

## WINTER/SPRING 2023/2024 FITNESS AND AQUACISE SCHEDULE

### AQUACISE:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:00-8:00 am Aquacise (Julie)	7:00-8:00 am Aquacise (Julie)	7:00-8:00 am Aquacise (Trina)	7:00-8:00 am Aquacise (Trina)	7:00-8:00 am Aquacise (Julie)	
	8:00-9:00 am Aquacise (Julie)	8:00-9:00 am Aquacise (Julie)	8:00-9:00 am Aqua Zumba® (Elizabeth)	8:00 am-9:00 am Aquacise (Trina)	8:00-9:00 am Aquacise (Julie)	
		11:00-12:00 pm Aqua Zumba® (Elizabeth)				
	5:30-6:30 pm Aquacise (Kristin)	5:30-6:30 pm Aquacise (Kristin)	5:30-6:30 pm Aqua Zumba® (Elizabeth)	5:30-6:30 pm Aquacise (Kristin)		

### FITNESS:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			7:00-7:50 am Yoga (Julie)			
	9:30-10:30 am Yoga (Julie)	9:30-10:25 am Yoga (Julie)	9:30-10:30 am Yoga (Julie)	9:30-10:25 am Yoga (Julie)	9:30-10:30 am Chair Fun (Julie)	9:15-10:15 am Zumba® (Elizabeth)
	11:00-11:50 am Pilates (Julie)	10:30-11:30 am Chair Fun (Julie)	11:00-11:50 am Pilates (Julie)	10:30-11:30 am Zumba Gold® (Elizabeth)	10:30-11:30 am Chair Yoga (Julie)	
	12:00-1:00 pm Yoga (Julie)	12:00-1:00 pm Upbeat Barre (Jen)	12:00-1:00 pm Yoga (Julie)	12:00-1:00 pm Pilates (Julie)	12:00-1:00 pm Yoga (Julie)	
	5:30-6:30 pm Zumba® (Jaime)	5:30-6:30 pm Interval Training (Sarah)	5:30-6:30 pm Zumba® (Jaime)	5:30-6:30 pm Muscle Pump (Sarah)		
		6:30-7:30 pm Zumba® (Elizabeth)		6:30-7:30 pm Zumba® (Elizabeth)		

**Aqua Zumba®:** blends the Latin and international music and the Zumba philosophy with water resistance for a fun and effective toning workout that is less impact and easier on the joints.

**Chair Fun:** This class is friendly and sociable and are for people who want to improve their mobility, strength and balance.

**Chair Yoga:** Gentle form of yoga that is practiced sitting on a chair or standing using the chair for support.

**Interval Training:** this class improves fitness, health, speed, and stamina by using short bursts of higher-intensity activities with moderate periods of recovery throughout the workout. \*\*Last class of the month is a Step Class.

**Muscle Pump:** using dumbbells, bands, medicine balls and body weight, feel muscles burn and your body become stronger during this muscle Conditioning class. All levels welcome and encouraged, modifications demonstrated. \*\*Last class of the month is a Mobility Class focusing on stretching through movement to improve hip and shoulder mobility.

**Pilates:** Improve core control, coordination, standing alignment and balance with these great exercises.

**Upbeat Barre:** Muscular endurance HIIT - Fusion of strength, cardio, pilates and yoga inspired by Barre. UPB uses popular music to create a fun and balanced full body workout with varying levels of intensity.

**Yoga:** This beginning yoga class covers breathing techniques and basic yoga postures. You will become more in tune with your body, as you strengthen and tone.

**Zumba®:** Ditch the workout with Zumba®! Zumba® combines Latin and International music with a fun and effective workout system. Anybody at any level can Join the Party!

**Zumba Gold®:** Zumba Gold is a modified Zumba class for active older adults that recreates the original moves you love at a lower-intensity.