



Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-10:00 AM Silver Sneakers Classic <i>Dina</i>	8:00-9:00 AM Fit Forever <i>Linda</i>	7:15-8:15 AM Functional Fitness Training <i>Melissa</i>	8:00-9:00 AM Fit Forever <i>Linda</i>	8:00-9:00 AM Gentle Yoga <i>(Leisure Pool Deck)</i> <i>Jan K.</i>	9:00-10:00 AM Steppin' Up <i>Melanie</i>
9:00-10:00 AM Riverwalk <i>(Lazy River)</i> <i>Mark</i>	10:15-11:15 AM Chair Yoga <i>Jan A.</i>	8:00-9:00 AM Gentle Yoga <i>(Leisure Pool Deck)</i> <i>Jan K.</i>	9:30-10:30 AM Chair Yoga <i>Linda</i>	9:00-10:00 AM Riverwalk <i>(Lazy River)</i> <i>Mark</i>	
9:00-10:00 AM Aqua Zumba <i>(Leisure Pool)</i> <i>Nayda</i>	5:30-6:30 PM Zumba <i>Nayda</i>	9:00-10:00 AM Silver Sneakers Classic <i>Dina</i>	5:30-6:30 PM Hip Hop <i>Felicia</i>	9:00-10:00 AM Aqua Zumba <i>(Leisure Pool)</i> <i>Nayda</i>	
5:00-6:00 PM Gentle Yoga <i>Linda</i> <i>(Room D)</i>		9:00-10:00 AM Riverwalk <i>(Lazy River)</i> <i>Mark</i>			
5:15-6:15 PM Steppin' Up <i>Melanie</i>		9:00-10:00 AM Aqua Zumba <i>(Leisure Pool)</i> <i>Nayda</i>			
5:30-6:30 PM Riverwalk <i>(Lazy River)</i> <i>Mark</i>		5:15-6:15 PM Steppin' Up <i>Melanie</i>			
5:30-6:30 PM Aqua Zumba <i>(Leisure Pool)</i> <i>Nayda</i>		5:30-6:30 PM Riverwalk <i>(Lazy River)</i> <i>Mark</i>			
		5:30-6:30 PM Aqua Zumba <i>(Leisure Pool)</i> <i>Nayda</i>			

- Group exercise classes are included in Annual and Monthly memberships.
 - Single class passes are \$5 per class.
- All group exercise classes are open to any fitness level. Some classes are designed as more advanced than other classes, but available for any fitness level. Please notify the instructor before class if you are new to the class or require modifications.

Group Fitness Class Descriptions

Aqua Zumba: A Zumba pool party! A safe, challenging workout that is cardio-conditioning, body toning, and most of all, lots of fun!

Chair Yoga: Chair yoga adapts traditional yoga positions and poses by using a chair as needed. It is suitable for most ages, fitness levels, and physical conditions.

Fit Forever: A senior based class that focuses on strength, endurance, and flexibility. Work out with friends and meet lots of new ones.

Functional Fitness Training (FFT): Perfect for the before work crowd, FFT is a muscle conditioning class that can: strengthen muscles, increase balance & coordination, improve flexibility, and provide body awareness that can help prevent unnecessary injury. Using a variety of resistance, FFT moves you through a series of multi-joint exercises that enhance performance in everyday activities in and out of the gym. FFT is perfect for all fitness levels.

Gentle Yoga: Focus on improving your balance and flexibility while lowering your stress level. This class is great for beginners.

Hip Hop: The ultimate cardio class where you learn to master Hip Hop choreography! Never get bored in this high-energy, cardio-intense class that will feel more like a party than a fitness class. Enjoy 60 minutes of sweat drenching fun Hip Hop choreography set to your favorite songs!

Riverwalk: Get a great workout in the not so lazy river! Riverwalk is a low impact walk along with an upper body workout against the current of the Leisure Pool Lazy River.

Silver Sneakers Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Steppin' Up: It's your first step to a better body! Build stamina and burn fat through varied athletic and dance based aerobic routines using an adjustable platform.

Zumba: High energy and motivating music plus fun and exciting moves equals a fantastic group workout experience.