

GROUP FITNESS SCHEDULE

JANUARY 2 – MAY 24

MONDAY

5:30 AM	DAVID	Cycle
5:30 AM	AMBER	Hustle, Muscle & Core
7:00 AM	LYNDSEY	Cycle
8:30 AM	DEBBIE M.	Step
8:30 AM	JULIE	Zumba®
8:30 AM	KIMBERLY	Extended Yoga
8:30 AM	STEVE	Short Circuit
9:30 AM	GAE	Cycle
9:30 AM	STEVE	Tabata
9:30 AM	MICHELLE	Hustle, Muscle & Core
9:30 AM	JENNY	Aqua Kickboxing Express
9:30 AM	JACKIE	Strictly Strength
10:00 AM	JENNY	Aqua Strength
10:30 AM	JOSEPHINE	Silversneakers® Circuit
10:30 AM	KAT	Gentle Yoga
11:00 AM	JACKIE	Aqua Dance
11:30 AM	JOSEPHINE	Silversneakers® Classic
11:30 AM	JENNY	Stretch N' Flex
12:00 PM	LYNDSEY	Express
12:00 PM	KATIE	Neuro-Splash
5:00 PM	TAMMY	Total Body Conditioning
6:00 PM	TAMMY	Boot Camp
6:30 PM	COURTNEY	Cycle
7:00 PM	RACHEL	Zumba®
7:00 PM	GRETCHEN	Yoga

TUESDAY

5:30 AM	BRIAN	Cycle
5:30 AM	AMBER	Strictly Strength
6:00 AM	JOY	Yoga
7:00 AM	LYNDSEY	Total Body Conditioning
8:30 AM	KRISTEN	Core de Force
8:30 AM	LYNDSEY	Aqua Cardio Strength Interval
8:30 AM	MIMI	Cardio Interval Strength
9:00 AM	ERICA	Advanced Yoga Flow
9:30 AM	ANDREA	Cycle
9:30 AM	JOSEPHINE	Zumba®
9:30 AM	KAT	Aqua Zumba®
9:30 AM	GAE	Strictly Strength
10:30 AM	LAURA	Aqua Tabata Express
10:30 AM	KAT	Gentle Yoga
10:30 AM	SHANNON	Body by Bosu®
11:00 AM	LAURA	Gentle Aqua
11:30 AM	GRETCHEN	Silversneakers® Classic
12:00 PM	SHANNON	Express Hustle, Muscle & Core
12:30 PM	LYNDA	Chair Yoga
1:30 PM	INGRID	Silversneakers® Circuit
5:00 PM	TIFFANY	HIGH Fitness
5:30 PM	JOY	Cycle
6:00 PM	TAMMY	Barre Blend
6:00 PM	INGRID	Zumba® Toning
7:00 PM	JOY	Advanced Yoga Flow

WEDNESDAY

5:30 AM	COURTNEY	Cycle
7:00 AM	LYNDSEY	Cycle
5:30 AM	KIM G.	Cardio Interval Strength
7:00 AM	ELSA	Yoga
8:30 AM	COURTNEY	Cycle
8:30 AM	NATASHA	PiYo®
8:30 AM	TIFFANY/NATALIE	High Fitness
9:30 AM	ALI	Zumba®
9:30 AM	JENNY	Express Aqua Tabata
9:30 AM	MIMI	Power Pilates
9:30 AM	GRETCHEN	Extended Yoga
10:00 AM	JENNY	Aqua Boot Camp
10:30 AM	HEATHER	Turbokick®
10:30 AM	DEBBIE H.	Active Strength
11:30 AM	GRETCHEN	Gentle Yoga
11:30 AM	DEBBIE H.	Silversneakers® Classic
12:00 PM	KATIE	Neuro-Splash
5:00 PM	JENNY	Total Body Conditioning
5:30 PM	BRIAN	Cycle
6:00 PM	TAMI	Aqua HIIT
6:00 PM	TAMMY	Strictly Strength
7:00 PM	JULIE	Zumba®
7:00 PM	LYNDA	Yoga

