

# Group Fitness Schedule

## MONDAY

**5:30am**  
Boot Camp *Bernie*

**8:00am**  
Body Pump Express\*  
*Philly*

**8:30am**  
Core\* *Philly*

**9:00am**  
Dance *Missy*  
Cycle *Philly*  
Yoga *Kiersten*  
Line Dancing *Kate*

**9:30am**  
Aqua Aerobics (LP)  
*Courtney*

**10:00am**  
Barre *Missy*  
Yoga Therapy *Kiersten*

**10:30am**  
Aqua Aerobics (TP) *Philly*

**11:00am**  
Balance & Stretch *Missy*

**11:15am**  
Gentle Aqua (TP) *Patrick*

**5:00pm**  
Core\* *Pam*

**5:30pm**  
Body Pump *Philly*  
Cycle *Pam*

**6:00pm**  
Aqua Aerobics (LP)  
*Amanda*

**6:30**  
Cycle *Bill*  
Stretch & Release *Pam*

## TUESDAY

**5:30am**  
Cycle *Mary*

**7:00am**  
Yoga *Christine*

**8:30am**  
CXWORX\* *Tracey*  
Yoga *Christine*

**9:00am**  
Body Combat *Tracey*  
Cycle *Pam*

**9:30am**  
Aqua Aerobics (LP) *Cody?*  
*Courtney*

**10:00am**  
Sculpt *Pam*

**10:30am**  
Aqua Yoga (TP) *Courtney*

**11:15am**  
Sit & Be Fit *Missy C*

**4:00pm**  
Tai Chi *Hilmar*

**5:00pm**  
Gentle Yoga *Christine*

**5:30pm**  
Zumba *Erin*  
Cycle Circuit *Missy*  
Boot Camp *Bernie*

**6:00pm**  
Aqua Aerobics (LP) *Cody*

**6:30pm**  
Butts and Guts \**Philly/*  
*Missy*

## WEDNESDAY

**5:30am**  
Boot Camp *Bernie*

**6:00am**  
Yoga *Mary*

**8:30am**  
Core\* *MaryBeth*

**9:00am**  
Cycle *MaryBeth*  
Zumba *Team*  
Barre *Missy*

**9:30am**  
Aqua Aerobics (LP) *Philly*

**10:00am**  
Pilates *Melissa*  
Yoga Therapy *Patrick*

**10:30am**  
Aqua Aerobics (TP) *Philly*

**11:00am**  
Balance & Stretch *Melissa*

**11:15am**  
Gentle Aqua (TP) *Patrick/*  
*Philly*

**5:00pm**  
Core\* *Philly*

**5:30pm**  
Body Pump *Philly*  
Cycle *Pam*

**6:00pm**  
Aqua Aerobics (LP)  
*Amanda*

**6:30pm**  
Stretch & Release *Pam*

## THURSDAY

**5:30am**  
Cycle *Mary*

**7:00am**  
Yoga *Sarah*

**8:30am**  
CXWORX\* *Tracey*  
Yoga *Melissa*

**9:00am**  
Body Combat *Tracey*  
Cycle *Lori*

**9:30am**  
Aqua Aerobics (LP) *Missy*

**10:00am**  
Body Pump *Lori*

**10:30am**  
Aqua Yoga (TP) *Courtney*

**11:15am**  
Sit & Be Fit *Missy C*

**4:00pm**  
Tai Chi *Hilmar*

**5:30pm**  
Zumba *Erin*  
Cycle Circuit *Missy*  
Boot Camp *Bernie*

**6:00pm**  
Aqua Aerobics (LP) *Cody*

**6:30pm**  
Cycle *Bill*  
Butts and Guts\* *Missy*

## FRIDAY

**5:30am**  
Boot Camp *Bernie*

**8:00am**  
Body Pump *Team*

**8:30am**  
Deep Stretch\* *Missy*

**9:00am**  
Dance *Missy*  
Cycle *Cheryl*  
Yoga *Christine*

**9:30am**  
Aqua Aerobics (LP) *Cody*

**10:00am**  
Pilates *Missy*

**10:30am**  
Aqua Aerobics (TP) *Philly*

**11:00am**  
Balance & Stretch  
*Christine*

**11:15am**  
Gentle Aqua (TP) *Philly*

**4:30pm**  
Body Pump *Philly*

### Facility Hours

Mon—Thurs  
5am-9pm  
Friday  
5am-7:30pm  
Sat & Sun  
7am-3:30pm

Effective August 19th, 2019

## SATURDAY

**8:00am**  
Sculpt Express \**Pam*

**8:30am**  
Body Combat *Amanda*  
Cycle *Bill*  
Yoga *Team*

**9:30am**  
Zumba *Linette*

**10:00am**  
Aqua Aerobics (LP) *Team*

## SUNDAY

**8:30am**  
Gentle Yoga *Shannon*

**9:00am**  
Body Pump *Philly*

- Basketball Court
- Pool
- Mind & Body Studio
- Group Exercise Studio

*All Cycle Classes are held  
in the Cycle Studio*

### Kid's Zone Hours

Mon—Thurs  
8am-12pm; 4-8pm  
Friday  
4-7:15pm  
Saturday  
8am-12pm

\*30 Minute Class

