

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>CYCLING</b> Dominic   Community Room 8:00–8:45 am	<b>LES MILLS BODY PUMP</b> Emily   AERO 5:30–6:30 am	<b>AQUA CARDIO</b> Heather   Outdoor 7:00–7:45 am	<b>LES MILLS BODY PUMP</b> Missy   AERO 5:30–6:30 am	<b>AQUA CARDIO</b> Heather   Outdoor 7:00–7:45 am	<b>DEEP WATER AQUA</b> Dawna   Diving Well 8:00–9:00 am	<b>LES MILLS BODY PUMP</b> Dominic   AERO 7:15–8:15 am
<b>LES MILLS BODY PUMP</b> Larissa   AERO 9:00–10:00 am	<b>AQUA FIT</b> Heather   Outdoor 7:00–7:45 am	<b>LAZY RIVER RUNNING</b> Ginger   Lazy River 8:00–9:00 am	<b>AQUA FIT</b> Heather   Outdoor 7:00–7:45 am	<b>DEEP WATER AQUA</b> Ginger   Diving Well 8:00–9:00 am	<b>SS CLASSIC X-PRESS</b> Jen   Virtual Only 8:30–9:30 am	<b>DEEP WATER AQUA</b> Ginger   Diving Well 7:15–8:15 am
	<b>LAZY RIVER WALKING</b> Heather   Lazy River 8:00–9:00 am	<b>AQUA TABATA</b> Heather   Indoor Pool 8:00–9:00 am	<b>LAZY RIVER WALKING</b> Heather   Lazy River 8:00–9:00 am	<b>TREAD &amp; SHRED</b> Dawna   LIFESTYLES 8:00–8:45 am	<b>SS YOGA</b> Chitra   ZONE 8:30–9:15 am	<b>LAZY RIVER RUNNING</b> Ginger   Lazy River 8:30–9:30 am
	<b>DEEP WATER AQUA</b> Ginger   Diving Well 8:00–9:00 am	<b>METCONRX</b> Emily   AERO 8:00–8:45 am	<b>DEEP WATER AQUA</b> Ginger   Diving Well 8:00–9:00 am	<b>LES MILLS SHAPES</b> Emily   AERO 8:30–9:15 am	<b>LES MILLS BODY PUMP</b> Emily   AERO 9:30–10:30 am	<b>ZUMBA</b> Multi   MPR 8:30–9:30 am
	<b>SS YOGA</b> Chitra   MPR 8:30–9:15 am	<b>SS CLASSIC</b> Jen   MPR 8:00–9:00 am	<b>VINYASA</b> Chitra   AERO 8:30–9:15 am	<b>SS STRENGTH &amp; STABILITY</b> Dawna   MPR 8:45–9:45 am	<b>ZUMBA TONING</b> Jen   MPR 9:30–10:15 am	<b>YOGA SCULPT</b> Tiffany   AERO 8:30–9:30 am
	<b>LAZY RIVER CIRCUIT</b> Ginger   Lazy River 9:30–10:30 am	<b>BARRE ABOVE</b> Emily   MPR 9:30–10:15 am	<b>SS STRETCH, STRENGTH &amp; STABILITY</b> Dawna   MPR 9:15–10:15 am	<b>CARDIO KICKBOXING</b> Emily   AERO 9:30–10:15 am	<b>STRETCH &amp; RECOVERY</b> Jen   MPR 10:15–10:45 am	<b>KUKUWA</b> Daneen   MPR 9:45–10:45 pm
	<b>LES MILLS BODY ATTACK</b> Emily   AERO 9:30–10:15 am	<b>LAZY RIVER WALKING</b> Ginger   Lazy River 9:30–10:30 am	<b>LAZY RIVER CIRCUIT</b> Ginger   Lazy River 9:30–10:30 am	<b>LAZY RIVER WALKING</b> Ginger   Lazy River 9:30–10:30 am	<b>SS CLASSIC</b> Jen   MPR 11:00 am–Noon	<b>LAZY RIVER WALKING</b> Ginger   Lazy River 9:45–10:45 am
	<b>SS CLASSIC</b> Jen   MPR 11:00 am–Noon	<b>TAI CHI</b> Janet   AERO 10:00–11:00 am	<b>SH1FT M1X</b> Emily   AERO 9:30–10:30 am	<b>TAI CHI</b> Janet   Dance Room 10:00–11:00 am		
	<b>SS CLASSIC X-PRESS</b> Jen   Virtual Only 12:15–12:45 pm	<b>SENIOR DANCE</b> Deneen   MPR 11:45 am–12:30 pm	<b>SS CLASSIC</b> Janet   MPR 10:45–11:45 am	<b>SENIOR DANCE</b> Deneen   MPR 11:45 am–12:30 pm		
	<b>CARDIO KICKBOXING</b> Emily   AERO 4:30–5:15 pm	<b>LES MILLS BODY PUMP</b> Dominic   AERO 4:30–5:30 pm	<b>LES MILLS BODY ATTACK</b> Emily   AERO 5:30–6:30 pm	<b>LES MILLS BODY PUMP</b> Emily   AERO 4:30–5:25 pm		
	<b>VINYASA YOGA</b> Tiffany   AERO 5:30–6:30 pm	<b>BODY ATTACK XPRESS</b> Kasin   AERO 5:45–6:15 pm	<b>BUTT &amp; GUT</b> Huber   Lifestyles 5:30–6:15 pm	<b>CYCLING</b> Emily   Community Room 5:45–6:30 pm		
	<b>ZUMBA</b> Thanya   MPR 6:30–7:30 pm	<b>ZUMBA</b> Chiquita   MPR 6:30–7:30 pm	<b>KUKUWA</b> Daneen   MPR 6:00–7:00 pm	<b>ZUMBA</b> Chiquita   MPR 6:30–7:30 pm		
	<b>LES MILLS SHAPES</b> Kasin   AERO 6:45–7:30 pm	<b>DEEP WATER AQUA</b> Ginger   Diving Well 7:15–8:15 pm	<b>LAZY RIVER CIRCUIT</b> Heather   Lazy River 7:15–8:15 pm	<b>DEEP WATER AQUA</b> Ginger   Diving Well 7:15–8:15 pm		
	<b>DEEP WATER AQUA</b> Ginger   Diving Well 7:15–8:15 am		<b>ZUMBA TONING</b> Jen   MPR 7:30–8:15 pm			
			<b>STRETCH &amp; RECOVERY</b> Jen   MPR 8:15–8:45 pm			

