



FIND WHAT MOVES YOU



MON	TUES	WED	THURS	FRI
YFIT 5:00am Fit Center		YFIT 5:00am Fit Center		
	DYNAMIC FITNESS 7:00am Aerobics Room		DYNAMIC FITNESS 7:00am Aerobics Room	
ABSOLUTE 8:30am Aerobics Room	YOGA 8:30am Aerobics Room	PILATES 8:30am Aerobics Room	YOGA 8:30am Aerobics Room	PILATES 8:30am Aerobics Room
WATER EXERCISE 9:00am Rec. Pool	DIFFICULTY W/ MOVEMENT 8:45am Rec. Pool	WATER EXERCISE 9:00am Rec. Pool	DIFFICULTY W/ MOVEMENT 8:45am Rec. Pool	WATER EXERCISE 9:00am Rec. Pool
SPINNING 9:30am Aerobics Room	CIRCUIT 9:30am Aerobics Room	SPINNING 9:30am Aerobics Room	CIRCUIT 9:30am Aerobics Room	SPINNING 9:30am Aerobics Room
	YFIT 9:30am Fit Center		YFIT 9:30am Fit Center	
WATER EXERCISE 10:00am Rec. Pool	WATER EXERCISE 10:00am Rec. Pool	WATER EXERCISE 10:00am Rec. Pool	WATER EXERCISE 10:00am Rec. Pool	WATER EXERCISE 10:00am Rec. Pool
ENHANCE FITNESS* 10:45am Aerobics Room		ENHANCE FITNESS* 10:45am Aerobics Room		ENHANCE FITNESS* 10:45am Aerobics Room
FAST & FIT 12:10pm Aerobics Room		FAST & FIT 12:10pm Aerobics Room		FAST & FIT 12:10pm Aerobics Room
	WATER EXERCISE 5:30pm Rec. Pool		WATER EXERCISE 5:30pm Rec. Pool	
	HYDROFIT 5:30pm Lap Pool		HYRDOFIT 5:30pm Lap Pool	
PILATES FUSION 5:30pm Aerobics Room	STRENGTH TRAINING 5:30pm Aerobics Room	PILATES FUSION 5:30pm Aerobics Room	STRENGTH TRAINING 5:30pm Aerobics Room	
ZUMBA 6:30pm Aerobics Room	ADVANCED CORE 6:30pm Aerobics Room	ZUMBA 6:30pm Aerobics Room	ADVANCED CORE 6:30pm Aerobics Room	

*Registration Required. Sign up at the Front Desk

Group Exercise Class Descriptions

YFIT- Self-paced Workout of the Day in the Fit Center.

DYNAMIC FITNESS- An accumulation of building muscle, motor skills, balance, and confidence.

ABSOLUTE- 45-minute class that absolutely works more than abs.
Use a variety of equipment to strengthen your framework including glutes, core, and back.

YOGA- Improve your flexibility, balance, strength, and relaxation skills using various postures and breathing techniques. A great calming but energizing workout!

PILATES- An inspiring mat-based class that consists of exercises to highlight core, strength, joint mobility, range of motion and consistent flow of movement. Props may be used to intensify the workout while focusing on the mind/body connection.
Pilates focuses on the core postural muscles which help keep the body balanced and which are essential to providing support for the spine. Equipment such as the stability ball, weighted ball and weights can be used with exercises to teach awareness of breath and alignment of the spine, and aim to strengthen the deep torso muscles. Great for all levels.

SPINNING- It's the original and most popular group spinning class. You'll torch an average of 500 calories per 45-minute ride.
You'll enjoy a heart pounding yet low impact workout while maintaining the ability to go at your own pace.

CIRCUIT - This class is a high intensity 45-minute total body training.
Excellent class to strengthen and tone the entire body while working with a variety of equipment: weights, tubes, Body bars, Bosu, etc.

ENHANCE FITNESS - An evidence-based group exercise program for older adults that uses simple, easy-to-learn movements that motivate individuals (particularly those with arthritis) to stay active throughout their life. For specific details on this class, refer to page 30.

FAST & FIT - Functional strength training for 30 minutes on your lunch break.
Low impact. Modifications available for all fitness levels.

CARDIO SCULPT- This fun, fast paced dance-based workout will have you sweating to the beat of the music while having fun!

PILATES FUSION - This class is a high energy metabolic boost utilizing balls, weights, bands, and own body weight.

STRENGTH TRAINING - Full body strength training workout, choreographic to music.
Uses step & risers, barbell, and plate weights.

ZUMBA - A high-intensity interval training workout driven by the music.
Using your body weight as resistance, work your whole body, gain endurance, strength, and power all while using the music as your motivator!
You don't have to be a dancer!

ADVANCED CORE - This fast pace, 30-minute class focuses on strengthening the core.
While it is advanced, there are modifications to meet you at your level.

WATER EXERCISE - Group exercise class held in the deep end of the Rec Pool.

DIFFICULTY WITH MOVEMENT - Aerobics class held in the deep end of the Rec Pool that works to improve mobility.

HYDROFIT - An aerobics class in the lap pool that utilizes special gear to achieve a full body workout.