



premium

CLASS SCHEDULE

NOVEMBER - DECEMBER

4-WEEK CLASSES

HIIT the Water *Pool*

Mondays • 9:15-9:45am with Katie

Jump in to this high intensity interval training (HIIT) water program! Challenge your cardiovascular fitness using a combination of pool toys and water resistance exercises. You will torch calories, burn fat and create a lean body through timed cardio intervals and circuits.

TRX *Fitness Floor*

Wednesdays • 10-10:30am with Haley

Change the way you train! TRX (total resistance exercise) training will challenge your body like never before to improve strength, balance, flexibility, and core stability. This revolutionary small group class uses leveraged body weight exercises on the TRX straps to reach new limits in your body's strength and range of motion.

7-WEEK CLASSES

Water Boot Camp *Exercise Pool*

Tuesdays • 8:15-9am with Elaine

This boot-camp-style water workout is a progressive class that includes intense cardio, strength and conditioning intervals as well as speed and endurance work.

LIFT *Fitness Floor*

Tuesdays • 9-10am with Kaitlyn

No burpees! No mountain climbers! No jumping jacks! No cardio, period! Each class will focus on weight training to help you lose weight, shed inches, gain muscle and improve strength. With the guidance of one of our certified Personal Trainers, you'll be ready to take on the challenge and change your body.

Women on Weights *Fitness Floor*

Tuesdays • 10:30-11:45am with Noel

Specifically for women, this class will educate and instruct you on strength training techniques using free weights and a variety of equipment. Increase your strength, speed up your metabolism, avoid plateaus and beat boredom. Come join us. All levels welcome.

Adult Learn to Swim *Lap Pool*

Tuesdays • 6:45-7:30pm with Elyse

Have you ever wanted to learn how to swim or improve your technique? This class is designed to teach you basic swim stroke techniques while building endurance. Come experience the benefits of adding swimming to your fitness regimen.

Tread & Train *Fitness Floor*

Thursdays • 6-7am with Ryan M

This intense class will begin on the treadmill using different levels of incline and speed designed to kick your cardio into high gear. For the second half of the class, you will use resistance training to create the perfect balance of cardio and strength training.

Mindfulness and Meditation

Mind|Body Studio

Thursdays • 10:40-11:35am with Ryan W

Are you mindful or is your mind full? In this class you will learn the concept of mindfulness and the practice of meditation, both of which have been proven scientifically to reduce stress, help deal more effectively with emotions, and increase physical and mental well-being. Quiet your mind and a changed life you will find!

Yin Yoga

Mind|Body Studio

Fridays • 10:50-11:50am with Rachel

Yin Yoga works the deeper levels of the body/heart/mind: the connective tissues of the ligaments, fascia, joints and bones, and the energetic channels of the meridians, nerves and blood system. Yin Yoga targets the connective tissues in a passive style of asana poses, and it is common to hold a pose for 3-5 minutes to allow the deeper connective tissue to release and relax.

Barre Sculpt

Mind|Body Studio

Fridays • 5-5:55pm with Valerie

Come experience a total-body workout that focuses on resistance training and core exercises while incorporating fundamentals of ballet. This barre-style class is designed to sculpt every muscle in your body while lengthening from head to toe. You can expect to work with exercises at the barre or on the mat while using various equipment such as dumbbells, resistance bands, gliding discs and exercise balls. All levels are welcome.

WERQ

Mind|Body Studio

Sundays • 1-2pm with Rachel

We've created the ultimate environment for you to bust a move and break a sweat with heart-pumping playlists and inspiring instructors to guide you every step of the way. Our WERQouts are designed for everyone. This isn't just about burning calories or climbing leaderboards. It's about showing up and celebrating each other. Come dance with us!

Classes meet once a week for a 4-week session

Half-Hour Fee: \$50 member | \$70 non-member

Drop-In Fee: \$20 member | \$25 non-member

Classes meet once a week for a 7-week session

Fee: \$75 member | \$110 non-member

Drop-In Fee: \$15 member | \$20 non-member

Registration Dates

October 17 - member registration begins

October 18- non-member registration begins



WORKSHOPS

NOVEMBER - DECEMBER

Head to Toe Tune Up

Saturday, November 5 • 11am
Saturday, December 10 • 11am
Mind|Body Studio with Jordan

Feeling sore, tense or restricted? Explore the connections between all areas of your body, starting with your feet and working up through the crown of your head. Learn to open, align and stabilize your body with stretching, strengthening and relaxation techniques from Yoga. You'll leave reinvigorated, refreshed and ready to take on all of your holiday tasks with ease! This workshop is great for beginners and experienced participants.

Yoga Alignment

Sunday, November 6 • 12pm
Sunday, December 11 • 12pm
Mind|Body with Rachel

Have you spent time in yoga class wondering if your alignment is correct? Are you unsure of how you should be feeling during yoga poses? We'll guide you through the proper form for common yoga poses, and you'll learn how each one should feel. Bring your questions and poses you need the most help with!

Proper Form and Lifting Technique

Saturday, November 12 • 9am
Saturday, December 17 • 9am
Fitness Floor with Ryan

Learn the basic cue points for functional resistance training. We will discuss the importance of correct movement and stretching techniques to help you avoid injury. This workshop focuses on proper form, progressions and regressions for beginners all the way to experienced athletes.

Aqua Yoga

Sunday, November 20 • 12pm
Saturday, December 10 • 11am
Exercise Pool with Becca

Add a new dimension to your Yoga practice by taking it into the pool! The water adds a new element of resistance that will allow participants to increase core strength, focus and balance by practicing standing power poses in the pool. This class is also excellent for participants with joint discomfort or pain as the buoyancy of the water will take some pressure off of achy joints. Whether you are a seasoned yogi or just beginning your practice, this class is for you!

Sugar and Spice and Everything Nice

Thursday, December 8 • 10am
with Nicole

The holidays can be a challenge with so many sweets, snacks and gifts of treats from family and friends. In this workshop, we will explore recipe alternatives and healthy dessert options. Join our Registered Dietitian to learn about healthy recipes and the benefits of adding herbs and spices to dishes!

Workshop Fee: \$20 member | \$25 non-member Register for Workshops at the Front Desk