THURSDAY

5:30 AM	LAUREL	Cycle
5:30 AM	COURTNEY	Tabata
6:00 AM	JOY	Yoga
7:00 AM	JOY	Circuit Training
8:30 AM	KRISTEN	Turbokick®
8:30 AM	JACKIE	Aqua Tabata
8:30 AM	MICHELLE	Reps & Sets
9:30 AM	COURTNEY	Cycle
9:30 AM	LAURA	Aqua Cardio Express
9:30 AM	JACKIE	Cardio Dance
9:30 AM	KRISTEN	Strictly Strength
10:00 AM	LAURA	Aqua HIIT
10:30 AM	GRETCHEN	Gentle Yoga
10:30 AM	SHANNON	Body by Bosu®
10:30 AM	JOSEPHINE	Silversneakers® Circuit
11:00 AM	LAURA	Gentle Aqua
11:30 AM	GRETCHEN	Silversneakers® Classic
11:30 AM	KAT	Extended Yoga
12:00 PM	SHANNON	Express Hustle, Muscle & Core
12:30 PM	LYNDA	Chair Yoga
1:30 PM	INGRID	Silversneakers® Circuit
5:00 PM	NATALIE	HIGH Fitness
5:30 PM	JOY	Cycle
5:30 PM	JACKIE	Strictly Strength
6:00 PM	TAMMY	Barre Blend
7:00 PM	SHANNON	Advanced Yoga Flow

FRIDAY

5:30 AM	BRIAN	Cycle
5:30 AM	AMBER	Strictly Strength
7:00 AM	STEVE	Cardio Interval Strength
8:30 AM	DEBBIE M.	Cardio Mix
8:30 AM	DEBBIE H.	Power Pilates
8:30 AM	STEVE	Short Circuit
9:00 AM	ALI	Aqua Zumba®
9:30 AM	KIM G.	Cycle
9:30 AM	JOSEPHINE	Zumba®
9:30 AM	MICHELLE	Tabata
9:30 AM	DEBBIE M.	Strictly Strength
10:00 AM	JOY	Aqua Cardio
10:30 AM	CAROLYN	Gentle Yoga
10:30 AM	INGRID	Active Strength
10:30 AM	ALI	Zumba® Toning
11:30 PM	SHANNON	Stretch N' Flex
11:30 AM	INGRID	Silversneakers® Classic
12:00 PM	GRETCHEN/ERICA	Yoga
12:30 PM	SHANNON	Express Strength
2:00 PM	INGRID	Zumba® Gold
5:00 PM	AINSLEY	PiYo®

SATURDAY

7:15 AM	LAUREL	Cycle
8:00 AM	SVITLANA	Yoga
8:00 AM	LYNDSEY/BRIAN	Circuit Training
8:30 AM	ANDREA	Cycle
8:30 AM	DEBBIE H.	Step
9:00 AM	RACHEL	Zumba®
9:30 AM	DEBBIE H.	Strictly Strength
10:00 AM	TIFFANY/NATALIE	HIGH Fitness
10:30 AM	KIMBERLY	Power Yoga
10:30 AM	DEBBIE M./MICHELLE	Cardio Interval Strength

SUNDAY

8:00 AM	LYNDSEY/KIM	Pedal N' Power
8:30 AM	KAT/KIMBERLY	Gentle Yoga
9:00 AM	BRITTANY P.	Pound®
9:30 AM	KAT/KIMBERLY	Extended Yoga
4:30 PM	MICHELLE	Boot Camp
5:30 PM	SVITLANA	VinYin Yoga

MODIFIED SCHEDULES:

Sunday, April 12
Monday, May 25



CARDIO



AQUATICS



MIND/BODY/FLEXIBILITY



STRENGTH

Classes are 50 minutes unless otherwise noted. • Express classes are 30 minutes. • Extended classes are 65–85 minutes.

Carmel • Clay
Parks & Recreation



CARDIO

CARDIO MIX: Burn major calories from head to toe in this high aerobic workout. By incorporating high and low impact movements, strength and balance you will get a total body workout! This 50-minute class is open to all levels, offers a variety of modifications, and may use steps, mats or dumbbells.

CORE DE FORCE: Bring out your inner fighter in this martial arts inspired workout. This 50-minute class is broken into 3-minute rounds and will incorporate boxing, kickboxing and Muay Thai combinations. This class is open to all levels and does not require any equipment.

CYCLE: Pedal your way into shape in this low impact cardio class! This 50-minute indoor cycling class incorporates speed, strength and hill work. This class is open to all levels and you can keep track of calorie burn with your bike monitor.

HIGH FITNESS: Transform old school aerobics into a highly addictive new fitness experience. This high energy class incorporates non-stop cardio to burn hundreds of calories a session as you move to today's hit songs. This 50-minute class is open to all levels and uses body weight movements only.

