

SEPTEMBER 2021 FITNESS AND WELLNESS CLASSES

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

7:30-8:15AM
BOOT CAMP
*9/13 & 9/27 ONLY

8:30-9:30AM
MOM & ME

8:15-9:00AM
SPIN WITH GIN

8:15-9:00AM
POWER CYCLE
*NO CLASS 9/23 & 9/30

8:00-9:00AM
TRX & MORE

8:15-9:15AM
TRX & MORE *9/25

8:30-9:30AM
GENTLE YOGA

9:00-10:00M
20-20-20
9/7 & 9/14 ONLY

9:15-10:15M
AQUA FIT

8:30-9:30AM
BOOT CAMP
*9/9 8:00-9:00AM

9:15-10:15AM
AQUA FIT

8:15-9:15AM
PIYO *9/18

9:15-10:00AM
POWER CYCLE
*9/4 & 9/11 ONLY

9:15-10:15AM
AQUA FIT

9:00-10:00AM
PIYO
*9/21 & 9/28 ONLY

11:30-12:30PM
CROSS TRAINING

9:15-10:15AM
MOM & ME
*NO CLASS 9/10

9:30-10:30AM
ZUMBA LIGHT *9/18

4:00-5:00PM
BODY SCULPTING
*NO CLASS 9/6

9:15-10:15M
AQUA FIT

9:30-10:30AM
YIN & YANG YOGA
*NO CLASS 9/18

5:30-6:30PM
BEACH FLOW YOGA
*9/6 & 9/13 ONLY

10:15-10:45AM
BALANCE & STABILITY
*9/7 & 9/14 FREE

SUNDAY

8:15-9:00AM
POWER CYCLE
*9/19 & 9/26 ONLY

9:15-10:15AM
AQUA FIT - 9/5 & 9/12
AQUA DANCE - 9/19 & 9/26

AQUATICS
OUTDOOR POOL

GENTLE/
RESTORATIVE

LOW
INTENSITY

MEDIUM
INTENSITY

HIGH
INTENSITY

CLASS DESCRIPTIONS

Aqua Dance

Take your dance moves to the pool with Liza.

Aqua Fit

A complete low impact and deep-water aerobics experience in the pool. Work at your own intensity - modifications for all exercises make this class suitable for all ages, those with orthopedic issues.

Beach Flow Yoga

Release the tensions of the day and sublimely stretch with a Flow Yoga Class held on the shore of Lake Pinneo.

Body Sculpting

A challenging workout improving your core, muscular strength and cardio endurance through a variety of activities.

Boot Camp

Feel strong, empowered and accomplished as your instructor takes you through a series of strength training and cardio, full body movements.

Cross Training

Improve your mobility, strength, and endurance utilizing free weights, functional body movements, TRX straps, balls and bands. Improve your mobility, strength, and endurance utilizing free weights, functional body movements, TRX straps, balls and bands

Gentle Yoga

Increase body tone and flexibility by focusing on the mind body spirit connection using the breath. A sublime stretch that will also improve your balance posture and core strength.

Mom (or Dad) & Me

A parent and infant (under 2 years) fitness class using strollers, the carrier and sheer weight of the little one!

PIYO

A class that combines the strength core training of Pilates and the flow, balance and flexibility of Yoga.

Power Cycle / SPIN with Gin

Taking SPIN to a whole new level!! Interval training on & off the bike.

Simply Stretch

Increase your range of motion around the joints and lengthen the muscles. A feel good class to improve your flexibility.

TRX and More

Suspension training that allows you to find the correct level of intensity by using your own body weight.

Yin Yang Yoga

Restore, Recover and Reset your body.

Zumba Light

A low impact fitness class that combines Latin and international music with dance moves. The steps are easy to follow and FUN to do

20-20-20

20 minutes each of Cardio, Strength and Stretch

**Functional Body Mechanics - FREE
Balance and Stability**