### GROUP EXERCISE

**Winter 2023** effective January 2, 2023

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>S2 5:45-6:30 Stages Cycle &amp; Sculpt Kadria</td>
<td>S1 9:00-9:45 Functional Strength Lauri</td>
<td>S1 5:45-6:35 Cycling Unplugged Matthew</td>
<td>S1 7:30-8:30 Yoga Gina</td>
<td>S2 5:45-6:35 Cycling Unplugged Matthew</td>
<td>S1 8:30-9:15 Kettlebell Workout Tricia</td>
<td>S1 9:00-9:50 Pilates Hybrid Tracey</td>
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<tr>
<td>S2 6:30-6:45 Core Express Kadria</td>
<td>S2 10:30-11:30 Zumba Melanie</td>
<td>S2 9:00-10:00 Stages Cycling Tricia</td>
<td>S1 9:00-9:45 Kettlebell Workout Lauri</td>
<td>S2 9:15-10:05 Stages Cycle BPM Marcia D.</td>
<td>S2 9:30-10:20 Stages Cycling Tricia or Marcia D.</td>
<td>S1 10:00-10:50 Zumba Sharon</td>
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<tr>
<td>SP 8:00-8:55 Aqua Splash Sheri</td>
<td>S1 10:30-11:30 Zumba Melanie</td>
<td>S2 9:00-10:00 Stages Cycling Tricia</td>
<td>S2 12:00-1:00 Stages Cycle &amp; Sculpt Kadria</td>
<td>S1 9:00-10:00 Total Body Conditioning Tricia</td>
<td>NEW TIME! S1 9:30-10:30 Zumba Alejandra</td>
<td>S1 11:00-11:50 Yoga Core Lance</td>
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<tr>
<td>S1 9:00-10:00 BOSU/Step: HIIT &amp; Core Lauri</td>
<td>S2 12:00-1:00 Stages Cycling Martin</td>
<td>S1 12:15-1:15 Bone Builder Tricia</td>
<td>S1 12:00-12:45 Functional Yoga Marcia M.</td>
<td>S1 5:30-6:20 Stages Cycling Margaret</td>
<td>S1 11:00-12:00 Yoga Core Lance</td>
<td>S1 9:00-9:50 Pilates Hybrid Tracey</td>
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<tr>
<td>S2 9:15-10:05 Stages Cycle &amp; Sculpt Marcia D.</td>
<td>S2 12:15-1:00 Bone Builder Tricia</td>
<td>S1 4:15-5:05 Barre Sculpt Kadria</td>
<td>S1 4:15-5:05 Barre Sculpt Kadria</td>
<td>NEW! S1 4:15-5:05 Bootcamp Marcia D.</td>
<td>S1 9:00-9:50 Pilates Hybrid Tracey</td>
<td>S2 9:00-9:50 Stages Cycling Susan or Margaret</td>
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<tr>
<td>LP 9:15-10:15 Deep Water Workout Sheri</td>
<td>S1 5:30-6:20 Yin Yoga Ali</td>
<td>S1 4:15-5:05 Zumba Ali</td>
<td>S1 5:30-6:20 Functional Strength Marcia D.</td>
<td>S1 9:00-9:50 Pilates Hybrid Tracey</td>
<td>S1 10:00:10:50 Zumba Sharon</td>
<td>S1 10:00-10:50 Zumba Sharon</td>
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<tr>
<td>S1 10:30-11:30 Zumba Emi</td>
<td>S2 5:30-6:15 Stages Cycle &amp; Sculpt Kadria</td>
<td>S1 5:30-6:20 Functional Strength Marcy D.</td>
<td>S1 5:30-6:20 Mindful Yoga Erika</td>
<td>S1 11:00-12:00 Zumba Emi</td>
<td>NEW! S1 11:00-12:00 Yoga Core Lance</td>
<td>S1 11:00-11:50 Yoga Greg</td>
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<tr>
<td>S1 12:00-12:45 Yoga Core Erika</td>
<td>LP 9:15-10:15 H20 Workout Kim Y.</td>
<td>S2 5:30-6:15 Stages Cycle &amp; Sculpt Kadria</td>
<td>S2 5:30-6:30 Stages Cycling Martin</td>
<td>LP 6:00-7:00 Endurance Swim Antonella</td>
<td>S1 10:00-10:50 Zumba Sharon</td>
<td>S2 9:00-9:50 Stages Cycling Susan or Margaret</td>
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<tr>
<td>S2 6:00-7:00 Endurance Swim Antonella</td>
<td>S1 6:30-7:20 Core Express Kadria</td>
<td>LP 9:15-10:15 H20 Workout Kim Y.</td>
<td>S2 5:30-6:30 Stages Cycling Martin</td>
<td>S2 9:00-9:50 Stages Cycling Susan or Margaret</td>
<td>S1 11:00-12:00 Yoga Core Lance</td>
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### LEGEND
- S1 = Studio 1
- S2 = Cycling Studio
- SP = Small Pool
- LP = Large Pool

