

# June 2025

## Fitness Schedule



| Monday  |  |         | Tuesday  |                 |   | Wednesday |  |         | Thursday  |  |  | Friday |  |  |
|---------|--|---------|--|-----------------|---|-----------|--|---------|---|--|--|--------|--|--|
| 6:05 am | <b>HIIT</b><br>Jennifer<br>Aerobic Studio                    | 6:05 am | <b>Turn &amp; Burn</b><br>Toni<br>Cycle Room           | 9 am            | <b>Pilates Fusion</b><br>Elyse<br>Aerobic Studio      | 6:05 am   | <b>Turn &amp; Burn</b><br>Toni<br>Cycle Room | 9 am    | <b>Chisel &amp; Burn HIIT</b><br>Elyse<br>Aerobic Studio                            |  |  |        |  |  |
| 9 am    | <b>Unhitched Barre</b><br>Heather<br>Aerobic Studio          | 9 am    | <b>POUND</b><br>Lauren<br>Aerobic Studio               | 10 am           | <b>Low Impact Cardio Strength</b><br>Elyse<br>New Gym |           |  | 10 am   | <b>Low Impact Cardio Strength with Stretch</b><br><b>10:30 am Vivian</b><br>New Gym |  |  |        |  |  |
| 10 am   | <b>Fast &amp; Fabulous Cardio</b><br>Elyse<br>Aerobic Studio |         | <b>Indoor Cycle</b><br>Jess<br>Cycle room              | 11 am           | <b>Flow Yoga</b><br>Meg<br>Aerobic Studio             |           |  |         | <b>Pilates,Mobility, Stretch</b><br>Heather<br>Aerobic Studio                       | <b>Flex and Flow</b><br><br>Aerobic Studio |  |        |  |  |
|         | <b>Low Impact Cardio Strength</b><br>Heather<br>New Gym      | 10 am   | <b>Low Impact Cardio Strength</b><br>Vivian<br>New Gym | <b>Saturday</b> |   |           |  |         |   |  |  |        |  |  |
| 11 am   | <b>Flex and Flow</b><br>Heather<br>Aerobic Studio            |         | <b>Yin Yoga</b><br>Julia<br>Aerobic Studio             |                 |   |           |  |         |   | 9:15 am                                    | <b>Weight Training</b><br><br>Aerobic studio                                       |        |  |  |
| 4:15 pm | <b>Flow Yoga</b><br>Meg<br>Aerobic Studio                    | 5:30 pm | <b>Unhitched Barre</b><br>Heather<br>Aerobic Studio    | 5:15            | <b>Indoor Cycle</b><br>Erin<br>Cycle Room             |           |  | 9:15 am | <b>Indoor Cycle</b><br>Alex<br>Cycle Room   |  |  |        |  |  |
| 5:30 pm | <b>Indoor Cycle</b><br>Gary<br>Cycle Room                    |         | <b>Indoor Cycle</b><br>Jamie<br>Cycle Room             | 5:30            | <b>Cardio Strength/Step</b><br>Jane<br>Aerobic Studio |           |  | 5:30 pm | <b>Dance HIIT</b><br>Christelle<br>Aerobic Studio                                   | 10:15                                      | <b>Gentle Yoga</b><br>Julie 7<br>Bill 14<br>Soyla 21<br>Sarah 28<br>Aerobic Studio |        |  |  |
|         | <b>HIIT</b><br>Vivian<br>Aerobic Studio                      | 6:00 pm | <b>Outdoor Bootcamp</b><br>Joe<br>Track                |                 |   |           |  | 6 pm    | <b>Outdoor Bootcamp</b><br>Joe<br>Track   |  |  |        |  |  |

### Saturday

\*Outdoor Bootcamp is held on the field weather permitting

Vivian's Friday Low Impact class is at 10:30 am for the summer!

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

**Fast& Fabulous 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 with focusing on balance and stretching at the 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 Fusion:** 45-minute class designed to improve physical strength, flexibility, posture, and core engagement. We use weights and balls in the beginning, then move to the floor for mat work.

**Pilates Mobility Stretch:** this class will incorporate core, mobility and flexibility to strengthen and improve your daily life.

**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!

**Turn and Burn:** 20 minutes of fun fast paced cycle ride and 20 minutes of weight training and core. It starts in the cycle room and ends in the aerobic room.

**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:** 45 min- this class incorporates mobility, flexibility and yoga postures to stretch the muscles and ligaments. Functional movements are important for being able to walk, run, sit and move the way the body is intended to, while improving your range of motion and decreasing the risk of injury.

**Flow Yoga:** a more active series of poses known as vinyasa that link movement to breath. You can expect sun salutations, standing poses, and balancing work as well as deep relaxing stretches. All levels welcome.

**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.

# June 2025

## Aqua Fitness



| Monday  |  | Tuesday |  | Wednesday |   | Thursday |  | Friday  |  |
|---------|--|---------|--|-----------|---|----------|--|---------|--|
| 8:05 am | <b>Aqua Cardio &amp; Tone</b><br>Heather<br>Deep Water | 9 am    | <b>Aqua Tabata</b><br>Sandi<br>Shallow Water | 8:05 am   | <b>Aqua Cardio &amp; Tone</b><br>Chip<br>Deep Water | 9 am     | <b>Aqua Tabata</b><br>Sandi<br>Shallow Water | 8:05 am | <b>Aqua Cardio &amp; Tone</b><br>Kathi<br>Deep Water |
| 9 am    | <b>Aqua Flow</b><br>Chip<br>Shallow Water              |         |  | 9 am      | <b>Aqua Flow</b><br>Chip<br>Shallow Water           |          |  | 9 am    | <b>Aqua Flow</b><br>Marge<br>Shallow Water           |
| 10 am   | <b>Aqua Arthritis</b><br>Chip<br>Shallow Water         |         |  | 10 am     | <b>Aqua Arthritis</b><br>Chip<br>Shallow Water      |          |  | 10 am   | <b>Aqua Arthritis</b><br>Marge<br>Shallow Water      |

## Senior Fitness

| Tuesday |  | Wednesday |  | Thursday |  |
|---------|--|-----------|--|----------|--|
| 10 am   | <b>Prime Time for Seniors</b><br>Heather<br>Youth Room | 10 am     | <b>Chair Yoga</b><br>Meg<br>Youth Room | 10 am    | <b>Prime Time for Seniors</b><br>Julie<br>Youth Room |

**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.

**Tai Chi:** Gentle movements done standing or seated to improve balance, posture and reduce stress.