



April Group Fitness Schedule 2021 updated 3/29/2021

Monday				Tuesday				Wednesday			
Time	Class	Location	Trainer	Time	Class	Location	Trainer	Time	Class	Location	Trainer
7-7:45am	Fitness Barre *	Studio 1	Katy	7-7:45am	Upper Body Strength *	Studio 1	Katy	7-7:45am	Strength NRG *	Studio 1	Katy
7-7:45am	Aqua Strength	Pool	Jose	7-7:45am	Aqua Zumba	Pool	Jessica	7-7:45am	Aqua Aerobics	Pool	Jose
8-8:45am	Zumba *	Studio 1	Mirna	8-8:45am	Zumba Gold *	RR	Dawn	8-8:45am	Zumba	RR	Mirna
9-10am	Tai Chi Chih	Cedar Rm	Yuko	8-8:45am	Yoga	Cedar Rm	Sunny	8-8:45am	Yoga *	Cedar Rm	Max
9-9:45am	HeartStrong *	RR	Fred	9-9:45am	Chair Assisted Yoga *	Studio 1	Sunny	9-9:45am	HeartStrong *	RR	Fred
10-10:45am	Cardio Drum *	RR	Mirna	9-9:45am	Strength 101	RR	Olga	9-9:45am	Stretch & Tone Yoga	Cedar Rm	Joyce
10:15-11am	PWR	Studio 1	Olga	10-10:30am	Rowing	Studio 2	Rotation	10-10:45am	Cardio Drum *	RR	Mirna
11-11:45am	Aqua Zumba	Pool	Mirna	10-10:45am	Rock Steady Boxing	Boxing	Ken	10:15-11am	PWR	Studio 1	Olga
11:15-12pm	Cancer Survivor Fitness	Studio 1	Jen	10-10:45am	Body Weight Strength*	Studio 1	Fred	11-11:45am	Cancer Survivor Fitness	Studio 1	Jen
12:30-1:15pm	Cardio Drumming	RR	Mirna	11-11:45	Walking Club	Outside	Jen/Robin	12-12:45pm	Aqua Fit	Pool	Avin
5-5:45pm	Yoga	Cedar Rm	Corinne	12-12:45pm	Cardio Drum	Studio 1	Mirna	1.30-2.30pm	Dance Party	Studio 1	Avin
5-5:45pm	Cycle	Studio 2	Brent	1-1:45pm	Seated Strength	Studio 1	Mirna	5-5:45pm	Yoga	Cedar Rm	Joyce
6-6:30pm	Rowing	Studio 2	Brent					5:30-6pm	Kettlebells	Boxing	Sylwia
5:30-6:30pm	Zumba	Studio 1	Megan	5-5:45pm	Yoga	Cedar Rm	Max	6-6:45pm	Yoga for MS	Cedar Rm	Joyce
6-7pm	HiiT & Bag	Boxing	Sylwia	5-5:45pm	Walking Club	Outside	Katie	6:15-7pm	Zumba	RR	Mirna
8-8:45pm	Aqua Zumba	Pool	Megan	5:30-6:15pm	Boxing 101	Boxing	Raphael	6-7pm	Boxing Fit	Boxing	Raphael
Thursday				6-7pm	Drumming & Strength	RR	Katie	6:05-6:40pm	Cycle	Studio 2	Sylwia
Time	Class	Location	Trainer	6-7pm	Cycle & Row 50/50	Studio 2	Brent	6:45-7:15pm	Power Tone	Studio 1	Sylwia
7-7:45am	Lower Body Strength *	Studio 1	Katy	Friday				Saturday			
7-7:45am	Aqua Zumba	Pool	Jess	Time	Class	Location	Trainer	Time	Class	Location	Trainer
8-8:45am	Zumba Gold *	RR	Dawn	7-7:45am	Fitness Barre *	Studio 1	Katy	8-8:45am	Zumba *	Studio 1	Rotation
8-8:45am	Functional Flexibility	Studio 1	Sunny	8-8:45am	Zumba *	Studio 1	Mirna	9-9:45am	Strength *	Studio 1	Rotation
9-9:45am	Chair Assisted Yoga *	Studio 1	Sunny	8-8:45am	Yoga	Cedar Rm	Max	10-10:45am	Yoga *	Cedar Rm	Rotation
9-9:45am	Strength 101	RR	Olga	9-9:45am	Heart Strong *	RR	Fred	10-10:45am	Boxing	Boxing	Raphael
10-10:30am	Rowing	Studio 2	Rotation	10-10:45am	Cardio Drumming*	RR	Mirna	10-10:45am	Aqua Fit	Pool	Rotation
10-10:45am	Rock Steady Boxing	Boxing	Ken	10:15-11am	PWR	Boxing	Olga	Sunday			
10-10:45am	Everyday Balance *	Studio 1	Sunny	11-11:45am	Cancer Survivor Fitness	Studio 1	Jen	Time	Class	Location	Trainer
11-11:45am	Functional Strength	Pool	Mirna	11:45pm	Aqua Zumba	Pool	Mirna	10:30-11:30am	Aqua Fit	Pool	Brent
11-11:45am	Walking Club	Outside	Jen/Robin	1-1:45pm	Cardio Drum	RR	Mirna	12-12:45pm	Rowing	Studio 2	Brent
12:30-1:15pm	Cardio Drum	RR	Mirna	2-2:45pm	Seated Dance	Studio 1	Mirna	1-1:45pm	Strength	Studio 1	Brent
4:30-5:30pm	Tai Chi	Cedar Rm	Patrick	4:30-5:30pm	Strong Nation	Studio 1	Megan/Jess	Due to COVID-19 preparedness protocols, all boxers must bring their own gloves. All CardioDrummers must use their own sticks. Sticks are available at Member Services Desk for purchase. Zoom starts at 7am M-F and continues until 10:45. Join in anytime! COVID-19 Restrictions apply, please see COVID-19 Preparedness Plan for more information, available at the front desk.			
5-5:30pm	Rowing	Studio 2	Brent	6-6:45pm	Aqua HiiT	Pool	Brent				
5:30-6pm	Cycle HiiT	Studio 2	Brent	https://zoom.us/join							
5:30-6:15pm	Zumba	RR	Robin	* 7 AM Class Link Here:							
6:15-7pm	Power Tone	Studio 1	Brent	Fitness members only							
8-8:45pm	Aqua Zumba	Pool	Katie	884 1696 3206 Password: 125LIVE							
				Enter meeting id and password							