**HOW DO I SIGN UP?**

**LIFESTYLES MEMBERS:** Register using the Lifestyles app  
**NON-MEMBERS & DROP-INS:** Register at the front desk  
**NON-MEMBER FEE:** \$9 per class  
**LOCATIONS:** In-person or via ZOOM

**COLOR KEY**

**IN-PERSON**

**VIRTUAL**

**AQUA**

**AQUA CARDIO SPLASH**

45 minutes of no-rest-allowed cardio. Get ready to sweat!

**AQUA FIT**

A fun, total body workout using a variety of pool equipment.

**AQUA FIT, FLEX & JOG**

A total body workout using barbells and noodles!

**AQUA FUN**

The class offers 60 minutes of aqua exercises

**AQUA TABATA/HIIT**

Cardio workout using tabata themed interval training of 30 sec followed by 10 sec rest. High intensity interval training.

**AQUA POWER STRETCH**

50/50 mix of toning with aqua weights coupled with stretching to keeps joints flexible .

**BARRE ABOVE**

Use strengthening exercises trusted by dancers. Barre Above is a results-driven workout that is not only fun and dynamic, but will sculpt your body and get you into amazing shape. You'll see improvements in your posture, flexibility, overall body strength and balance. No dance experience needed!

**BUTT & GUT**

Designed to shape, sculpt, and strengthen your butt, thigh, back and core muscles in a targeted and high energy workout.

