

Group Exercise/Aerobic Room

Fitness On Demand

Cycling

Yoga

Strength

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM Group Cycling Fitness on Demand	5:30 AM - 7:00 AM Fitness on Demand Open Studio	5:45 AM Group Cycling Fitness on Demand	5:30 - 8:00 AM Fitness on Demand Open Studio	5:45 AM Group Cycling Fitness on Demand	7:15 AM Group Cycling Fitness on Demand
7:30 AM Yoga Stretch Carolyn	7:30 AM - 8:15 AM Yoga Stretch Cassie	7:30 AM - 8:15 AM Yoga Stretch Cassie	8:30 AM Fitness on Demand Cardio Mix	7:30 AM - 8:15 AM Yoga Stretch Carolyn	8:00 AM - 8:45 AM Fitness on Demand Total Body
8:30 AM - 9:15 AM Strength Circuit Kathy	8:30 AM Fitness on Demand Cardio Mix	8:30 AM - 9:15 AM Strength Circuit Kathy	10:00 AM - 10:45 AM Functional Fitness Tory	9:00 AM - 9:30 AM Cycling Express Kathy	9:00 AM - 10:00 AM Foundation of Flow Kendra
9:30 AM - 10:00 AM Core-Laties Kathy	1:30 PM - 2:15 PM Functional Fitness Tory	9:30 AM - 10:00 AM Core-Laties Kathy	5:00 PM Fitness on Demand Pilates	You Can Do It!	11:00 AM Fitness on Demand HITT
11:00 AM - 11:45 AM Fall Proff LV2 Kathy	5:00 PM - 6:00 PM Vinyasa Yoga Cassie	11:00 AM - 11:45 AM Chair Yoga Kathy	6:30 PM - 7:30 PM Vinyasa Yoga Kendra	11:00 AM - 11:45 AM Chair Yoga Kathy	NOON - 12:45 PM Fitness on Demand Open Studio
2:00 PM - 2:45 PM Fitness Foundations Kathy	Keep It Up!	5:30 PM - 6:30 PM HITT/Tabatta Cassie		2:00 PM - 2:45 PM Fitness Foundations Kathy	Sunday
3:00 PM - 3:45 PM Chair Yoga Kathy				4:00 PM - 4:45 PM Fitness on Demand Group Cycling	1:15 PM - 3:45 PM Fitness on Demand Open Studio
5:30 - 6:30 PM Zumba Debbie	7:00 PM - 7:45 PM Fitness on Demand Open Studio			5:30 PM - 6:15 PM Kickboxing Matthew	 Connections FITNESS At The Center For Rehabilitation & Wellness

Aquatic/Pool Classes

Open Pool

AquaBata

AquaFit

AquaHealth

12:30 PM - 1:30 PM AquaFit Tory	5:45 AM - 7:45 AM OPEN POOL	12:30 PM - 1:30 PM AquaFit Rachel	5:45 AM - 7:45 AM OPEN POOL	11:00 AM - 12:00 PM AquaHealth Rachel/Tory	Saturday 7:30 AM - 12:30 PM OPEN POOL
	8:00 AM - 9:00 AM AquaFit Tory		8:00 AM - 9:00 AM AquaFit Rachel		
	11:00 AM - NOON AquaHealth Rachel	7:00 PM - 7:45 PM AquaBata Tory	11:00 AM - NOON AquaHealth Tory	4:30 PM - 6:30 PM OPEN POOL	Sunday 1:30 PM - 3:30 PM OPEN POOL
	5:30 PM - 7:30 PM OPEN POOL		5:30 PM - 7:30 PM OPEN POOL		

Workshops

Educational

Exercise Class

	1:30 PM - 2:30 PM Parkinson Support Group Every 3rd Wed	1:30 PM - 2:15 PM Postpone Parkinson's Cassie	10:00 AM - 10:45 AM Fall Proof LVL 1 Kathy
6:45 PM - 7:45 PM Weight Loss Success Matt	6:45 PM - 7:45 PM Weight Loss Success Matt	5:00 PM - 6:00 PM Nutrition Talk Janelle 4th Thursday/month	

GROUP EXERCISE, AQUATICS AND WORKSHOPS - SUMMER SCHEDULE (JULY - SEPTEMBER)



GROUP EXERCISE - AEROBICS ROOM

Yoga Stretch - A beginner yoga class is excellent for anyone looking for a gentle stretch class. Move through a series of poses that help to improve strength, range of motion, and overall health.

