



# Group Fitness

**February 1, 2020-April 30, 2020**

## MONDAY

5:15am **Tabata**  
8:00am **Joint Works**  
8:00am **Pilates**  
(No Inst.-Video Lead)  
8:45am **EPHIT**  
9:00am **Joint Works**  
9:30am **Ripped**  
10:00am **Joint Works**  
5:00pm **Cycle Fit (February only)**

## TUESDAY

5:00am **Cycle Fit**  
8:00am **Active Yoga**  
(No Inst.-Video Lead)  
10:00am **Joint Works**  
5:30pm **EPHIT**

## WEDNESDAY

5:15am **Ripped**  
8:00am **Joint Works**  
8:00am **Pilates**  
(No Inst.-Video Lead)  
8:45am **EPHIT**  
9:00am **Joint Works**  
9:30am **Ripped**  
10:00am **Joint Works**  
5:30pm **Happy Hour Pool**

## THURSDAY

5:00am **Cycle Fit**  
8:00am **Active Yoga**  
(No Inst.-Video Lead)  
10:00am **Joint Works**  
5:30pm **EPHIT**

## FRIDAY

5:15am **Fusion**  
8:00am **Joint Works**  
8:00am **Pilates**  
(No Inst.-Video Lead)  
8:45am **Fusion**  
9:00am **Joint Works**  
9:30am **Ripped**  
10:00am **Joint Works**

## SATURDAY

8:30am **EPHIT**

## HOURS:

\*POOL CLOSES 15MIN BEFORE CLOSE\*

### November-February

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

SATURDAY: 7:30am-5:00pm

SUNDAY: 1:00pm-5:00pm

### March-October

MONDAY-THURSDAY: 5:00am-8:00pm

FRIDAY: 5:00am-7:00pm

SATURDAY: 7:30am-5:00pm

SUNDAY: CLOSED

# Happy Hour

## POOL FITNESS

Moderate to high intensity water class that combines core strengthening, muscle toning, flexibility & cardio exercises. This class innovatively uses the unique buoyancy, resistance and movement of water. Ability to swim is recommended but can include non-swimmer all fitness levels welcome!



## 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

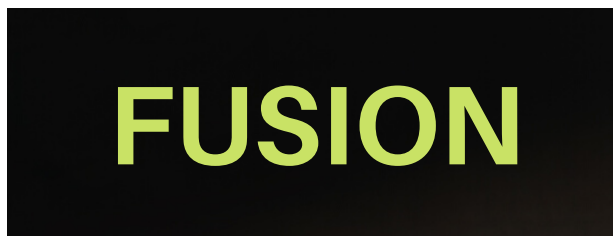
This HIIT class involves various workouts that are similar to “crossfit” style WODs (Workout of the Day). The instructor changes the class up every day.

Moves involved can range from core routines, Olympic weightlifting moves, cardio, body weight exercises etc.

You will enjoy the variety! Time will vary.



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.



**A mix of EPHIT and Cycle Fit.  
30 min of each.**



**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.



**Tabata is a high-intensity interval training that consists of eight sets offast-paced exercises each performed for 20 seconds interspersed with a brief rest of 10 seconds**



**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.