



AUGUST FITNESS AND WELLNESS CLASSES

MONDAY

8:15-9:00AM
BOOT CAMP
**no class 8/8*

8:30-9:00AM
BONE BUILDER

9:15-10:15AM
AQUA FIT

3:00-4:00PM
BACK TO HEALTHY
BACK
**8/22 only*

5:30-6:30PM
INSIDE YOGA

TUESDAY

8:00-9:00AM
PIYO
**8/2 only*

9:15-10:15AM
AQUA FIT

11:00-11:45AM
SIMPLY STRETCH*
free on Tuesdays!

4:30-5:30PM
STRENGTH TRAINING
**8/23 & 8/30 only*

WEDNESDAY

8:15-9:00AM
BODY PUMP

9:15-10:15AM
AQUA FIT

10:00-10:45AM
BODY SCULPTING
**8/3, 8/10 & 8/17 only*

5:30-6:30PM
BEACH YOGA
**weather permitting*

THURSDAY

7:15-8:00AM
PIYO
**8/4 only*

8:30-9:00AM
BONE BUILDER

9:15-10:15AM
AQUA FIT

10:00-10:45AM
BODY SCULPTING
**8/4, 8/11 & 8/18 only*

11:00-11:45AM
SIMPLY STRETCH

FRIDAY

8:00-9:00AM
TRX & More

9:15-10:00AM
BOOT CAMP
**8/12, 8/19 & 8/26 only*

9:15-10:15AM
AQUA FIT

10:15-11:15AM
YOGA

SATURDAY

9:15-10:00AM
SPIN WITH GIN

10:15-11:00AM
YOGA

3:00-4:00PM
PADDLEBOARD YOGA
**8/6 & 8/20*

SUNDAY

9:15-10:15AM
AQUA DANCE

AQUATICS
OUTDOOR POOL

GENTLE/
RESTORATIVE

LOW
INTENSITY

MEDIUM
INTENSITY

HIGH
INTENSITY

CLASS DESCRIPTIONS

Aqua Fit

A complete low impact and deep-water aerobics experience in the pool. Work at your own intensity - modifications for all exercises make this class suitable for all ages, those with orthopedic issues.

Body Sculpting

A challenging workout improving your core, muscular strength and cardio endurance through a variety of activities.

Bone Builder

This class utilizes weight training and balance exercises to increase bone density and prevent Osteoporosis, falls and fractures. Ideal for participants over 55 yrs.

Beach Yoga

Flow yoga on the shores of Lake Pinneo. Bring your mat.

Body Pump

A fast paced workout using weights and your core that's specifically designed to help you get lean, tones and fit

Boot Camp

Feel strong, empowered and accomplished as your instructor takes you through a series of strength training and cardio, full body movements.

Paddleboard Yoga

Enjoy the combination of basic yoga asana positions while challenging your balance and focus while on the paddle boards at Lake Pinneo. Weather conditions must be ideal, calm and warm. Taught by Ginny. Cost \$15

PIYO

A class that combines the strength core training of Pilates and the flow, balance and flexibility of Yoga.

Simply Stretch - FREE on Tuesdays

Increase your range of motion around the joints and lengthen the muscles. A feel good class to improve your flexibility.

Spin w/ Gin!

45 min of fat burning, heart pounding cycling with the grooviest music with the SPIN MASTER.

Strength Training

Build muscle strength and endurance utilizing weights and resistant equipment. The benefits include increased muscle, tendon, ligament and bone strength and tone. Must be 18 yrs or older.

TRX and More

Suspension training that allows you to find the correct level of intensity by using your own body weight.

Yoga

Relax, Restore and integrate the mind, body and spirit.

Back to Healthy Back

Participate actively in a one hour workshop to strengthen your postural muscles and keep your low back and leg muscles flexible. These exercises will help decrease your low back discomfort"

Facilitated by Ginny Stone, RN, LMT, Certified Back Care Specialist".

Limit 12 Cost \$10