HUSTLE, MUSCLE AND CORE: Build strength, cardiovascular endurance, lean muscle growth and excess fat loss. This class encompasses use of the track, weights and body weight exercises to gain muscle mass while achieving cardiovascular endurance targeting all the major muscle groups. This 50-minute class is open to all levels.

PEDAL N' POWER: Working out on the weekend is fun in this extended cardio and strength class! This 90-minute class incorporates 40 minutes of cycling, 40 minutes of strength and a core and stretching cool down. This all levels class starts in the cycling room then moves to a studio for strength training with weights.

POUND®: Rock out! This fat burning workout uses drumsticks as part of the routines to improve strength in a beat-based way. This 50-minute class is open to all levels, and uses your body weight, a mat and drumsticks.

STEP: Blast calories in this classic aerobic workout. This class uses a step bench with specially designed choreography. This 50-minute class is open to all levels and offers modifications for low impact options.

TABATA: High intensity interval training boosts your metabolism and increases your cardiovascular endurance. This class incorporates strength and cardio moves in 20 second bursts followed by 10 seconds of rest for 8 rounds to improve your overall fitness level. This class is a 50-minute high impact class with modifications offered.

TURBOKICK®: This is a calorie kicking workout. This class is a fast paced, kickboxing inspired and music driven workout. This 50 minute class is open to all levels and does not require any equipment.

ZUMBA®: Shake, move and groove! This high-energy dance cardio class incorporates music from around the world. This 50-minute class is open to all levels and requires no equipment.

ZUMBA® GOLD: Shake, move and groove! This beginner level dance cardio class is great for those needing a gentle cardio workout. This 50-minute class is open to all levels and requires no equipment.



MIND/BODY/FLEXIBILITY

ADVANCED YOGA: Take your yoga practice to the next level! This yoga flow incorporates more intricate yoga flows and advanced yoga postures. This 90-minute class is designed for intermediate to advanced participants.

BARRE BLEND: Lengthen, strengthen and tone your core and body. This is a low impact class features ballet barre movements, mat based Pilates exercises and strength exercises completed doing many reps with light weights. This 50-minute class is open to all levels and uses a barre, light handheld weights, a mat, Pilates ball and resistance band.

CHAIR YOGA: Reduce everyday stress, improve strength, motor skills and help with chronic pain! This class is a great way to enjoy better balance and flexibility through yoga but without having to move from the floor to standing. This 50 minute class is open to all levels and a chair plus all other equipment needed is provided.

GENTLE YOGA: Calm your body and mind. This yoga flow is designed to improve flexibility at a slow pace and incorporate breathe to each stretch. This 50-minute class is great for seniors or new exercisers.

PIYO®: Muscle-sculpting, core firming benefits of Pilates with the strength and flexibility of yoga. This class moves to a faster tempo and delivers a true fat burning, low impact workout that leaves your body long, lean and incredibly defined. This 50-minute class is open to all levels and is great for anyone looking for a fast-paced flexibility class.

POWER PILATES: Power up your body with strength and balance. This class incorporates standing and traditional Pilates moves to strengthen your core and stabilize muscles. This 50-minute class is open to all levels and uses traditional Pilates equipment.

POWER YOGA: Work your mind and body to the max! This powered-up Vinyasa class is an intensified flow intended to build strength, increase flexibility and boost your energy. This 75-minute class is designed for those with prior yoga experience.

STRETCH N' FLEX: Reduce your risk of injury by working on flexibility and balance. This class is a great complement to your cardio and strength classes to improve flexibility. This 50-minute class is open to all levels and uses a mat and stretch strap.

YOGA: Reduce everyday stress! Connect your mind and body while focusing on balance, strength, flexibility and meditation. This 50-minute class is open to all levels and does not require experience. Mats are provided if you do not have your own.

VINYIN YOGA: Balance Vinyasa Flow with Yin Yoga. This class is designed to incorporate both elements of a standard Vinyasa Yoga class with movement and strength, and end with restorative postures to recover the body and mind with breath. This 50 minute class is all levels and a great way to relax and restore on a Sunday night.



AQUATICS

AQUA BOOTCAMP: Enjoy The Waterpark while burning calories. This class is the perfect combination of cardio and strength in the water to improve endurance and strength in a low impact format. This 50-minute class is open to all levels and may incorporate aqua dumbbells or other water equipment to add resistance.

AQUA CARDIO: Cardio in the water without joint stress! This class will increase your heart rate and help you burn calories. This 50-minute class is open to all levels and will consist of a warm-up, active cardio movements and stretching.

