

GROUP FITNESS ETIQUETTE

- Youth age 14-15 may attend classes that begin between 4 – 6 pm. See Activities Desk for details.
- Please arrive on time for class. This pertains especially to Yoga and Spin.
- If you are a first time participant, please arrive early and let the instructor know you are new.
- If you are a first time Yoga participant, please attend a Level 1 or 1-2 class first.
- Remember, this is a family club, so please use a cover-up when utilizing other areas of the Club before/after your workout.

CLUB HOURS

Monday-Thursday:
5 AM - 11 PM
Friday: 5 AM - 10 PM
Saturday: 6 AM - 10 PM
Sunday: 8 AM - 5 PM

Pool opens the same time as the Club. Pool closes 30 minutes prior to Club closing

KIDS' CLUB

(6-15 years of age)

Monday-Thursday
8 AM - 9 PM
Friday: 8 AM - 6 PM
Saturday: 8 AM - 5 PM
Sunday: 9 AM - 2 PM

NEST

(Child Care Hours)

Monday-Thursday
7:45 AM - 9 PM
Friday: 7:45 AM - 6 PM
Saturday: 8 AM - 5 PM
Sunday: 9 AM - 2 PM

CLASS DESCRIPTIONS

AB LAB: Similar to Absession, Ab Lab is a 30 minute class devoted to abdominals and their stabilizing parts. This class is an incredible tool to develop your abs and it also improves strength, flexibility, balance, posture, body awareness and coordination. If you have a strong core, you can better build & strengthen the rest of your body! Meet in the south west corner of fitness floor.

ABSESSON: A 30-minute class devoted to abdominals and their stabilizing parts. This class is an incredible tool to develop your abs and it also improves strength, flexibility, balance, posture, body awareness and coordination. If you have a strong core, you can better build & strengthen the rest of your body!!

AQUA: FITNESS & CHALLENGE: Water workout for any fitness level using different equipment such as leathers, fins and gloves to get the maximum cardio and resistance from the water. A perfect workout to push yourself to the next level. Also great for building muscle and bone density. **AQUA BABIES** Combines a low-impact/light weight lifting water workout with an aquatics adventure that will help your child with water adjustment skills. Mom's, Dad's, Grandma's and Grandpa's are invited to share an adventure that will keep you fit and prepare your child for future water experiences. **FREESYLE 101:** Learn how to improve your swim stroke; specifically the front crawl. Taught by Triathlete coach Dave Pruetz.

ARMED & DANGEROUS: A 30 minute class focusing on Arms, Shoulders, and Back.

CHISEL: Ready to shake up your weight lifting routine? This class makes a switch from heavy weight and low reps to lighter weight and high reps! A wonderful compliment to your New Definitions workout.

GENTLE STRENGTH TRAINING & FLEXIBILITY: Come enjoy 45 minutes of basic and safe strength training, stability, and flexibility exercises for all major muscle groups. Exercise will help strengthen weakened joints and muscles while increasing balance.

KICK BOX: FIGHT CLUB: A workout similar to Tae Bo.

NEW DEFINITIONS: A weight-lifting class using various equipment including weights, resistance bands and more. Every muscle group is specifically targeted to help you redefine your body. Each week of the month focuses on specific elements: Strength, Endurance, Dynamic Movement, and Balance. This is a fantastic over-all strengthening workout!

ON THE BALL: Challenge your stability and balance while creating impressive core strength in this class that incorporates the use of 3 different sized balls. Combines Pilates core exercises and overall body-sculpting. This class is appropriate for all levels.

PILATES (MAT CLASSES): This is a series of low impact exercises done on the floor to strengthen the body's "powerhouse" (abs, glutes, and back).

PILATES MAT (all levels): Reap the benefits of an evenly conditioned body, strong core, long/lean muscles and enhanced flexibility. Pilates exercise transforms the body inside and out.

