

GROUP FITNESS CALENDAR

December 2021

	MON	TUES	WED	THURS	FRI	SAT		
MORNINGS		 5:15-6:00 AM SANDY	BOOTCAMP 5:45-6:30 SHAUNA 	 5:15-6:00 AM MONICA				
		Stability Ball 7:00-7:45 AM RUTH 		Stability Ball 7:00-7:45 AM RUTH 				
		AQUA FIT 8:00-8:45 AM DEB 	AQUA BLAST 8:00-8:45 AM KIM 	AQUA FIT 8:00-8:45 AM DEB 	AQUA BLAST 8:00-8:45 AM KIM 	Water Volleyball 8:00- 9:00 AM 		
		Sit and Be Fit 9:00-9:45 RUTH 		Sit and Be Fit 9:00-9:45 RUTH 		<div style="background-color: black; color: white; padding: 20px; border-radius: 20px;"> <p>SMALL GROUP PT SIGN-UP</p> <p>MAINTAIN DON'T GAIN CHALLENGE IS BACK</p> <p>COMING SOON JANUARY 10TH FITNESS EXPO</p> </div>		
		H2O CHALLENGE 5:00-5:45 PM JILL 	 5:30-6:15 PM KIRI	 5:30-6:15 PM Christina	AQUA FIT 5:30-6:15 PM DEB 			
	CARDIO KICKBOXING 5:30-6:15 PM KIM 	AQUA FIT 5:30-6:15 PM Deb 	 EXPRESS 6:30-7:00PM SANDY	 YOGA 5:45-6:45 PM NANCY				
	BOOTCAMP EXPRESS 6:30-7:00PM Shauna			BOOTCAMP EXPRESS 6:30-7:00PM Shauna	Updated: 10/11/2021			

CHILD WATCH: TUESDAY & THURSDAY EVENINGS 5:00-7:00 PM

FITNESS CLASS DESCRIPTIONS

STRENGTH

Sit and Be Fit– Using a chair, the class works with resistance bands , light weights and your own body resistance to give you a workout without being on your feet., lessening the impact of exercise on your joints.

Stability Ball - This class will challenge participants with exercises that use body weight and dumbbells. There are numerous benefits to adding the ball to your fitness routine. We will strengthen the muscles of your core for a more stable spine and help reduce the risk of lower back pain. The class will also concentrate on flexibility for a greater range of motion.

Bootcamp - This class is taught in a 30 or 45 minute format. Dumbbells, resistance bands and kettlebells are used to promote muscle growth in the body. Core exercises are used to promote stability and strength in the abdominal muscles and spine.

Les Mills Body Pump™ - BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast. Participants need to bring a towel and water bottle. When exercises are performed at full range with proper form and correct weight selection, this class is a great cardio option as well!!!

Les Mills BODYCOMBAT™ Bodycombat is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness! No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.

CARDIO

Les Mills RPM® - RPM® is the INDOOR CYCLING workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials and interval training. Sweat and BURN to reach your endorphin high. RPM® is the 45 minute ride that brings out the athlete in all of us. Participants must pre-register for the class each month.

Kettlebell- Originating in Russia, a kettlebell is a centuries old training tool that looks like a cannon ball with a handle. From strengthening the key muscles of the lower body (glutes, hamstrings and quads) to challenging the muscles of the core and upper body (back, shoulders forearms, triceps, biceps and chest) kettlebells truly are a highly effective training tool for improving total body strength with a little kick of cardio.

Cardio Kickboxing—Punch & kick your way to fitness! Cardio kickboxing combines interval training with kickboxing moves to give your entire body a stellar workout. Timed drills are executed utilizing both your body weight and freestanding punching bags.

WATER FITNESS

AQUA BLAST- (MEDIUM) Cardio and strength intervals utilizing bodyweight and water dumbbells for added resistance. Fun music! High energy!

AQUA FIT - (MEDIUM) This class offers a variety of exercises to help you stretch and train all muscles groups to get your heart pumping. All levels welcome!

WATER VOLLEYBALL - (LOW) Drop in and enjoy a game of volleyball with other members.

H2O CHALLENGE– (Low-Medium) Cardio and strength intervals utilizing bodyweight and water dumbbells or pool noodles for added resistance. This class offers a variety of exercises to help you stretch and train all muscle groups.

Mind and Body

Yoga– Yoga is a gentle stretching exercise focused on balance, stability and mind and body connection. Yoga uses the core muscles to maintain stability while creating core strength.

Group fitness classes are for members ages 14 and up.