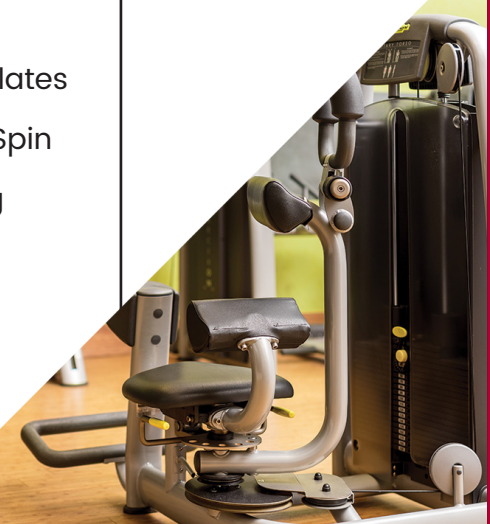


CLASS SCHEDULE

Please see next page for class details and skill levels.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>10:15AM: Mat Pilates</p> <p>10:15AM: Spin</p> <p>11:30AM: Yoga</p>	<p>6:00PM: Zumba</p> <p>7:15PM: Yoga</p>	<p>5:30PM: Infant Swim</p> <p>6:00PM: ToddlerSwim</p> <p>6:30PM:Body Sculpting</p> <p>7:30PM:Aqua Aerobics</p>	<p>12:30PM: Mat Pilates</p> <p>7:00PM: Yoga</p> <p>8:15PM: Melt Method</p>
THURSDAY	FRIDAY	SATURDAY	
<p>7:00PM: Mat Pilates</p> <p>7:30PM: Aqua Aerobics</p>	<p>10:00AM: Aqua Aerobics</p>	<p>10:15AM: Mat Pilates</p> <p>10:15AM: Core Spin</p> <p>11:30AM: Boxing & Conditioning</p>	

Zumba – A fitness program inspired by various rhythms and dancing styles. The routines feature aerobic/fitness interval training with a combination of fast and slow dance moves that tone and sculpt the body. No dancing experience is necessary, just move your body and let the music lead you.

Yoga – Sequence of movement patterns incorporating strength, balance, and mobility. Beginner and advanced options are offered to include inversions, back-bends, balancing lifts and accelerated transitions. Benefits include improved joint stability, an increase in strength at greater range of motion, and enhanced motor control.

Body Sculpting – Body Sculpting incorporates complex movements that utilizes multiple muscle groups at one time, making a very highly effective and timely workout. This class will help increase your muscular endurance, strength, flexibility, and cardiorespiratory endurance in addition to overall performance. Anyone is welcome!

Aqua Aerobics – A low impact but high intensity water aerobics class where no swimming skills are needed. This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back. Exercises are performed to lively, motivating music and are effective and easy to follow.

Mat Pilates – A body conditioning routine that may help build flexibility, muscle strength, and endurance in the legs, abdominals, arms, hips, and back. It puts emphasis on spinal and pelvic alignment, breathing, and developing a strong core or center, and improving coordination and balance. Pilates' system allows for different exercises to be modified in range of difficulty from beginning to advanced.

Melt Method – Melt creates a strong, flexible body that maintains its upright posture. You will see and feel results after a couple of classes. Melt improves flexibility, mobility, posture, range of motion, and overall well-being.

Core Spin – A high energy, 45-minute cycling class that provides the ultimate calorie blasting full-body. Designed for everyone in mind, this combination of the latest dance music, high intensity cardio, and fun will take your fitness level through the roof!

Boxing & Conditioning – Open to all skill levels from beginner/intermediate to advanced. We'll teach you all the pugilistic skills: the punches, the footwork, offense & defense. Work cardiovascular endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance, and accuracy, maximizing your performance and fitness for any physical challenge or activity!

Spin – Fun, athletic, cardiovascular indoor cycling classes – the ultimate calories killer. Start pedaling and let go as the music takes you on the ride of your life along various speeds and intensities. Go at your own pace and enjoy a group exercise session full of motivation and sweat. Participants can burn an average of 500-600 calories in one session. All fitness levels are encouraged to participate.

Children and Family Swim –

Infant (6-18 months) Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness. Parents learn about water safety and drowning prevention.

Toddler (2-4 years) Children learn water safety, basic swimming competency, and progress through levels as they develop skills.