Chair Yoga - A low impact class that helps improve flexibility, balance, posture, and proper breathing techniques through modified yoga poses in or around a chair.

Vinyasa Yoga - A moderate intensity yoga class that works on using the breath to transition through energetic postures that help build strength, balance, and flexibility within each class.

Strength Circuit - A focus on total body muscular strength and conditioning. Low to moderate impact aerobics intervals are incorporated between strength circuits to elevate the heart rate for maximum benefit. This class is taught while standing and is suitable for all fitness levels.

Core-Lates - Combines Pilates principles with additional core movements. Engage your core by improving breathing, stability, stabilization, and spine flexibility. This class is taught on an exercise mat, participants are required to get up and down from the ground position.

HIIT/Tabata - "High Intensity Interval Training". Total body condition combines aerobic, strength, agility, and core movements into one challenging workout. Tabata is bursts of high-intensity exercises followed by a rest period.

FUNctional Fitness - Designed to help individuals with poor mobility and a low fitness level improve balance and prevent falls by increasing muscle strength.

Fitness Foundations - have fun and move to the music through various exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball for resistance, a chair is used for seated or standing support.

Foundation of Flow Yoga - Take time to slow down and get back to the basics. In this class, we will begin with slower vinyasa style movements to prepare you for ultimate relaxation and bliss.

Zumba - Get in a high-energy, heart-pumping, body-sculpting workout all while having fun with internationally themed music! Zumba Toning combines the dance party elements of a typical Zumba class with the use of light (1 to 2.5 lb) weighted maraca style toning sticks to build definition and strength.

Fitness on Demand - FitnessOnDemand on-site kiosk allows members to select from hundreds of on-demand fitness classes as well as our pre-scheduled group exercise classes to offer exciting, fresh, and new class content.

Cycling - A fun and challenging indoor ride experience on a stationary bike that is appropriate for all levels. Includes a variety of rides to improve cardiovascular fitness and stamina, while building muscular strength and endurance. Low impact to reduce strain on joints while challenging to the heart.

AQUATICS - POOL

Aquatic Health - A recreational, low-intensity exercise class designed to accommodate the abilities of individuals with arthritis and other related musculoskeletal conditions (each person can exercise at his/her own pace).

AquaFit - A moderate-intensity water aerobics class designed to increase cardiovascular fitness, muscle strength, endurance, and range of motion. Participants can exercise at their own pace.

AquaBata - A moderate- to high-intensity water aerobics class that involves interval boosts of 20 seconds of cardio with 10 seconds of rest. It is designed to increase cardiovascular fitness and full-body muscular endurance. Participants can exercise at their own pace.

Open Pool - Access to our warm-water, salt-water content, therapy pool. Participants must register.

WORKSHOPS/SUPPORT GROUPS

Nutrition Talk - You have decided to make the leap to make changes to your diet, but where do you begin? In this 45 minute presentation, we will discuss basic nutrition concepts including food group/dietary recommendations, portion control, and meal building to help kick start your nutrition journey.

Fall Proof™, Balance and Mobility Training - Fall Proof™ is scientifically tested and shown to improve balance and mobility and reduce the risk of falls. This structured and progressive program of activities is specifically designed to address the multiple dimensions that contribute to balance and mobility.

Weight Loss Success - This workshop will set you up for weight loss success through education and strategy implementation. Weekly topics include barriers to weight loss success, goal setting, understanding metabolism, environmental reconstruction, motivational strategies, exercise and eating, goal check-in, and maintenance.