



# JUNE FITNESS AND WELLNESS CLASSES

## MONDAY

8:15-9:00AM  
BOOT CAMP  
*\*no class 6/20*

8:30-9:00AM  
BONE BUILDER

9:15-10:15AM  
AQUA FIT

10:00-11:00AM  
BODY SCULPTING  
*\*6/20 & 6/27 only*

5:30-6:30PM  
BEACH YOGA

## TUESDAY

8:00-9:00AM  
PIYO  
*\*no class 6/28*

9:15-10:15AM  
AQUA FIT

10:00-11:00AM  
BODY SCULPTING  
*\*6/28 only*

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

5:30-6:30PM  
SPIN

## WEDNESDAY

8:15-9:00AM  
BODY PUMP

9:15-10:15AM  
AQUA FIT

4:15-5:15PM  
YOUTH WEIGHT  
TRAINING

5:30-6:30PM  
BEACH YOGA

## THURSDAY

7:15-8:00AM  
PIYO  
*\*no class 6/28*

8:15-9:00AM  
SPIN

9:15-10:15AM  
AQUA FIT

10:00-11:00AM  
BODY SCULPTING  
*\*6/30 only*

11:00-11:45AM  
SIMPLY STRETCH

5:45-7:00PM  
WELLNESS WORKOUT  
WALK  
*\*6/2, 6/16 & 6/30 only*

5:45-7:00PM  
YOGA MEDITATION WALK  
*\*6/9 & 6/23 only*

## FRIDAY

8:00-9:00AM  
TRX & MORE

9:00-10:00AM  
MOM (OR DAD) & ME  
*\*6/3 only*

9:15-10:15AM  
AQUA FIT

## SATURDAY

8:00-9:00AM  
PUMP FIT

9:15-10:00AM  
SPIN WITH GIN

10:15-11:00AM  
YOGA

## SUNDAY

8:30-9:15AM  
POWER CYCLE

9:30-10:15AM  
AQUA DANCE

11:00-12:00PM  
ZUMBA LIGHT  
*\*no class 6/5*

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 protect against fractures caused by osteoporosis by increasing muscular strength, balance and bone density. 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

## **Mom (or Dad) & Me**

A parent and infant (under 2 years) fitness class using strollers, the carrier and sheer weight of the little one!

## **PIYO**

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

## **Power Cycle**

Taking SPIN to a whole new level!! Interval training on & off the bike.

## **Pump Fit**

a dynamic combo of weight training and cross fit. 10 exercises for 3 rounds with a 2 minute recovery. A high intensity full body workout

## **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.

## **TRX and More**

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

## **Yoga Meditation Walk**

Combine a local hike with gentle yoga into one fitness session while incorporating reflection and meditation. Transportation provided. Participation limited to 8. Fee \$10. Class time 60-90 minutes weather permitting.

## **Youth Weight Training**

This instructional class is designed to teach your teen to safely and effectively use the gym and equipment, that includes balls, bands, dumbbells and more. The focus is to build the foundations for a strength and muscular endurance program that will establish healthy habits and increase fitness levels for life.

## **Wellness Workout Walk**

Walk with workout stations incorporated while enjoying outdoor local venues. Transportation provided. Participation limited to 8. Fee \$10. Class time 60-90 minutes weather permitting.

## **Zumba Light!**

Dance those calories off with a low impact class set to Latin, funk and disco tunes.