CLASSICAL PILATES MAT: Authentic Pilates exercise taught with an emphasis on the fundamentals created by Joseph Pilates. **POWER MAT (previous Pilates experience suggested):** Be prepared for some serious exercise and enjoy the flowing, steady pace of this rigorous class. **HardCORE Pilates** It's back just in time! Use this challenging Pilates mat class to sculpt a lean body that is ready to take on swimsuit season with confidence! Exercises are performed at a constant pace in an upbeat environment. Please check the website or the Activities Desk for the GROUP REFORMER PILATES SCHEDULE.

RAISING THE BARRE: A high energy, innovative workout that strengthens, sculpts and elongates your entire body. Done in bare feet. This class incorporates ballet, butt-burning exercises and light weight lifting. See schedule above for times!

ROCK BOTTOM: A 30 minute lower body workout targeting the hips, glutes and legs.

SPINNING: Let the instructor lead you on a bike ride that will challenge you both physically and mentally. You need not be an avid cyclist to Spin. This is a very individualized workout that is fulfilling to all fitness levels. Although a heart rate monitor is not required, IT IS HIGHLY RECOMMENDED as a tool to help you reach your fitness goals. Cycling shoes are not required. **INTRO TO SPIN:** Designed with the new exerciser in mind. Learn all the essentials and get a great workout at an intensity level perfect for the new rider. Class is taught the first Saturday of each month at 10:20 for 30 minutes.

STRENGTH & MOTION: A fast-paced interval training class designed to promote high calorie burn, cardio endurance and to strengthen key muscle groups.

STRETCH & RESTORE: This class is the perfect remedy to help the body and mind recover from other types of exercise & stress, while increasing flexibility.

SUPER CIRCUIT: Get your cardio and weight training done in 1 hour. It is a great way to get back into a regular lifting routine led by a fitness trainer. Simple cardio segments are meshed in with utilization of the circuit machines.

SURVIVAL OF THE FITTEST: Hardcore circuit training consisting of functional movements, body weight exercises, and use of weights.

TAMJAMS! DANCER'S BODY: The ultimate dance workout. Starting with a gentle stretch, move through a series of exercises that will elongate your muscles. Created for improved flexibility and core training. Concentrated segments of sit-ups, inner thighs, glutes and arms. Class ends with a cardio dance combination.

TREAD: Come and join us for a fun, upbeat walk/run workout lead by an instructor and set to music. Tune in via headphones on our cardio theater. (BRING YOUR OWN HEADPHONES or Purchase at the Activities Desk.)

YOGA: Yoga is a great way to de-stress, increase flexibility and strength, and stimulate the mind, body & spirit. **YOGA 1-2:** For beginning as well as continuing students. **YOGA 2:** Explores beyond the basics. For experienced students who want to further their yoga practice. **POWER YOGA:** Sculpt your ideal body, free your true self by removing blocks, transform your life. Flex a new muscle that gives you true inner and outer strength, allowing you to shift from thoughts to experience, from past projected forward to right here, right now. A vigorous and invigorating practice that unleashes power from the inside out. Taught by Associate Baptiste Power Yoga Teacher, Marc Weinreich. **RESTORATIVE YOGA:** Come rejuvenate and revive as you oxygenate, stretch, and massage your entire body while soothing and calming your nervous system. **SUN SALUTATIONS:** This express YOGA class is designed to increase flexibility, strength, and mental focus through the practice of Sun Salutations; a series of poses that both stretch and strengthen every muscle in the body. **101 GENTLE YOGA:** Great for beginners or anyone with health or joint issues. This class moves slowly, with emphasis on the benefits of each pose. **YOGA AFLOAT:** A 30 minute class in the pool using flowing Yoga movements and poses that are held for 30-60 sec. in both shallow and deep water. Relieve stress and fatigue and reduce tension in the hips, back, shoulders and neck.

ZUMBA: Zumba combines high energy and motivating music with unique moves and combinations. Zumba is a fusion of Latin and International music with dance themes that create a dynamic, exciting, and effective fitness system. "Don't try Zumba unless you plan on doing it for life!"