## FITNESS CLASSES

<table>
<thead>
<tr>
<th>TIME</th>
<th>LOCATION</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:30 a.m.</td>
<td>Swimming Pool</td>
<td>5:30-6:45 a.m.</td>
<td>Indoor Cycling</td>
<td>Chris</td>
<td>5:30-6:45 a.m.</td>
<td>Total Body Conditioning</td>
<td>Chris</td>
<td>5:30-6:45 a.m.</td>
</tr>
<tr>
<td>8:15 a.m.</td>
<td>Swimming Pool</td>
<td>8:15-9:15 a.m.</td>
<td>Cardio Step</td>
<td>Sue</td>
<td>8:15-9:15 a.m.</td>
<td>Zumba</td>
<td>Lynelle</td>
<td>8:15-9:15 a.m.</td>
</tr>
<tr>
<td>8:30 a.m.</td>
<td>Yoga Studio</td>
<td>8:30-9:30 a.m.</td>
<td>Gentle Yoga</td>
<td>Tamara</td>
<td>8:30-9:30 a.m.</td>
<td>Dynamic Stretch</td>
<td>Lynelle</td>
<td>9:00-10:00 a.m.</td>
</tr>
<tr>
<td>8:30 a.m.</td>
<td>Multipurpose Room</td>
<td>8:30-9:30 a.m.</td>
<td>Yoballates</td>
<td>Lynelle</td>
<td>8:30-9:30 a.m.</td>
<td>Senior Conditioning</td>
<td>Mary</td>
<td>9:00-10:00 a.m.</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Yoga Studio</td>
<td>9-10 a.m.</td>
<td>Aqua Fit</td>
<td>Sue A.</td>
<td>9-10 a.m.</td>
<td>Aqua Fit</td>
<td>Sue A.</td>
<td>9-10 a.m.</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Aerobics Studio</td>
<td>9:30-10:30 a.m.</td>
<td>Flex in the City</td>
<td>John</td>
<td>9:30-10:30 a.m.</td>
<td>Cycle Circuit</td>
<td>John</td>
<td>9:30-10:30 a.m.</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>Yoga Studio</td>
<td>10-10:50 a.m.</td>
<td>Pilates Mat</td>
<td>Nancy</td>
<td>10-10:50 a.m.</td>
<td>Pilates Mat</td>
<td>Nancy</td>
<td>10-10:50 a.m.</td>
</tr>
<tr>
<td>10:30 a.m.</td>
<td>Yoga Studio</td>
<td>10:30-11:30 a.m.</td>
<td>Int/Adv Vinyasa Yoga</td>
<td>Heather</td>
<td>10:30-11:30 a.m.</td>
<td>Int/Adv Vinyasa Yoga</td>
<td>Heather</td>
<td>10:30-11:30 a.m.</td>
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<tr>
<td>11 a.m.</td>
<td>Yoga Studio</td>
<td>11 a.m.-12 p.m.</td>
<td>Indoor Cycling</td>
<td>Shannon</td>
<td>11 a.m.-12 p.m.</td>
<td>Indoor Cycling</td>
<td>Shannon</td>
<td>11 a.m.-12 p.m.</td>
</tr>
<tr>
<td>11:30 a.m.</td>
<td>Yoga Studio</td>
<td>11:30-12:30 p.m.</td>
<td>Hot Power Hour Yoga</td>
<td>John</td>
<td>11:30-12:30 p.m.</td>
<td>Hot Power Hour Yoga</td>
<td>John</td>
<td>11:30-12:30 p.m.</td>
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<tr>
<td>12 p.m.</td>
<td>Yoga Studio</td>
<td>12:00-1:00 p.m.</td>
<td>Hatha Yoga</td>
<td>Tamara</td>
<td>12:00-1:00 p.m.</td>
<td>Hatha Yoga</td>
<td>Tamara</td>
<td>12:00-1:00 p.m.</td>
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<tr>
<td>12 p.m.</td>
<td>Aerobics Studio</td>
<td>12:15-1:15 p.m.</td>
<td>Step Circuit</td>
<td>Marisa</td>
<td>12:15-1:15 p.m.</td>
<td>Step Circuit</td>
<td>Marisa</td>
<td>12:15-1:15 p.m.</td>
</tr>
<tr>
<td>4:15 p.m.</td>
<td>Yoga Studio</td>
<td>4:30-5:45 p.m.</td>
<td>Vinyasa Yoga</td>
<td>Camron</td>
<td>4:15-5:00 p.m.</td>
<td>Kid/Teen Yoga</td>
<td>Merrily</td>
<td>4:15-5:00 p.m.</td>
</tr>
<tr>
<td>5 p.m.</td>
<td>Yoga Studio</td>
<td>5-6 p.m.</td>
<td>Step Fitness</td>
<td>Maria</td>
<td>5-6 p.m.</td>
<td>Step Fitness</td>
<td>Kim</td>
<td>5-6 p.m.</td>
</tr>
<tr>
<td>6 p.m.</td>
<td>Aerobics Studio</td>
<td>6:00-7:00 p.m.</td>
<td>Indoor Cycling</td>
<td>Victoria</td>
<td>6:00-7:00 p.m.</td>
<td>Indoor Cycling</td>
<td>Victoria</td>
<td>6:00-7:00 p.m.</td>
</tr>
<tr>
<td>6:30 p.m.</td>
<td>Yoga Studio</td>
<td>6:30-7:45 p.m.</td>
<td>Hot Vinyasa Yoga</td>
<td>Camron</td>
<td>6:30-7:30 p.m.</td>
<td>Vinyasa Yoga</td>
<td>Elisa</td>
<td>6:30-7:30 p.m.</td>
</tr>
</tbody>
</table>

