



# Group Fitness

June 1st, 2019-August 31st, 2019

## MONDAY

5:15am **Ripped**  
8:00am **Joint Works**  
8:00am **Pilates**  
8:45am **EPHIT**  
9:00am **Joint Works**  
9:30am **Ripped**  
10:00am **Joint Works**  
5:30pm **Gentle Yoga**

## TUESDAY

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

\*\*EPHIT AM on Tuesdays may not always be instructor led.

## WEDNESDAY

5:15am **Ripped**  
8:00am **Joint Works**  
8:00am **Pilates**  
8:45am **EPHIT: Fusion**  
9:00am **Joint Works**  
9:30am **Ripped**  
10:00am **Joint Works**

## THURSDAY

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

## FRIDAY

5:15am **Ripped**  
8:00am **Joint Works**  
8:00am **Pilates**  
8:45am **EPHIT**  
9:00am **Joint Works**  
9:30am **Ripped**  
10:00am **Joint Works**

## SATURDAY

8:30am **Ripped**  
8:30am **Gentle Yoga**

## HOURS:

**MONDAY-FRIDAY: 5:00am-9:00pm**

**SATURDAY: 7:30am-5:00pm**

**SUNDAY: 1:00pm-5:00pm**

**\*POOL CLOSING 15MIN BEFORE CLOSE\***

# AEROBIC KICKBOXING

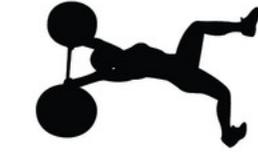


Low impact aerobics using kick boxing moves. You'll kick, punch and groove your way to a brand new body in this action-packed, super fun, super safe and effective cardiovascular workout. You do not need to be a dancer or familiar with dance moves to enjoy the class and get your heart rate up.



# PILATES

Traditional mat based pilates focusing on core strength and stability. This class is designed for everyone whether young or old, athletic or sedentary.



# EPHIT

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.

EPHIT:Fusion - This 60 minute class consists of strength training for 30 minutes and then heading up to the spin room to do a 30 minute spin class.



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.



# CYCLE FIT

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.



RIPPED is a 60-minute barbell program for able-bodied men and women of all ages and all fitness levels. Matching movement to music and using traditional strength training allows participants to work at their own level. This is the perfect tool for instructors looking to breathe life back into their barbell classes.



GENTLE FLOW: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: 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.