### CLASS POLICIES & PROCEDURES:
For ages 13 years of age & older. Reservations are not required; first come, first serve. Saving bikes or equipment for others is not allowed. No mats or towels are provided. Face coverings are strongly recommended during indoor studio classes regardless of vaccination status. Schedule may be modified due to holiday, seasonal demand or instructor availability.
AQUA SPLASH (Gentle, All Levels): Gently fuses cardiovascular fitness, strength, core exercises and flexibility using water resistance.

AQUA ZUMBA (All Levels): Join the pool party! Unique Latin dance moves and rhythms in the water.

BARRE SCULPT (All Levels): Blends ballet techniques, strength training and Pilates exercises to sculpt and tone the whole body.

BONE BUILDER (Gentle, All Levels): Incorporates gentle postural, strength, balance, flexibility and weight bearing exercises important for building stronger bones and reducing fracture risk.

BOOTCAMP (All Levels): This drill-based class intervals HIIT, plyometric, strength and core exercises.

BOSU/STEP: HIIT & CORE (All Levels): Using a BOSU or a step, 45 minutes of aerobic, HIIT (high intensity interval training) and strength training followed by core work.

CORE EXPRESS (All Levels): Align, strengthen and stabilize your entire core.

CYCLING UNPLUGGED (All Levels): Focus on YOU in this technology free, music driven ride.

DEEP WATER WORKOUT (All Levels): A deep water workout using the Hydrofit buoyancy equipment. Swimming proficiency is advised.

ENDURANCE SWIM (All Levels): A coached swim workout that focuses on stroke technique. Swimming proficiency strongly advised.

FUNCTIONAL STRENGTH (All Levels): Define and sculpt your body with exercises that incorporate strength, core and balance training.

FUNCTIONAL YOGA (All Levels): A yoga practice designed to maintain and improve the mind and physical body for essential daily activities.

HEALTHY START (All Levels): Low impact aerobics, strength training, core work and stretching

HIGH FITNESS (All Levels): Old school aerobics choreographed to modern day music!

H20 WORKOUT (All Levels): Shallow water aerobics emphasizing cardiovascular conditioning and strengthening using water resistance

KETTLEBELL WORKOUT (All Levels): A dynamic, full body workout that combines strength, core, and cardiovascular training in the movements performed with a kettlebell.

MINDFUL YOGA (Gentle, All Levels): Experience expansion of your mental and physical self through asana, breath, and mind/body awareness.

PILATES HYBRID (Gentle, All Levels): Focusing on the core, this class develops abdominal and back strength, mobility and flexibility.

PILATES STRETCH (Gentle, All Levels): Gentle Pilates inspired core exercises and mobility work to release & lengthen the hips and back.

SCULPT EXPRESS (All Levels): A quick and effective 15-minute upper body strength class.

STAGES CYCLE BPM (All Levels): Feel the beat of the music in this rhythm-based ride AND explore the Stages power zone program.

STAGES CYCLE & SCULPT (All Levels): Intervals Stages power zone cycling and strength training.

STAGES CYCLING (All Levels): Explore the 7 power zones of the Stages Cycling program in this interval based cycling class.

STEP, SCULPT & CORE (All Levels): 45 minutes of cardio and strength intervals using a step followed by 15 minutes of core work.

THERAPEUTIC YOGA (Gentle, All Levels): A gentle yoga approach intended to create space in areas that are compressed, relieve tight muscles, and help induce the relaxation response in the body.

TOTAL BODY CONDITIONING (All Levels): Intervals cardio, strength and core exercises for a total body workout!

YIN YOGA (All Levels): A quiet, mindful practice utilizing specific poses to stimulate chi health flow along the meridians of the body.

YOGA (All Levels): Traditional hatha yoga asanas (poses) are practiced.

YOGA CORE (All Levels): A fusion of yoga and Pilates inspired exercises designed to increase core strength and mobility.

YOGA SLOW FLOW (All Levels): Flow at a slower pace to initiate better body awareness and alignment.

YOGA STRETCH (Gentle, All Levels): Allow your body to release, recharge and recover in this yoga based stretch class.

ZUMBA (All Levels): Dance your way to a fitter you with Latin inspired moves and grooves.