AQUA DANCE: Dance to fun beats and burn major calories in this water aerobics class. This class will increase your heart rate while you dance in the water. Open to all levels, this 50-minute cardio class is gentle on the joints, and requires no equipment.

AQUA HIIT: Boost your metabolism and improve cardiovascular strength in the pool during this high intensity interval training class. The combination of cardio and strength moves will rev up your metabolism by burning calories and building strength. This 50-minute class may incorporate a variety of aqua resistance fitness equipment.

AQUA STRENGTH: Enjoy a metabolism boost and get stronger in the water! Improve your muscle tone and strength in the pool. This 50-minute class is open to all levels and will use noodles, paddles and aqua-bells.

AQUA TABATA EXPRESS: Love the water, but have limited time? This class combines cardio and strength in a quick, effective 30-minute format. This class is open to all levels and may incorporate resistance equipment.

AQUA ZUMBA®: Splash your way into shape! This low impact aerobic pool party will tone your body using fitness moves and Zumba choreography. This 50-minute class is open to all levels and does not incorporate equipment.

GENTLE AQUA: Calm your body and mind in the water. This gentle format is designed to improve flexibility at a slow pace. This 50-minute class is great for seniors or new exercisers.

NEURO-SPLASH: Ready to make a splash? This 50-minute class is designed for anyone with or without a neurological or physical disability who is wanting to work on their endurance, strength, range of motion, balance and flexibility. Neuro-Splash is open to all levels and needs and is led by a Certified Recreational Therapist.



STRENGTH

ACTIVE STRENGTH: New to Exercise? This class is a safe way to elevate your heart rate, increase your range of motion and experience a great workout while minimizing impact to the joints. This 50-minute class is great for new exercisers or seniors who need a low impact, slower paced strength class.

REPS & SETS: Each muscle group will be worked to fatigue to promote full body toning in this endurance weight lifting class. This 50-minute class is a total body muscle conditioning class that will increase strength utilizing free weights, bands, body bars, kettlebells, and body weight movements.

BODY BY BOSU®: Bounce into fitness by strengthening your balance and stability. This full-body workout improves your strength and balance with the use of a BOSU® ball. This 50-minute class is open to all levels.

BOOTCAMP: Feel athletic in this sport-inspired workout. This fun, motivational full-body workout will push your body to the limits. This 50-minute class is for experienced exercisers and incorporates a variety of equipment including sand bells, medicine balls, jump ropes and dumbbells.

CARDIO INTERVAL STRENGTH: Cardio-based movements, alternating with strength exercises create a super-charged interval format. A combo of cardio and strength exercise will fatigue major muscle groups to increase your overall fitness. This 50-minute class is open to all levels and uses a variety of resistance-based equipment including stability balls, weights, steps and bands.

EXPRESS: Get a quick fix in during your day. This athletic class will get your heart pumping and body pushed to its max in just 30 minutes. This class is open to experienced exercisers and uses kettlebells, weights and the track.

REPS & SETS: Achieve your strength goals. This is an easy-to-follow strength class that challenges various muscle groups using resistance bands, handheld weights and more. This 50 minute class is open to all levels and uses medium weights and body bars.

SHORT-CIRCUIT: One-on-one trainer lead circuits lead to individual results! This class challenges your muscle groups using a variety of equipment in short, high intensity stations. This 30-minute class is open to all levels and offers a variety of weight options at each station for an individualized challenge.

SILVERSNEAKERS® CIRCUIT: Combine fun and fitness to increase your cardiovascular and muscular endurance with a standing circuit workout. This 50-minute class is open to all levels and encouraged for seniors. It incorporates a chair for support, balance and stretching.

SILVERSNEAKERS® CLASSIC: Have fun with fitness at any age! This class is designed to increase muscular strength, range of motion and activity for daily living skills. This 50-minute class is open to all levels and encouraged for seniors. It incorporates light handheld weights, elastic tubing, a chair and small fitness balls.

STRICTLY STRENGTH: Achieve your strength goal. This easy to follow strength class challenges various muscle groups using resistance bands, handheld weights and more. This 50-minute class is open to all levels and uses medium weights and body bars.

TOTAL BODY CONDITIONING: Make life easier with total body activation and strength. This class features continuous cardio and strength moves designed to improve your overall fitness level. This 50-minute class is open to all levels and uses a wide range of fitness equipment.

ZUMBA® TONING: Party your muscles into shape! Use shake weights to fun Zumba® music to tone muscles to the beat in a low impact format. This 50-minute class is open to all levels and uses light Zumba® shake weights which are provided.