — 30 minutes of cardio & 30 minutes of strength training
- GENTLE YOGA = Beginner level class — focus on intro to postures and developing flexibility
- BSC AND BSC/STRETCH = Body sculpting — total body strength/conditioning class, w/ the latter portion focusing on stretch and flexibility technique
- CIRCUIT INTERVAL TRAINING = Wake up in the morning with a workout that challenges the whole body. This high intensity training incorporates cardio training stations with strength training stations
- CARDIO DANCE = High intensity hour of fun/stylish aerobic movement
- YOUTH INDOOR CYCLE = Youth will learn the fundamentals of cycling. Youth will use the spinning bikes to cycle on as they are guided through an exciting journey in their imaginations. Participants must have a 28 inch inseam to use the spinning bikes
- CARDIO INTERVAL = Class combines aerobic training and strength training in "interval" segments
- CARDIO SCULPT = Non stop strength training class
- CI & CI SCULPT = Combination impact hi/lo — high intensity class (the sculpt portion includes upper body and ab work)
- CORE STABILITY = Stress the importance of the body's center of power — the core class utilizes 2 platforms to create combinations
- DOUBLE STEP = An advanced level class with an unique mix of aerobic & anaerobic conditioning, incorporating resistance & stability training
- FUNCTIONAL TRAINING = This high intensity multi-level class combines an aerobic workout with latter portion focusing on Abs
- CARDIO KICK + ABS = A multi-level class that incorporates different Latin dance steps and rhythms in order to create a fun "hip shaking" cardio workout
- LATIN GROOVE = Functional strength and stretch class
- PILATES = Advanced level yoga class — focus on perfection of postures, increased flexibility and meditation
- POWER YOGA = Indoor group cycle
- SPIN = Class combines step and weight training in "interval" segments
- STEP INTERVAL = A high intensity, low impact cardio class designed to develop cardiovascular and muscle endurance
- STEP = Used to develop muscular and joint flexibility
- STRETCH = 30 minutes of upper body strength training
- TAKE IT FROM THE TOP YOGA = Technique used to develop the mind body connection and improve posture, strength and flexibility. The multi level classes are for all fitness levels
- TOTAL BODY CONDITIONING = Total body workout using strength training techniques, reactive drills, and combinations from hi lo and step workouts. This class works the body's aerobic and anaerobic systems with several of the training techniques listed above. The best part is no two classes are ever alike.

✓Music Volume Increased *60 Minute Class **75 Minute Class ***90 Minute Class

Masters Swimming
Instruction Tues. 8-9 pm. Come Join Us!

APRIL

AQUATICS SCHEDULE

WINTER POOL HOURS
Mon.-Fri. 6 am-10:30 pm Sat. & Sun. 7 am-9:30 pm

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
6-8 am Swim Lesson/Lap Swim	6-8 am Swim Lesson/Lap Swim	6-8 am Swim Lesson/Lap Swim	6-8 am Swim Lesson/Lap Swim	6-10 am Swim Lesson/Lap Swim	7-9 am Lap Swim	7-10 am Lap Swim
9:30-10:15 am Cardio II	9-10 am Cardio I	9:30-10:30 am H2O Func. Crosstraining	9:30-10:15 am Cardio Circuits	10-11 am Cardio I	9-10:30 am Cardio II	10-11:15 am Cardio I
10:15-11:00 am Strength & Flexibility	10-11 am Osteo-Arthritis	1-4 pm Swim Lesson/Open Swim	10:15-11 am Yoga-Afloat®	1-6 pm Swim Lesson/Open Swim	10:30-1 pm Swim Lessons	11:15-4 pm Open Swim
11-2 pm Swim Lesson/Open Swim	11-3:30 pm Swim Lesson/Open Swim	11:30-12:15 pm Rock-Aquatics	11-3:30 pm Swim Lesson/Open Swim	6-9 pm Open Swim	1-9:30 pm Swim Lesson/Open Swim	4-5 pm Cardio II
2-4 pm Open Swim	3:30-5 pm Swim Lessons	11:30-12:30 pm Osteo-Arthritis	3:30-4 pm Swim Lessons	9-10:30 pm Lap Swim		5-9:30 pm Open Swim
4-4:30 pm Swim Lessons	5-7 pm Swim Lesson/Open Swim	1:30-12:12:15 pm Osteo Arthritis	4-6:15 pm Open Swim	11-12 pm Rock-Aquatics		
4:30-6:30 pm Swim Lesson/Open Swim	7-8 pm Cardio I	1-4 pm Swim Lesson/Open Swim	6:15-7 pm Swim Lessons	12-12:45 pm Osteo-Arthritis		
6:30-7:30 pm Cardio I	8-9 pm Masters Swim	6-6:30 pm Swim Lesson/Open Swim	7-8 pm Cardio I	1-6 pm Swim Lesson/Open Swim		
7:30-9 pm Open Swim	9-10:30 pm Open Swim/Lap Swim	6:30-7:30 pm Cardio I	8-10:30 pm Lap Swim	6-9 pm Open Swim		
9:00-10:30 pm Lap Swim		7:30-9 pm Open Swim		9-10:30 pm Lap Swim		
		9:00-10:30 pm Lap Swim				

- * During Open Swim, lap swimming is only allowed in the reserved lap lane.
- * One lane will be open at all times for Lap Swimming — PLEASE SHARE THE LANES.
CIRCLE SWIM, 30 MINUTE TIME LIMIT WHILE OTHERS ARE WAITING.
- * No children under 8 years of age may be left unattended.
- * No children allowed in pool during H₂O aerobic classes.
- * Any child 8 to 12 unaccompanied by an adult must pass a swim test.(See Lifeguard for details)
- * During swim clinics only one lane is open, please share the lanes.
- * During Open Swim time one lane might be used for the swimming lesson.

Kids under 16 are not permitted to use hot tub

AQUATIC CLASS DESCRIPTION

- **CARDIO I** - Vigorous movement class; this class will improve the participants cardiovascular endurance.
- **CARDIO II** - Intermediate to advanced level water movement class.
- **GROUP SWIM LESSON** - This class consists of 2-6 participants with similar training needs. The minimum age is 6 months old. Please contact the Aquatics Director for further details.
- **LAP SWIM** - One lane will be reserved throughout the day for "lap" swimmers of any age. 30 minute time limit when others are waiting.
- **MASTER SWIM** - Lap and competitive swimming for adults. See Jean Skinner for details.
- **CARDIO CIRCUITS** - A harmonious blend of aerobic conditioning and strength training.
- **OPEN SWIM** - Pool is unreserved and available for members' enjoyment.
- **SWIM CLINIC** - Swim class used to develop stroke technique and racing strategy. See Terri Harper for details.
- **THERAPEUTIC MOVEMENT** - Geared towards opening joints and the need of individuals with arthritis and Fibromyalgia.
- **TONING & FLEXIBILITY** - Lengthen and strengthen muscles using a variety of equipment.
- **YOGA-AFLOAT®** - Combines traditional yoga poses with other dynamic moves to improve flexibility, balance and other muscular strength.
- **H₂O FUNCTIONAL X TRAINING** - This class provides both aerobic conditioning with core strength building.