

Group Fitness



	Monday	Tuesday	Wednesday	Thursday	Friday
Group Exercise	Silver Sneakers® 8:45-9:30a Cardio Sculpt 5:45-6:30p (on track) Pound® 5:30-6:30p (fitness room)	PiYo 9:30-10:30a Zumba® 5:30-6:30p Pedal & Pump Mixup 6:00-7:00p	Silver Sneakers® 8:45-9:30a Cardio Sculpt 5:30-6:30p Indoor Cycling 5:30-6:30p Pound® 5:30-6:30p	Turbo Kick 6:00-7:00p	Silver Sneakers® 8:45-9:30a
Aqua Class	Aqua 8:00-9:00a Warm Water 10:00-11:00a	Silver Splash® 9:30-10:30a Splash'n Cardio 6:00-7:00p	Splash'n Cardio 8:00-9:00am Warm Water 10:00-11:00a Water Aerobics 6:30-7:30p	Silver Splash® 9:30-10:30a Aqua Zumba 5:45-6:45p	Aqua 8:00-9:00a Warm Water 10:00-11:00a

Aqua - A refreshing, non-impact, workout in the water. Increases range of motion, flexibility, and allow for easier movements. Any age group, old and young, may benefit from the content of Aqua.

Aqua Zumba- known as the Zumba “pool party,” Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, and even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba shallow water class.

Cardio Sculpt - Get your heart pumping with cardio pump. This class improves cardiovascular health and increases endurance to get toned with the use of weights.

Pedal & Pump Mixup- spend time on the bike doing intervals & climbs, split with time off the bike using weights to strengthen every muscle in your body.

PiYo - a hybrid, athletic workout, combining the mind/body practices of yoga and Pilates, as well as the principles of stretch, strength training, conditioning, and dynamic movement. We crank up the music, speed, and for an intense, yet low-impact workout. You'll sweat, stretch, and strengthen—all in one PiYo workout!

Pound® - The world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing drums.

Silver Sneakers® - An instructor guides you through exercises with resistance tools at your pace. Improve strength, flexibility, and balance.

Silver Splash® - For a soothing exercise environment try Silver Splash®. You do not need to know how to swim. This class will increase your strength, stability, and comfort in the water.

Steppin Up - Tones legs and booty using moves up, over, and around a step. Low impact, high intensity.

Turbo Kick - combines traditional kickboxing moves with high-intensity interval training (HIIT) set to high energy music for an out-of-this-world calorie burn!

Warm Water - This class teaches gently effective stretching while increasing muscle endurance. Increase flexibility, prevent injuries, improve muscle tone, and promote relaxation.

Water Aerobics - Low impact, classic moves and an intensity level that is suitable for all.

Zumba®- A total body workout, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.