



# Fitness

# Fall 2020

We are social distancing! Class size may be limited.  
Bring your own mat and please help us by wiping down stations and equipment.

## AQUATIC FITNESS

### In our SPLASH POOL

Aqua Barre: Noon-1pm Monday & Friday  
 Joints In Motion: 1-1:45pm Monday  
 Wet Work Out: 1-1:45pm Friday  
 Walkercise: 11:30am-12:15pm Tuesday  
 Aquacise: 6:15-7pm Tuesday  
 Arthritis/Fibromyalgia: 10:45-11:30am Tuesday & Thursday

### In our MAIN POOL

High Intensity: 8:15-9am Mon, Wed & Fri  
 Deeper Power: 9:15-10am Mon, Wed, & Friday  
 5:15-6:00pm Monday evenings  
 Shallow/Deep: 8:00 - 8:45am Tuesday  
 AquaStride HIIT: 6:00pm Wednesday  
 Senior Water Exercise: 10:45am Wednesday  
 Rockin' with Rita: 3rd Fridays of the month at 7:00am

## LIVE Classes Group Fitness

### Monday

5:30-6:15 am Body Pump  
 8:15-9:00am Bosu Circuit  
 8:15-9:00 am Body Combat  
 9:00-9:30am CXWORX  
 9:15-10:00am Body Pump  
 6:00-6:45pm Spin  
 6:15-6:45pm GRIT  
 7:00-7:45pm Zumba  
 7:00-7:45pm Body Pump

### Tuesday

5:30-6:15am Insanity  
 8:15-9:00am Body Pump  
 8:15-9:00am Les Mills Tone  
 8:15-9:00am Spin  
 9-9:15 am Zumba  
 9:15-10:00am Body Flow  
 11:15 am-Noon Silver Yoga  
 6:00-6:45pm Body Pump

### Wednesday

5:45-6:30am Spin  
 8:00 -8:45 am Silver Strong  
 8:15-9:00am Body Combat  
 9:15-10:00am Body Pump  
 6:00-6:45pm Spin  
 6:00-6:45pm Insanity  
 7:00-7:45 pm Body Pump  
 7:00-7:45pm POUND

### Thursday

8:15-9:00am Spin  
 8:15-9:00am Body Pump  
 8:15-9:00am Les Mills Tone  
 9:00-9:45am Zumba  
 9:15 - 9:45 am Les Mills Barre  
 9:15-10:00am Body Flow  
 6:00-6:45pm Body Pump  
 6:15-6:45pm CXWORX  
 7:00-7:45pm Body Combat  
 7:00 -7:45 pm Zumba

### Friday

5:30-6:15am Body Pump  
 5:45-6:30am Spin  
 8:00 - 8:45 am Silver Strong  
 8:15-9:00am Bosu Circuit  
 9:15-10:00am Body Pump  
 9:15-10:00am Body Combat  
 11:15 am - Noon Silver Yoga

### Saturday

8:00-8:45am Body Combat  
 8:00-8:45am Spin  
 8:15-8:45am GRIT  
 9:00-9:45am Body Pump  
 9:00-9:30am CXWORX  
 10:00-10:45am Zumba

### Sunday

2:00-2:45pm Zumba

## No Sign-Ups Needed!

## GROUP FITNESS is **Free** for our MEMBERS!

### Monday

5:45-6:30am RPM  
 8:15-9:00am RPM  
 10:30-11am GRIT  
 11-11:45am Body Flow  
 12-12:45pm Body Pump  
 12:45-1:15 pm CXWORX  
 7-7:45pm RPM

### Tuesday

5:30-6am Body Pump  
 6-6:30am CXWORX  
 9:15-10am RPM  
 10:30-11:15am Body Combat  
 11:15-Noon Body Flow  
 Noon-12:45pm Body Pump  
 1-1:45pm Body Flow  
 5:15-5:45pm Body Combat  
 5:15-5:45pm RPM  
 6-6:45pm RPM  
 6-6:30 pm LM Barre  
 6:30-7:15 pm Body Flow

## VIRTUAL FITNESS

### Wednesday

5:30-6:15am Body Pump  
 8:15-9:00am RPM  
 10:30-11am GRIT Strength  
 11:15am-12pm Body Flow  
 10:30-11:15am RPM  
 Noon-12:30pm Body Combat  
 12:30-1:15pm Body Pump  
 5:15-6pm Body Pump  
 6:15-6:45 pm LM Barre  
 7-7:45pm RPM

Try FREE Virtual Classes on Sat. Oct 10 8 am - 10 am

### Thursday

5:30-6am Body Pump  
 6-6:30am CXWORX  
 9:15-10:00am RPM  
 10:30-11:am GRIT Strength  
 11:00-11:45am Body Flow  
 Noon-12:45pm Body Pump  
 5:15-5:45am Body Combat  
 5:15-5:45pm RPM  
 6-6:45pm RPM

### Friday

8:15-9am RPM  
 10:15-10:30 am CXWORX  
 11-11:30am LM Barre  
 11:30 am RPM  
 12-12:45am Body Flow  
 5-5:30pm GRIT Strength  
 5:30-6:15pm Body Flow

### Saturday

9-9:45am RPM  
 10:30-11:30am Body Pump

### Sunday

9:30-10am Body Combat  
 10-10:45am Body Pump  
 11-11:30am GRIT  
 11:30am-12:15pm Body Flow  
 12:30-1:15pm Body Combat  
 1:15-2pm Body Pump  
 4-4:45pm Body Pump  
 5-5:45pm Body Flow