## WATER AEROBICS

<table>
<thead>
<tr>
<th>TIME</th>
<th>LOCATION</th>
<th>MONDAY</th>
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<th>WEDNESDAY</th>
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</tr>
</thead>
<tbody>
<tr>
<td>8 a.m.</td>
<td>Competition Pool</td>
<td>8-9 a.m.</td>
<td>Deep H2O Challenge</td>
<td>Sue A.</td>
<td>8-9 a.m.</td>
<td>Deep H2O Challenge</td>
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<tr>
<td>9 a.m.</td>
<td>Recreation Pool</td>
<td>9-10 a.m.</td>
<td>Aqua Fit</td>
<td>Sue A.</td>
<td>9-10 a.m.</td>
<td>Aqua Fit</td>
</tr>
<tr>
<td>9:45 a.m.</td>
<td>Recreation Pool</td>
<td>9:45-11 a.m.</td>
<td>Aqua Fit</td>
<td>Teresa</td>
<td>9:45-11 a.m.</td>
<td>Aqua Fit</td>
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<tr>
<td>9:45 a.m.</td>
<td>Competition Pool</td>
<td>9:45-11 a.m.</td>
<td>Aqua Fit</td>
<td>Teresa</td>
<td>9:45-11 a.m.</td>
<td>Aqua Fit</td>
</tr>
</tbody>
</table>
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This energetic class offers a combo of weights, cardio and abs for a full body workout.

Indoor Cycling
A dynamic, low-impact workout that burns calories and gets your heart pumping.

Cycle Flex
Challenge your cardiovascular and muscular system with a whole body experience of indoor cycling sculpting, toning and burning fat.

BOSU C.S.I.
There is no crime scene here—only Cardio Strength Intervals (CSI) that combine the energizing effects of cardio and weight training using the BOSU ball.

BOSU Strength
Improve your endurance, agility, balance and core strength using the BOSU ball, weights, body bars and body weight.

Flex in the City
This strength training class uses bands, BOSU balls, steps, free weights and body bars, along with continuously intense movements.

John’s Boot Camp
Be prepared to push your body to the max in an this interval class led by “drill sergeant” John. This is definitely an advanced class.

The O.C.
Optimal Conditioning (OC) for optimal results. This class develops muscular strength and endurance by using bars, bands, weights and more.

Funktastic-KICK!
Punch, kick, dance and sweat away calories to fantastic music. This class combines kickboxing, weight training, and cardio.

Step
This class incorporates step aerobics with high energy, great music and fun in the perfect formula to make you sweat.

Ultimate Fitness Workout
This class that combines cycling, weights and ab work.

Senior Conditioning
Includes muscular strength, endurance exercises, cardiovascular training and a complete stretching regime.

Weight Loss Workout
Each class includes cardio, strength, corework and plyometrics.

Zumba
Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic fitness program.

Zumba Gold
A lower intensity version of Zumba taught at a slower pace.

Cycle Circuit
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