# Group Fitness Class Descriptions

## CYCLING

**Cycle** Instructors will lead you through a high intensity class driven by music that will keep your heart rate up, your legs and lungs burning and calories just melting away!

**Cycle Circuit** Combines the cardio workout of cycle class with intervals (off the bike) of strength training.

## CARDIO, STRENGTH & POWER

**Barre** Incorporates the fluidity of ballet, the flexibility of yoga, & the core strengthening of Pilates.

**Boot Camp** Calisthenics and body weight exercises mixed with cardio and strength training. Boot camp is designed in a way to be different all the time, and push you harder than you would push yourself.

**Butts and Guts** High energy toning and sculpting class focusing on glutes and core. Format includes a variety of exercises and equipment.

**LES MILLS BodyCombat** Punch and kick your way to fitness in this non-contact class, combating calories along the way. You'll release stress, have a blast and feel like a champ.

**LES MILLS BodyPump** BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit – fast.

**LES MILLS CXWORX** Exercising muscles around the core, CXWORX™ provides the vital ingredient for a stronger body.

**Sculpt** Designed to strengthen and lengthen your entire body while burning tons of calories.

## DANCE

**Dance** Get up and dance in this high energy workout that will make you sweat!

**Line Dancing** Beginner Line dancing workout for the body and the brain!

**Zumba!** We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Super effective? Check. Super fun? Check!

## YOGA

**Gentle Yoga** Slow / Gentle Yoga is designed for adults of any age who prefer a slower paced or more relaxed practice.

**Tai Chi** uses a series of movements performed in a slow, focused manner and accompanied by deep breathing. Meditation in Motion.

**Yoga** This classical yoga class cultivates deeper awareness of the poses, attention to alignment and breathing techniques.

**Yoga Therapy / Nidra** Helps resolve tensions so the body can return to a normal state of balance which helps to deal with stress in a more relaxed way and creates an Optimal Healing Environment for Mind, Body & Spirit.

## FLEXIBILITY & CORE

**Balance & Stretch** Work on your mind body connection as you push past your own flexibility limits while improving both balance & posture.

**Core** Discover balance & movement challenges for your core! Upper & lower body modifications are provided that will help seniors & participants of all levels.

**Deep Stretch** You will experience full body, easy-to-follow gentle stretching & breathing exercises for improvement in range of motion, muscle tone and flexibility.

**Pilates** Focuses on core strength, flexibility, balance and stamina.

**Sit & Be Fit** - This class is designed to be an invigorating and fun workout to strengthen and stretch the body from head to toe.

## AQUATICS

**Aqua Aerobics** An effective way to bring total body conditioning to the water – this class moves quickly & reaches all muscle groups! (LP) - class will be held in the Lap Pool (TP) - class will be held in the Therapy Pool

**Aqua Yoga** A gentle warm water class that incorporates movement for core strengthening, yoga stretches and balance.

**Gentle Aqua** offers gentle warm water activities and exercises designed for people with arthritis, fibromyalgia, osteoporosis & joint replacement.