



## Class Schedule (Starting May 2<sup>nd</sup>)

Start Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8am						
9am	BOOM Muscle®	Silver Sneakers® Classic	BOOM Muscle®	Silver Sneakers® Classic	Intervals	
10am	Silver Sneakers® Chair Yoga Flow		Silver Sneakers® Balance & Stability	BOOM Move®	Silver Sneakers® Balance & Stability	
11am	Healthy Hearts (Fitness Center)		Healthy Hearts (Fitness Center)		Healthy Hearts (Fitness Center)	
5:00pm	Piloxing® Knockout	BOOM Move®	Step & Strength			
6pm		RIP® Class (60 minutes)	Piloxing® Knockout			

All classes are approximately 45-minutes long. **Pre-registration is required for ALL CLASSES**

Start Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am		WATER in Motion® Strength		WATER in Motion® Strength		
10:30am		Aqua Spin				
11am				Aqua Spin		
11:30am		Water Volleyball				
12pm				Water Yoga		
6:30pm	Water Worx		Aqua Spin			

Classes and class times are subject to change.

# GroupX Class Descriptions:



**Chair Yoga Flow** - Relax and restore. Move your body through a series of yoga poses, movements for core strength and balance exercises that build endurance and improve flexibility. A chair will be used to adapt poses for a variety of skill levels. This class is designed to boost your mood and promote an overall sense of well-being.



**Classic** - Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is used for seated exercises and standing support.



**Balance & Stability** - Exercises and drills designed to help you reduce your risk of falling and improve your balance.



**BOOM Muscle** - Are you ready to get stronger? BOOM MUSCLE is an action-packed class intended to help build muscular strength & endurance and cardiovascular endurance. The class combines Muscle Conditioning Blocks (MCBs) and bursts of cardio Action Intervals (AIs) for a fun, yet challenging workout opportunity. This class is sponsored by .



**BOOM Move** - Move through the decades in this dance-based workout. Learn moves from every era – '60s Twist to '90s "Vogue", all while improving cardio endurance. MOVE is all about breaking a sweat and having fun. The class focuses on cardio endurance by starting with simple dance moves then building into more complex sequences, bringing you a great cardio workout. This class is sponsored by .

**PVFIT INTERVAL** - A 45-minute class that anyone from beginner to advanced will benefit from- every exercise will have 3 levels (Level 1,2,&3) – YOU choose the level. Each class is split into 3 parts- strength, cardio & core and uses Variable Intensity Interval Training to mix exercise with rest to give you results.

**PILOXING® Knockout** is a variation of PILOXING that's influenced by plyometrics, conditioning drills and functional training. In this high-intensity, functional core-centric workout, your endurance and physical abilities will be pushed to the limit with an aim of increasing your fitness level, boosting your confidence and strength, breaking boundaries, and hitting levels you didn't know your body could reach. \*\*PILOXING® combines the muscle conditioning and flexibility of Pilates with the power and cardio exercise of Boxing by using weighted gloves.

## GroupX Class Descriptions (continued)

**Step & Strength** - a full body workout that will shape and tone your body, combining step exercises for cardio training and weighted exercises for strength training. Our group class is designed to boost your fitness and is challenging but at the same time suitable for beginners.

**RIP® Class** - The ideal workout for anyone looking to get lean, toned and fit. RIP Class is a rapid fat-burning class that incorporates weights to tone and condition the body. It is an all-level workout that breathes life back into barbell programs with the ability and variety to focus on specific muscle groups. Instructors will coach you through scientifically-backed moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than you would on your own! You'll leave the class feeling challenged and motivated. (If you like BODYPUMP™ classes- then you will love this class)

**POUND®** Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to rockstars of all ages and abilities.

## Aquatic Class Descriptions:

**Aqua Spin** - Aqua Spin is a dynamic 45-minute power workout on a Hydorrider® stationary bike. This class is vigorous and will increase speed pedaling through intermittent bursts of resistance. Get ready for an endurance ride! **Water aerobics shoes are mandatory**



**WATERinMOTION® Strength** is an aqua exercise workout using aqua dumbbells that provides a low impact, high-energy challenge for participants of all ages and skill and fitness levels. Jump in and make a splash with this dynamic strength workout that tightens and tones the entire body.

**\*Water aerobics shoes are highly recommended for this class**

**Water Yoga** - Water Yoga is a gentle water exercise class. It uses the basic exercises, principles, and movements of yoga and adapts them to a shallow-water environment. The program is a gentle and very low impact aquatic activity. With the release of gravity, the body is able to find the best stretch that mat yoga may restrict.

**Water Worx** - Water Worx is an effective total body water workout where you are immersed in a fun environment and can choose your intensity level. Get a full body workout that's safe for your joints and healthy for your heart.

**\*Water aerobics shoes are highly recommended for this class**