## **AQUATICS**





Using the noodle for a full body aerobic workout; you'll push, pull, float & balance on it to get an awesome workout!

## AQUA YOGA (



Low-impact exercise that adapts yoga poses in the water with a goal of improving flexibility, balance, strength, & range of motion while alternating gentle movement with static stretching.

## AQUA ZUMBA® (



## SLIVERSNEAKERS SPLASH®

Splash offers shallow water moves to improve agility, flexibility & cardiovascular endurance. No swimming ability required. Ideal for those with arthritis, as this class consists of range of motion, strengthening, & endurance exercises.

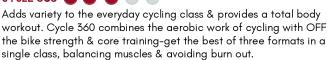






Experience the heart-pumping, sweat-pouring, fat-burning benefits of cycle that will keep you coming back for more. Incorporating jumps, climbs, sprints & heart rate-boosting fat-burning intervals.

## CYCLE 360



### EXPRESS CYCLE



Short on time? Make sure you bring the energy to this 30-minute ride because before you know it, you'll be done!

Designed to increase muscle strength, range of motion & improve activities for daily living. A chair is used for seated exercises & standing support & class can be modified depending on fitness levels.

SilverSneakers classes are free to SilverSneakers® card holders. regular pricing applies to others

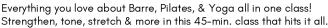




This mat-based class will focus on strength, stability, posture & control. Each movement will challenge the core, along with balancing strength & flexibility for each major muscle group.

Give yourself the gift of body awareness, strength, flexibility, & mindfulness in this class-open to all ages and experience levels. Enjoy yoga at your own pace with chair and mat modifications, or progressions available. A yoga class for all!





## STRENGTH & CONDITIONING



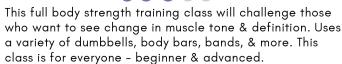






Inspired by ballet, this class focuses on full-body strength. Barre is a low-impact class that burns calories; works every muscle group; improves posture, balance, & flexibility, while promoting relaxation & toning. CARDIO CORE

A class geared toward variety! You'll be stepping on a bench, performing aerobic moves on the floor, & using the ball & body bars. A great all-in-one workout incorporating cardiovascular, flexibility, & strength training! CIRCUIT STRENGTH • • • •



### CORE BURN



Have you ever tried to sit on a stability ball & keep your balance? Core Burn will help you appreciate how the ball activates & strengthens your core structure. Improve body awareness, balance, coordination, posture & joint mobility while using abdominal muscles you never knew you had.

### DRUMS ALIVE



Channel your inner rock star with this full-body cardio jam session inspired by infectious, sweat-dripping fun of playing the drums. You BECOME the music in this exhilarating workout combining cardio & strength training with yoga & pilates-inspired movements.

low



For anyone looking to get lean, tone, & fit - FAST. Be ready to sweat to the music, challenge your strength & endurance, & work the total body! 360 TOTAL BODY

This class will incorporate the step 360 along with hand weights, bands & body bars to work all muscle groups as we increase strength, balance & flexibility while challenging our core muscles with each movement. ZUMBA® •

Take the "work" out of workout, by mixing low-intensity & high-intensity moves for an interval-style, calorie-burning dance fitness party including elements of Zumba® Toning for the added benefits of resistance training!

moderate

# high



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	5:30 AM—Total Body* 8:00 AM—POUND** 8:00 AM—Cycle 360 8:00 AM—Aqua Zumba* 9:00 AM—Aqua Zumba* 9:00 AM—Yoga* 4:30 PM—Barre* 5:30 PM—Drums Alive* 6:30 PM—POUND** 7:30 PM—Zumba*	8:15 AM—Express Cycle 9:00 AM—Total Body* 10:00 AM—SS Classic* 4:30 PM—Circuit Strength* 5:30 PM—Aqua Noodle 5:30 PM—Cardio Core* 5:30 PM—Express Cycle 6:30 PM—Core Burn 7:30 PM—Yoga	5:30 AM—FUSION 8:00 AM—Total Body* 8:00 AM—Cycle 360 8:00 AM—Aqua Zumba* 9:00 AM—Aqua Zumba* 9:00 AM—Yoga 10:00 AM—SS Splash* 11:00 AM—SS Splash* 4:30 PM—Cycle 360 7:30 PM—Zumba*	4 8:00 AM—FUSION	8:00 AM—POUND®* 9:00 AM—Drums Alive* 9:00 AM—Cycle 10:00 AM—Cycle 360 10:00 AM—Total Body*	
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Password for RingCentral will change at noon on October 1st.
On Demand Classes and RingCentral password available to GET FIT members only.