

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00am - 6:00am		Cardio Sculpt (Nicole G)		Spin (Nicole G)		Stretch (Suzi)	
5:45am - 6:45am		**Aqua (Mac)		**Aqua (Mac)		**Aqua (Mac)	
6:00 am- 7:00 am			**Aqua Pilates (Robyn)		**Aqua Pilates (Robyn)		
7:00 am - 8:00 am							Sun Salutation (Robyn/Gabriel)
7:30 am- 8:30 am			Pilates/Yoga (1.25hr) (Robyn)		Chair Yoga (1 hr) (Robyn)		
8:00 am - 9:00 am							**Aqua Craziiness (Danielle)
8:15am- 9:00 am							Cize Live (Heather)
9:00am - 10:00am	Boot Camp (Kathy)	Kick N Core (Darlene)		Kick N Core (Darlene)			
9:15am- 10:15am			Step N Sculpt (Carol)		Step N Sculpt (Carol)		Spin (45 Min) (Kathy)
10:00 am - 10:45 am							Pound (Danielle) (starts 3/5/16)
10:30 am - 11:30 am			Tai Chi - Beginner (Ruben)		Tai Chi - Advanced (Ruben)		
11:30 am- 12:30 pm			Tai Chi - Intermediate (Ruben)				
1:15 pm - 2:15 pm			**SilverSneaker- Aqua (Linn)		**Silver Sneaker-Aqua (Linn)		
4:30 pm - 5:15 pm		Self Defense (Jeff)					
5:15pm - 6:00 pm			Zumba (Nicole)		Zumba (Nicole)		
5:30 pm- 6:15 pm		Muscle Sculpt (Kathy)	Spin (Kathy/Lisa)	Muscle Sculpt (Kathy)	Spin (Keith/Kathy)		
6:00 pm - 7:00 pm			**Aqua (Dick)		**Aqua (Lisa)		
6:15 pm - 7:15 pm		Zumba (Nicole)	Yoga (Robyn)				
6:30- 7:15pm				Cize Live (Heidi)			

\* This schedule is subject to change as new instructors are found.

\*\* The pool is not available for open swim when there is a water aerobics class. (See Blue boxes for water class schedule)

\*\*(Revised 2/13/16)\*\*

SEE BACK FOR CLASS DESCRIPTION

CLASS DESCRIPTION S:

**Aqua** – This class consists of a workout in the 86 degree pool water. If you cannot do a regular floor aerobic class due to medical issues, try doing the aerobic class in the pool. You will do a combination of cardio, core and muscle sculpting using the water dumbbells, kickboards and water bands with no impact on your joints. The warm water helps

**Aqua Crazyiness** – This class consists of a workout in the 86 degree pool water. You will do a combination of kickboxing and Zumba moves with some high intensity music.

**Aqua Pilates** – Pilates is a series of nonimpact exercises to develop circulation, strength, flexibility, balance, and inner awareness. It promotes a feeling of physical and mental well-being as well as develops the inner physical awareness. Pilates is also helpful in preventing and rehabilitating any injuries and improving posture. This exercise is done standing. This exercise is done standing only in our 86 degree pool water to eliminate any impact on your joints. While in the water you will perform Pilate moves with or without our water dumbbells.

**Boot Camp** –

**Cardio Sculpt** – This class consists of a workout in our 1200 square foot aerobic room early in the morning. You will exercise to high intensity music doing cardio, muscle sculpting with dumbbells and as well as core workout on the mat with or without the stability ball.

**Chair Yoga** –

**Cize Live** –

**Kick N Core** –

**Muscle Sculpting** –

**Pilates/Yoga** –

**Self Defense** –

**SilverSneakers Aqua** –

**Spin** –

**Stretch** –

**Sun Salutation** –

**Step N Sculpt** –

**Tai Chi** –

**Yoga** –

[Type text]

[Type text]

[Type text]

**Zumba –**