Aqua Fit-	Using the resistance of water along with various pool equipment this workout will increase cardio capacity and help to build strength all while keeping your joints safe and healthy.
Aqua Hiit-	Intervals of high and low intensity using the resistance of the water help to build stamina and increase cardio capacity in a safe low impact workout
Aqua Strength-	Pool weights, noodles and kickboards are used as resistance tools to build strength and improve muscle tone
Aqua Zumba-	Dance your way to a healthier you. Zumba in the water is excellent for increasing agility and cardio capacity while being easy on the joints
Pool Party-	social time in a fun environment where you can talk and make friends. Play fun games including volleyball with your host, enjoy a beverage afterwards.
Walking Club-	A walking based workout full of twists, turns, turns, lunges and lifts. This group meets outside in good weather and inside if not.
Dance Party-	Low to Moderate impact, Varied intensity. Explore different styles of dance with classic and popular music to motivate you to be active and keep moving.
Zumba-	A fun dance workout where you can learn routines with exciting music while increasing your cardio capacity and agility
Zumba Gold-	A lower impact, joint friendly dance workout where routines are perfected to some of your favorite songs
Cancer Survivor Fitness-	More than just a workout this group is supportive and dedicated to regaining strength, mobility, balance and range of motion due to cancer treatments or surgeries, a gentle mix of strength and cardio circuits with an enhanced stretch and relaxation phase near the end of the class.
Cardio Drum-	Choreographed rhythmic drumming with a bit of dancing and fitness infused to make it as fun as it is effective
Cardio Drum (Seated)-	All of the same fun components of cardio drumming done from a seated position
HeartStrong-	Dance, move and lift your way to better health. A perfect mix of strength and cardio combine to give you a great workout, low impact moderate intensity
PWR- Parkinson's Wellness Recovery-	exercise integrating sports fitness and more traditional gym activities such as strength, agility, balance, coordination and flexibility, designed with Parkinson's in mind
Everyday Balance-	work on improving your balance, posture and core strength in a variety of strengthening and lengthening exercises
Functional Flexibility-	a strength and flexibility workout designed to improve activities of daily living and increase natural range of motion, some work may be done on the floor
Seated Strength-	modified strength training made for beginning exercisers and those needing extra support
Ballet Barre-	sculpt your body using traditional ballet movements and perfect posture while listening to classical music
Body weight strength-	a strength workout using your own body for resistance, standing and floor work included
Fitness Barre-	a hybrid workout class combining ballet inspired moves with elements of Pilates, dance, yoga and strength training, lower weights, higher repetitions
Strength 101-	beginner friendly and suited for the regular exerciser, this class is designed to build strength by using various resistance tools including dumbbells, bands, balls and even your own body
Strength NRG-	total body workout using fitness balls, weights, bands and body weight as resistance. This workout includes standing and floor work
Strength-	traditional strength exercises such as squats, presses, curls combine to create a total body muscle building workout using various resistance tools including dumbbells, bands, balls and body weight
Strong Nation-	Body weight, muscle conditioning, cardio and plyometrics set to music create this high intensity workout
Kettlebells-	Low impact high intensity strength training using a kettlebell as your resistance tool
Boxing 101-	This class will introduce new boxers to basic techniques including proper stance, safe execution of punches, kicks and simple combinations
Boxing Fit-	Building on the basics, this class continues to work on boxing technique while delivering a higher intensity workout
Hiit & Bag-	Sylwia's signature workout featuring an intense strength and cardio circuit as well as contact work on the boxing bags
Rock Steady Boxing-	Evidence based wellness program for individuals with Parkinson's Disease or other neurological conditions, this class is done with a boxing theme, incorporating weightlifting and stretching
Yoga-	enhance your mind body connection while increasing flexibility, strength and balance through stretching and deep breathing techniques
Chair Assisted Yoga-	traditional yoga postures modified and practiced while seated in a chair, learn deep breathing techniques while increasing your strength and flexibility
Yoga for MS-	classic yoga poses adapted for real people, the wall, blocks, a chair, or straps may be used to develop breath, balance, strength, flexibility and agility
Tai Chi Chih-	gently flowing moving meditation to help with pain management and daily stress reduction
Tai Chi-	gentle flowing movements that are amazing for balance, strength and endurance
Rowing-	Low impact, varied intensity, exercise using rowing machines for a total body workout
Cycle & Row-	Low impact varied intensity cardio workout where half your time is spent rowing and half on the bike
Cycle-	an energetic knee friendly cardio workout on the stationary cycles, upbeat music gets your heart rate soaring, choose between an upright or recumbent bike to suit your body
Cycle Hiit-	A cardio workout using the stationary bikes for fun challenging drills such as timed speed bouts, hill climbs and intervals