

February 2024 Fitness Schedule



	Monday		Tuesday		Wednesday		Thursday		Friday
6:05 am	HIIT Jennifer Aerobic Studio	6:05 am	Turn & Burn Toni Cycle Room	9 am	Tone with Pilates Elyse Aerobic Studio	6:05 am	Turn and Burn Toni Cycle Room	9 am	Chisel & Burn HIIT Elyse Aerobic Studio
9 am	Unhitched Barre Heather/Betsy Aerobic Studio	9 am	POUND Lauren Aerobic Studio	10 am	Low Impact Cardio Strength Elyse New Gym	9 am	POUND Kasey Aerobic Room	10 am	Low Impact Cardio Strength with Stretch Vivian New Gym
10 am	Fast & Furious Cardio Elyse Aerobic Studio		*Indoor Cycle Alex Cycle Room February & March	11 am	Flow Yoga Hope Aerobic Room	10 am	Gentle Yoga Julie Aerobic Studio		Flex and Flow Raquel Aerobic Studio
	Low Impact Cardio Strength Heather New Gym	10 am	Low Impact Cardio Strength Vivian New Gym	5:15	Indoor Cycle Erin Cycle Room	5:30 pm	Dance HIIT Christelle Aerobic Studio		
11 am	Flex and Flow Heather Aerobic Studio		Yin Yoga Julia Aerobic Studio	5:30	Cardio Strength/Step Jane Aerobic Studio	6 pm	Outdoor Bootcamp Joe Track		
4:15 pm	Flow Yoga Sarah Aerobic Studio	5:30 pm	Unhitched Barre Heather Aerobic Studio					9:15 am	POUND Elyse/Emily 2/3, 2/17 Aerobic Studio
5:30 pm	Indoor Cycle Gary Cycle Room		Indoor Cycle Jamie Cycle Room						Gentle Yoga Julie/Raquel 2/10, 2/24 Aerobic Studio
	HIIT Vivian Aerobic Studio	6:00 pm	Outdoor Bootcamp Joe Track					9:30 am	Indoor Cycle Alex Cycle Room
									Saturday

*Outdoor Bootcamp is held on the field weather permitting

Pop UP **Galentines!** Tuesday February 13 HIIT Class 6:30 pm

Beginner Tai Chi starting February 13th -March 19th Tuesdays at 9:15-9:45 am in the Youth Room.

February 2024 Aqua Fitness



Monday		Tuesday		Wednesday		Thursday		Friday	
8:15 am	Aqua Cardio & Tone Heather Deep Water	9 am	Aqua Tabata Sandi Shallow Water	8:15 am	Aqua Cardio & Tone Chip Deep Water	9 am	Aqua Tabata Sandi Shallow Water	8:15 am	Aqua Cardio & Tone Kelly Deep Water
9 am	Aqua Flow Chip Shallow Water			9 am	Aqua Flow Chip Shallow Water			9 am	Aqua Flow Marge Shallow Water
10 am	Aqua Arthritis Chip Shallow Waer			10 am	Aqua Arthritis Chip Shallow Waer			10 am	Aqua Arthritis Marge Shallow Waer

Senior Fitness

Tuesday		Wednesday		Thursday	
9:15 am	Tai Chi Katie Youth Room	10 am	Chair Yoga Hope Youth Room	10 am	Prime Time for Seniors Heather Youth Room
10 am	Prime Time for Seniors Julie Youth Room				

Dance HIIT: Learn choreographed dances with segments of weight training. SEE YOU THERE!

Fast& Furious Cardio and Cardio Strength Step: 45-minute fast paced class that uses the step, free weights, bands, bars and mat for a full body interval cardio and weight training. FUN!

HIIT:45-minute class high-intensity interval training, keeps your heart rate up and burns more fat in less time of interval training using your body weight, free weights, bands, bars, and mats.

Indoor Cycle:45-minute class in the cycle room of fun and sweat to music to keep you going.

Low Impact Cardio Strength: 45-minute class with segments that increase your heart rate with cardio and weight training. Then focusing on balance and stretching at end. The class uses mini-bands ,bands, weights and mats. You can modify for any level.

Outdoor Boot Camp:45-minute class on the field and track using a mixture of traditional calisthenics and body-weight exercises, along with interval training, strength training, and other exercise training routines.

Pilates:45-minute class designed to improve physical strength, flexibility, posture, and enhance mental awareness. We use weights and balls in the beginning, then move to the floor for mat work.

POUND: Channel your inner rockstar with this 45-minute full-body cardio jam session inspired by the infectious, sweat-dripping fun of playing the drums with music. FUN!

Unhitched Barre: 45-minute group exercise class that is a blend of body weight training using mini bands, weights, and core exercise with a mat to work your whole body.

Exhale Yoga: yoga practice with a strength emphasis supporting stability & connection. Includes breathing techniques and simple mindfulness practices for your overall health and relaxation.

Flex and Flow: 30-minute stretch class. A wonderful addition to your workout routine to stretch those muscles and ligaments.

Gentle Yoga: slow movement and breath work into a more active style of stretching and balancing known as vinyasa. You can expect Sun salutations, standing poses, as well as deep relaxing stretches on the mat.

Yin Yoga: a series of long-held, relaxing floor poses that focus on the groupings of the body – the hips, legs, upper body and full body, strengthening the connective tissues.

Aqua Cardio & Tone: 45-minute low-impact class is performed in deeper water and is designed to improve joint stability, coordination, heart health, and strength, using belts and water dumbbells.

Aqua Flow: 45-minute Lower impact moves designed to improve joint stability, improve heart health and balance in the shallow end.

Aqua Tabata: 45-minute HITT (High Intensity Interval Training) workout in the water. Participants use maximal effort for 20 seconds and recover for 10 seconds. Dumbbells and mini bands are used.

Aqua Arthritis: Slower paced movements with range of motion movements in the water.

Chair yoga: All yoga poses are done seated in the chair and is accessible for most body types and abilities. The focus is on breath work and gentle postures for strength and mobility.

Prime Time for Seniors: 45-minute cardiovascular workout focusing on strength training and flexibility moves, all completed using chairs for support while exercising using weights and bands.