



April Group Fitness Schedule

Studio A - Group Fitness

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|----------------------------|---------------------------|----------------------------|---------------------------|---|----------------------------------|----------------------------|
| 5:15am | POWER Kate | ACTIVE Audrey | POWER Kate | ACTIVE Audrey | CENTERGY Brooke | | |
| 8:15am | CENTERGY Sarah | ACTIVE Meaghan | CENTERGY Sarah | ACTIVE Meaghan | CENTERGY Tiffany | ACTIVE Delaney | |
| 9:30am | BLAST Bailey | POWER Matt | BLAST Kama | POWER Matt | POWER Delaney | POWER Rachel | POWER Chris |
| 10:45am | POWER Kama | ACTIVE Kama | POWER Kama | ACTIVE Kama | | BLAST Bailey & Meaghan | CENTERGY Tiffany |
| 12:00pm | CENTERGY Kama | | CENTERGY Deborah | | CENTERGY Kama | | |
| 3:30pm | CENTERGY Deborah | | CENTERGY Nicole | | | | |
| 4:00pm | | BLAST30 Taylor | | BLAST30 Taylor | <div>Easter Sunday</div> <div>No Group Fitness Classes Sunday, April 20th</div> | | |
| 4:45pm | ACTIVE Janel | POWER Deborah | ACTIVE Janel | POWER Deborah | | | |
| 6:00pm | POWER Christina | CENTERGY Audrey | POWER Christina | CENTERGY Audrey | | | |

Studio C - Cycling Schedule

| | | | | | | | |
|--------|-----------------------|-----------------------|-----------------------|-----------------------|--------------------|-----------------------|------------------------------|
| 5:15am | | AIDE Kate | | AIDE Kate | | | |
| 7:30am | R30 Delaney | | R30 Delaney | | | | |
| 8:15am | | | | | | AIDE Hailey | AIDE David/Delaney |
| 8:30am | R30 Deborah | R30 Matt | R30 Deborah | R30 Matt | R30 Matt | | |
| 4:00pm | | R30 Deborah | | R30 Deborah | | | |
| 5:00pm | R30 Shmuel | | R30 Shmuel | | | | |
| 5:45pm | | R30 Laura | | R30 Laura | | | |

Gym Aqua

| | | | | | | | |
|---------|-----------------------|----------------------|-----------------------|----------------------|------------------------|--|--|
| 8:00am | Aqua Tami | | Aqua Tami | | Aqua Tami | | |
| 9:00am | Chair Fit* Jamie B | | Chair Fit* Jamie B | | Chair Fit* Wendy P | | |
| 10:15am | Senior FIT Shmuel | Senior FIT Shmuel | Senior FIT Shmuel | Senior FIT Shmuel | Chair Yoga Michelle | | |

Upstairs Group Yoga

| | | | | | | | |
|---------|-----------------------|-----------------------------------|-----------------------|------------------------------------|-----------------------|------------------------|--|
| 8:00am | | GROUP YOGA Michelle | | GROUP YOGA Michelle | | | |
| 10:30am | GROUP YOGA Jamie B | <i>Pilates Stretch</i> Tiffany | GROUP YOGA Jamie B | <i>Pilates Stretch</i> Tiffany | GROUP YOGA Delaney | GROUP YOGA Viktoria | |
| 4:30pm | | GROUP YOGA Michelle | | GROUP YOGA Michelle | | | |
| 5:45pm | GROUP YOGA Kathy | | GROUP YOGA Kathy | <i>Pilates Stretch</i> Tiffany* | *Starts March 13 | | |

Courts

| | | | | | | | |
|---------|--|--|---------------|--|--|-------------------|--|
| 9:00am | | | | | | PICKLEBALL | |
| 10:00am | | | | | | TENNIS | |
| 7:30pm | | | TENNIS | | | | |

Class Descriptions



Group Power is Your Hour of Power! Blast all your muscles with this high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, Group Power combines squats, lunges, presses and curls with functional integrated exercises.



Group Active® is an innovative one-hour workout that improves cardiovascular fitness, builds total-body strength, and enhances movement health for daily life. Inspiring music and supportive coaching will ensure you succeed with simple, athletic exercises that use dumbbells, body weight, and The STEP®.



Group Blast® is 60 minutes of cardio training that uses The STEP® in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength with exciting music and group energy.



Group Centergy® will grow you longer and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey.



R30® will get you fitter and feeling better in only 30 minutes. Inspiring music and motivating coaching will get you to burn calories, improve muscular endurance, and build cardio fitness as you ride with surges, short intervals, power, and end with a rush.



Get your Ride On with Group Ride®! This huge calorie burner builds great-looking legs! Group Ride is a 60-minute cycling experience brought indoors. Roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish! Feel the thrill of energetic music and group dynamics as you get all the benefits of authentic interval training. Ride On!



Come enjoy this exciting workout that combines cardiovascular training with muscle toning techniques in the welcoming environment of the pool! Great music and fantastic teachers make anyone, of any age ready to dive right in. Enjoy not only the buoyancy of the water, but the enthusiasm as a group as a whole.

Chair Yoga

Chair Yoga - You will be guided through mindful movements while seated or using the chair for balance support. Increase flexibility, strength, and body awareness while also calming the mind.

Chair yoga is for anyone wanting to practice yoga but may have balance issues or difficulty getting down to and up off the floor.

Chair Fit

Recovering from surgery? Need support for balance? Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living skills. A chair is used for seated and/or standing assistance when needed. Bring water, wear tennis shoes and comfy clothes.

SENIOR FIT

Move it and improve it! Focus on your cardiovascular fitness and muscular strength. Shake off the rust, and oil those parts for a healthier you. This workout will require getting down and up from the floor. Bring water, wear tennis shoes and comfy clothes.

GROUP YOGA

Group Yoga - You deserve to enjoy yoga! Yoga has something to offer everyone, and it's accessible to all. Our friendly teachers are here to create an experience that meets you where you are, making it a great fit for your journey. Each class has a different flow reflecting the personality of the teacher.

Pilates Stretch

Designed to strengthen, stretch, and balance the body while focusing on core engagement and controlled movements. Unlike high-intensity workouts, this class prioritizes precision, alignment, and mindful execution. It's a perfect fit for individuals seeking a balanced approach to fitness that emphasizes strength and flexibility. For all levels.

GROUP TENNIS GROUP PICKLEBALL

No-cost beginners clinics for members to learn how to play, get their steps in, and meet people that they can play the sports with. Our incredible coaches will teach you the basics of swinging a tennis racquet or pickleball paddle before you even have to swing at a ball. Or, if you have a little experience you can jump right into the games and drills!