



## Spring 2025 New Group Fitness Classes

### **Pilates – Wednesdays, 4:30pm-5:20pm**

- This low impact class focuses on improving full body strength with emphasis on creating strength, stability, and awareness and connection to the core and pelvic floor while also improving posture, balance, and flexibility. All fitness levels welcome; please bring your own mat.

### **Aqua Mix – Thursdays, 10:05am-10:55am (Lane Pool)**

- A dynamic class held in shallow water, combining a series of strength training and Aquafit exercises, performed with or without equipment, to challenge your body. This workout is designed to improve cardiovascular fitness and enhance muscular endurance, leaving you stronger and more energized.

### **Bootcamp – Fridays, 9:15am-10:05am**

- Challenge yourself in a high-intensity interval workout that uses your own body weight and a variety of fitness equipment to work cardio and increase your strength while improving your core strength, balance, coordination, and body awareness.

### **Deep Stretch – Fridays, 10:15am-11:05am**

- Engage in a deep stretching practice that targets your muscles, helping to increase flexibility, release tension, and promote relaxation.

### **Walk Fit – Fridays, 11:15am-12:05pm**

- A walking-based cardio workout with low to medium intensity. Enjoy easy-to-follow moves, all set to the beat of the music. Perfect for all fitness levels!

### **Family Yoga – Fridays, 6:30pm-7:20pm**

- This class offers a fun and interactive way for everyone to move, stretch, and relax together. It encourages wellness, connection, and mindfulness in a welcoming, engaging environment. Please bring your own mat



## Spring 2025 Group Fitness Schedule Adjustments

- **Circuit**, on Monday mornings will be adjusted to 9:10am-10:00am.
- **Aquafit** will be held on Mondays, Tuesdays, Wednesdays, and Fridays 10:05am-10:55am in the lane pool.
- **Interval Express** will be held on Tuesdays, Wednesdays, and Thursdays, from 12:15pm-12:45pm.
- **Chair Yoga** will be held in Activity Room 3 on Tuesdays, 12:15pm-1:05pm.
  - Registered program with a maximum of 25 participants.
- **Chair Yoga** will be held in the Fitness Studio on Fridays, 12:15pm-1:05pm.
  - Registered program with a maximum of 25 participants.
- **STRONG Nation® by Zumba®** has been changed to Wednesdays, from 6:50pm-7:40pm in Activity Room 3.
- **Cyclefit** on Tuesdays, 9:15am-10:05am, will be moved to Thursdays, 9:15am-10:05am.
- **Yoga** on Fridays, 10:15am-11:05am will be changed to **Deep Stretch**
  - **Deep Stretch:** Engage in a deep stretching practice that targets your muscles, helping to increase flexibility, release tension, and promote relaxation.
- **Choreographed Strength** on Friday evenings has been adjusted to run from 5pm-6:15pm.