

# 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* INTERVAL CONDITIONING 8:00 am* STEP 9:00 am SPIN* 9:30 am* 4CARDIO DANCE 10:45 am* CARDIO SCULPT 11:45 am** GENTLE YOGA 4:00 pm* YOUTH MARTIAL ARTS 2:00 pm* YOGA/STRETCH 3:00 pm* CORE STABILITY 4:00 pm* YOUTH MARTIAL ARTS 4:00 pm PILATES 5:30 pm* CI 6:00 pm* CYCLE 6:30 pm* ADULT MARTIAL ARTS 6:30 pm* 4BSC 7:45 pm** POWER YOGA	6:00 am* YOGA 6:15 am* CYCLE 7:15* BEGINNER'S CYCLE 8:00 am* CORE STABILITY 9:00 am* BCS (45) 9:30 am* CARDIO COMBO 10:30 am (45) CIT 11:15 am* PILATES FUNDAMENTALS 12:15 pm** GENTLE YOGA 4:00 pm* FUNCTIONAL CROSS TRAINING 5:30 pm* CYCLE 5:30 pm STEP 6:15 pm STRETCH/ABS 6:30 pm* BSC 7:45 pm* GENTLE YOGA	6:00 am* EARLY AM CHALLENGE 7:15 am (45) OSTEO-IMPACT 8:00 am* STEP 8:45 am* SPIN 9:30 pm* FUNCTIONAL CROSS TRAINING 10:45 am* CARDIO SCULPT YOGA (R-Ball Court) 12:00 pm* PILATES 1:00 pm* BSC 2:00 pm FACERISE (45) 4:00 pm YOUTH MARTIAL ARTS 4:00 pm*** YOGA (MULTI LEVEL) 5:45 pm (45) 4CI 6:00 pm* SPIN 6:30 pm 4BSC (45) 6:30 pm* ADULT MARTIAL ARTS 7:00 pm SPIN/STRETCH 7:15 pm* PILATES	6:00 am* POWER HOUR 6:15 am (45) WAKE ME UP PILATES 6:15 am* CYCLE 7:30 am (30) STRETCH 8:00 am* CORE STABILITY 49:05 am* CARDIO DANCE 10:00 am* PILATES 11:05 am (55) CARDIO/SCULPT COMBO 12:00 pm** GENTLE YOGA 4:00 pm* FUNCTIONAL CROSS TRAINING 5:10 pm* CORE STABILITY 6:00 pm* SPIN 46:15 pm** CARDIO KICK+ABS 7:45 pm** POWER YOGA	6:00 am* STEP REEBOK 8:00 am* CARDIO COMBO 9:00 am (55) CYCLE 9:30 am* 4STEP 11:00 am* BSC 12:00 pm** YOGA (MULTI LEVEL) 2:00 pm FACERSISE (45) 4:00 pm* YOGA (MULTI LEVEL) 6:30 pm* BSC/STRETCH	7:45 am** 4CARDIO COMBO 8:00 am*** CYCLE 9:00 am** 4CARDIO DANCE 10:30 pm* PILATES 12:00 pm* YOGA R-BALL COURT for all SPIN CLASSES	8:00 am* YOGA 9:00 am* STEP INTERVAL 10:15 am** BSC/STRETCH 12:00 pm* LAURIE'S JAM 1:00 pm*** 4LAURIE'S FAMILY JAM Check Front Desk for dates 5:30 pm*** POWER YOGA

4Music Volume Increased \*60 Minute Class \*\*75 Minute Class \*\*\*90 Minute Class

## 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 techniques
- 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/hilo — 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
- DOUBLE STEP = class utilizes 2 platforms to create combinations
- FUNCTIONAL CROSS TRAINING = An advanced level class with an unique mix of aerobic & anaerobic conditioning, incorporating resistance & stability training
- CARDIO KICK +ABS = This high intensity multi-level class combines an aerobic workout with latter portion focusing on Abs
- LATIN GROOVE = A multi-level class that incorporates different Latin dance steps and rhythms in order to create a fun "hip shaking" cardio workout
- PILATES = Functional strength and stretch class
- POWER YOGA = Advanced level yoga class — focus on perfection of postures, increased flexibility and meditation
- SPIN = Indoor group cycle
- STEP INTERVAL = Class combines step and weight training in "interval" segments
- STEP = A high intensity, low impact cardio class designed to develop cardiovascular and muscle endurance
- STRETCH = Used to develop muscular and joint flexibility
- TAKE IT FROM THE TOP = 30 minutes of upper body strength training
- 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 hilo 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.

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

# JULY

## AQUATICS SCHEDULE

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

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
6-9:30 am Swim Lesson/Lap Swim	6-9:30 am Swim Lesson/Lap Swim	6-9:30 am Swim Lesson/Lap Swim	6-9:30 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	10:30-11:30 am Osteo Arthritis	10:15-11 am Yoga-Afloat®	11-12 pm Osteo-Arthritis	10:30-1 pm Swim Lessons	11:15-4 pm Open Swim
11-2 pm Swim Lesson/Open Swim	11:30-12:30 pm Summer Camp	1-6:30 pm Swim Lesson/Open Swim	11-7 pm Swim Lesson/Open Swim	12-1 pm Summer Camp	1-9:30 pm Swim Lesson/Open Swim	4-5 pm Cardio II
11:30-12:30 pm Summer Camp	11-3:30 pm Swim Lesson/Open Swim	6:30-7:30 pm Cardio I	11:30-12:30 pm Summer Camp	1-6 pm Swim Lesson/Open Swim		5-9:30 pm Open Swim
2-6:30 pm Swim Lesson/Open Swim	7-8 pm Cardio I	7:30-9 pm Open Swim	7-8 pm Cardio I	6-9 pm Open Swim		
6:30-7:30 pm Cardio I	8-9 pm Open Swim	9-10:30 pm Lap Swim	8-9 pm Open Swim	9-10:30 pm Lap Swim		
7:30-9 pm Open Swim	9-10:30 pm Open Swim/Lap Swim		9-10:30 pm Lap Swim			
9-10:30 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.
- \* No children under 8 years of age may be left unattended.
- \* No children allowed in pool during H<sub>2</sub>O 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.
- **H<sub>2</sub>O FUNCTIONAL X TRAINING** - This class provides both aerobic conditioning with core strength building.