**CARDIO KICKBOXING**

A high energy class that uses punches, kicks and body weight exercises set to the hottest new music. You'll incorporate real kickboxing moves along with high intensity drills to burn maximum calories. It is the ultimate kickboxing party! Options for all levels available.

**CYCLING**

Endurance and strength rides combine for a vigorous workout burning calories and keeping your muscles toned. Whether you are training for a triathlon or riding for cardiovascular health, this class is sure to get you there.

**HIIT CYCLING**

This vigorous cycling class involves, short high intensity periods, followed by lower intensity recovery periods to help burn optimal calories. Whether you are training for a triathlon or riding for cardiovascular health, this class is sure to get you there.

**KUKUWA**

A joyful and inclusive fitness experience, Kukuwa African Dance Fitness is a workout that combines traditional African dance movements with fitness routines for a full-body workout.

The routines are designed to "move your boombsey," improve cardiovascular health, tone muscles and enhance flexibility. With its dynamic movements and infectious beats, Kukuwa African Dance Fitness not only helps participants burn calories but connects them to the rich cultural diversity of Africa.

**LES MILLS BODY ATTACK**

Les Mills BODY ATTACK is a high-energy fitness class with moves that center for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercise such as push-ups and squats.

**LES MILLS BODY PUMP**

The original barbell class that strengthens your entire body. This Les Mills workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.

**LES MILLS BODY PUMP HEAVY**

Takes the proven psychology of group training and combines it with slower weightlifting. You focus on the same foundational lifts, but the slower speeds and longer recoveries, which allows for increased focus on technique and the ability to lift heavier.

**METCONRX**

MetConRx stands for science driven Metabolic Conditioning. This is a full body interval class that works all planes, different energy systems and multiple muscle groups. The combination of functional strength training and cardio conditioning is an efficient way to build muscle, burn fat and torch calories. It's a fast moving, fun and results driven class that's easily accessible to all levels.

**SENIOR DANCE**

An easy-to-follow class that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance fitness class that feels fresh, and, most of all, exhilarating. Level 1.

**SH1FT M1X**

Smart, high intensity training for all fitness levels. This class will change each week using a mix of bodyweight, dumbbells, barbell and aerobic step. You'll use simple progressions that are smart, safe and progressive to ensure that no fitness level is left behind.

**SS STRENGTH & STABILITY**

Standing upper-body strength work and lower body strength coupled with low-impact cardio using a chair for support designed to improve risk of falls.

**SS CLASSIC**

Designed around the mature adult to increase strength, range of motion, agility, balance and coordination, and to improve

participants functional capacities, physical fitness level and sense of well-being.

**SS X-PRESS**

Condensed 30-min virtual edition of our traditional SS class.

**SS YOGA**

This classe offers a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**STRETCH & RECOVERY**

Breathe, Stretch and Release muscle Tension using mat, foam rollers and proven stretches to help recover from your workout.

**STRONG NATION:**

STRONG Nation® combines body weight, muscle conditioning, cardio and plyometric training synced to original music specifically designed to match every move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep and maybe even to five more.

**TAI CHI**

Often called "moving meditation" the slow and gentle practice of Tai Chi forms relaxes, strengthens and energizes the body. Tai Chi can improve balance, strengthen bones, muscles, joints and reduce stress. Suitable for all exercise ability.

**TREAD & SHRED**

Combining cardio with strength training on a treadmill and the floor in a fun and challenging workout that targets the entire body.

**VINYASA YOGA**

Vinyasa yoga is a creative form of yoga where poses are linked together with the breath in a flowing sequence.

**YOGA**

A multi-level style yoga class that focuses on relaxing and restoring the mind through poses and movement. This class is taught by certified yoga Instructors.

**ZUMBA**

It's a Latin dance fitness party! Zumba combines fast & slow rhythms to tone and sculpt your body while burning fat. Fun & easy to do. All levels.

**ZUMBA TONING**

The challenge of adding resistance by using Zumba® Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged!