



2020 GROUP EXERCISE SCHEDULE

Our mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

| <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> |
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| <p>6:15a-7a Movers and Shakers (Rose)</p> <p>9:05a-9:50a Deep Water Fitness (Crystal) 🌊/📅</p> <p>9:15a-10a Kettlebells (Carrie)</p> <p>9:15a-10a Stroller Strong (Misty) ♥</p> <p>10:05a-10:50a Water Fitness for Health (Crystal) 🌊/📅</p> <p>1p-1:45p Splash (Joy) 🌊/📅</p> <p>5:30p-6:15p Kettlebells (Brandi)</p> <p>5:30p-6:15p Kid's Fit (Allen)</p> <p>6:30p-7:30p Zumba (Julie)</p> | <p>5:45a-6:45a Yoga All Levels (Bill)</p> <p>9:15a-10a Cycling (Kelly)</p> <p>10:45a-11:30a Kickboxing HITT (Misty)</p> <p>12:15p-1p Cycling (Brandi)</p> <p>6p-6:45p Boot Camp (Heather)</p> <p>7p-7:45p Yoga All Levels (Murielle)</p> | <p>5:45a-6:30a Cycling (Kelly/Carrie/Brandi)</p> <p>6:15a-7a Movers and Shakers (Rose)</p> <p>9:05a-9:50a Deep Water Fitness (Crystal) 🌊/📅</p> <p>10:05a-10:50a Water Fitness for Health (Crystal) 🌊/📅</p> <p>1p-1:45p Splash (Joy) 🌊/📅</p> <p>6:30p-7:30p Zumba (Julie)</p> | <p>5:45a-6:45a Yoga All Levels (Toni)</p> <p>9:15a-10a Cycling (Kelly)</p> <p>6p-6:45p Boot Camp (Heather)</p> <p>5:30 p - 6:15p Baby Yoga (Murielle) ♥</p> <p>6:15p-7p Cycling (Brandi)</p> <p>7p-7:45p Yoga All Levels (Murielle)</p> | <p>9:15a-10a Kettlebells (Brandi)</p> |
| | | | | <u>Saturday</u> |
| | | | | <p>9:15a-10a Cycling (Misty/Brandi/Kelly)</p> <p>9:15a-10a Bootcamp (Brandi)</p> <p>10:05a-11:05a Yoga Foundations (Murielle/Rob)</p> <p>10:15a-11a Bootcamp (Brandi—9/19 only)</p> <p>11a-12p Zumba (Julie)</p> |

All classes can be modified for individual needs if the instructor is made aware prior to class. **Members age 11 may participate in group exercise classes when accompanied by a parent or guardian. Members age 12 and up may participate unaccompanied.** Height requirement for 11 and 12 year old participants in group cycle classes is 54 inches and participant must demonstrate the ability to comfortably work through an entire pedal stroke as judged by the instructor.

🌊 **WATER AEROBICS**

♥ **BABY-FRIENDLY**

📅 **REGISTRATION REQUIRED**



EXERCISE CLASS DESCRIPTIONS

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Yoga

Baby Yoga: This class is perfect for babies who can hold their heads up and their caregivers! Come improve your flexibility and strength while bonding with your little one!

Yoga All Levels: In Vinyasa Flow, postures are connected through breath for a transformative, balancing effect. Classes build endurance, flexibility, and strength. Instructors inspire physical, energetic, mental and Intuitive states of consciousness.

Yoga Foundations: Covers alignment principles and foundations so the student learns how their body moves through the physical yoga postures. No previous experience necessary.

Cycle

The bike allows you to select your own resistance level while the instructor is there to challenge and encourage you. Group cycling is a great cardiovascular workout that will revitalize your personal fitness program.

Floor Exercise

Boot Camp: Challenging, high-intensity whole-body workout focused on building strength and endurance through a variety of different exercises.

Kettlebells: Known as bowling balls with handles, kettlebells burn fat, build lean muscle, increase range of motion and flexibility, improve overall conditioning and stamina.

Stroller Strong: A total fitness program that includes cardio training and toning exercises for pregnant women, moms, and their babies/stroller-aged children!

Movers & Shakers: An early morning exercise smorgasbord using kettlebells, stability balls, medicine balls, step aerobics, resistance bands, core work and old favorites.

Zumba: Dance routines with fast and slow rhythms tone and sculpt the body! The class is set to a fusion of Latin and International music that will keep you moving!

Water

Water Fitness for Health: A combination of cardiovascular and strength training exercises to provide a fun and invigorating workout. Upper and lower body strengthening exercises complete this total body workout. The evening class may use the deep end of the pool at times.

Deep Water Fitness: Our most cardio-intensive water exercise class. This class includes full-body movements such as swimming, jogging, and running and using resistance barbells. Try this class for the ultimate water exercise challenge!

Splash: Offers LOTS of fun and shallow water moves to improve agility, flexibility, and cardiovascular endurance. No swimming ability is required, and a special kickboard can be used to develop strength, balance, and coordination.

Kid's Fit

Our Kid Fitness classes are open to all kids ages 6—12 and are designed to introduce exercise in a FUN way. Participants can improve cardio endurance, speed and strength through all kinds of fun activities!