

# August Group Fitness

## Monday



- 5:15am Body Pump
- 8:00am Joint Works
- 8:30am CX Worx
- 8:45am EPHIT
- 9:15am Body Pump
- 9:00am Joint Works
- 10:00am Joint Works
- 5:30pm Gentle Yoga

## Tuesday



- 5:00am Cycle Fit
- 8:00am Active Yoga
- 9:30am Aerobic Kick
- 10:00am Joint Works
- 5:30pm EPHIT

## Wednesday



- 5:15am Body Pump
- 8:00am Joint Works
- 8:30am CX Worx
- 8:45am EPHIT
- 9:15am Body Pump
- 9:00am Joint Works
- 10:00am Joint Works
- 5:30pm Happy Hour Pool Fitness

## Thursday



- 5:00am Cycle Fit
- 8:00am Active Yoga
- 9:30am Aerobic Kick
- 10:00am Joint Works
- 5:30pm EPHIT

## Friday

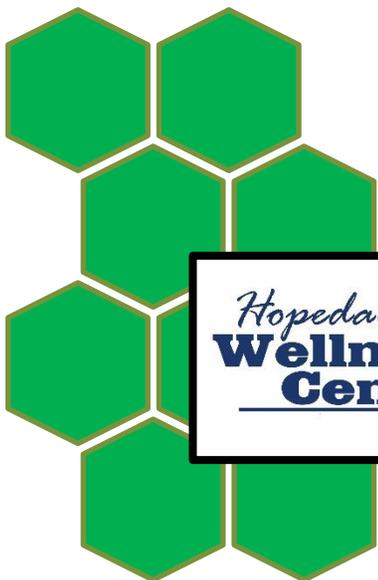


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- 10:00am Joint Works

## Saturday



- 9:00am Gentle Yoga



## Hours:

Mon-Fri: 5am-9pm	Sat: 7:30am-5:00pm	Sun: 1:00pm-5:00pm
		Pool Closed August 19th-25th

## Class Descriptions

### **Body Pump: (Level: All levels)**

This 60-minute additive workout challenges all of your major muscle groups by using the best weight-room exercises such as squats, presses, lifts and curls. The key to BODYPUMP™ is THE REP EFFECT™, a breakthrough in fitness training focusing on high repetition movements with low weight loads.

### **CX Worx: (Level: All levels)**

This class is all about building core strength, improving functional fitness of the abdominals, mid-section, and glutes, as well as working the cross-slings, which run from the upper to lower body. Basically, CXWORX targets everything from the mid-thigh up to the shoulders, which is an area also known as your trunk. Classes last about 30 minutes.

### **Cycle Fit: (Level: All levels)**

This indoor cycling class is a high energy, fun group workout focusing on endurance, strength & intervals for improving fitness levels.

Cycle Fit is perfect for those who just want to saddle up and get fit without having to learn routines or specific moves. Classes last about 45 minutes.

### **EPHIT: (Level: Moderate-High Intensity)**

This HIIT class involves various workouts that are similar to “crossfit” style WODs (Workout of the Day). The instructor changes the class up every day. Moves involved can range from core routines, Olympic weightlifting moves, cardio, body weight exercises etc. You will enjoy the variety! Time will vary.

### **Joint Works: (Level: Low Intensity)**

This class is specially designed for the individual with health concerns (Arthritis, Fibromyalgia, Replacements, etc). Exercises are performed in our warm water lap pool and class is taught by instructors certified through the Arthritis Foundation. Entrance to the pool can be used by ramp with hand rail. Knowledge of swimming is not required. Classes last about 1 hour.

### **Gentle Flow Yoga (Level: All Levels)**

Gentle Flow is a slow paced practice focused on stretching, gentle Yoga poses and deep relaxation. Students learn how to relax and feel good in their body. Modifications are used throughout the class making it accessible for all. Classes last about 1 hour.

### **Active Yoga (Level: Moderate Intensity)**

Active yoga consists of faster paced movements that will help challenge your muscles and help you break a sweat. Following the strength portion of the class, participants can relax for another 15 minutes as you are guided through a relaxation segment to bring the class to an end. Class times usually run 1.25 hours.