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(October-November-December)

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>7:30am-8:00am <u>Step Aerobics</u> Debbie Bennett</p>	 <p>6:30am-7:30am <u>Sunrise Bootcamp</u> Argel Cardoniga</p>	 <p>7:00am-8:00am <u>Yoga</u> Elizabeth Done</p>	 <p>6:30am-7:30am <u>Sunrise Bootcamp</u> Argel Cardoniga</p>	 <p>7:00am-8:00am <u>Yoga</u> Elizabeth Done</p>
 <p>8:00am-9:00am <u>Power Circuit</u> Bridgette Strong</p>	 <p>8:00am-9:00am <u>Spin & Sculpt</u> Debbie Bennett</p>	 <p>8:00am-9:00am <u>Toning with Tunes</u> Bridgette Strong</p>	 <p>8:00am-9:00am <u>Pound</u> Bridgette Strong</p>	 <p>8:00am-9:00am <u>Strength Conditioning</u> Debbie Bennett</p>
 <p>9:00am-9:45am <u>Stretch & Mobility</u> Debbie Bennett</p>	 <p>9:00am-10:00am <u>Mat Pilates</u> Debbie Bennett</p>	 <p>9:00am-10:00am <u>Fitness Fusion</u> Deidre Jaramillo</p>	 <p>8:00am-9:00am <u>Spin & Sculpt</u> Kim Chapman</p>	 <p>9:00am-9:45am <u>Stretch & Mobility</u> Debbie Bennett</p>
 <p>9:30am-10:30am <u>Aqua Fitness</u> Leslie Shirakata</p>	 <p>10:00am-11:00am <u>Sit to Be Fit</u> Deidre Jaramillo</p>	 <p>9:30am-10:30am <u>Aqua Fitness</u> Leslie Shirakata</p>	 <p>9:00am-10:00am <u>Power Circuit</u> Bridgette Strong</p>	 <p>9:30am-10:30am <u>Aqua Fitness</u> Leslie Shirakata</p>
 <p>10:00am-11:00am <u>Core and More</u> Deidre Jaramillo</p>	 <p>11:00am-12:00pm <u>Balance & Mobility</u> Deborah Howard</p>	 <p>10:00am-11:00am <u>Yoga Fusion</u> Kim Chapman</p>	 <p>9:30am-10:30am <u>Aqua Fitness</u> Robin Padelford</p>	 <p>10:00am-11:00am <u>BarreFusion</u> Ruth Stanke</p>
<p>Suspended until further notice</p>  <p>Tai Chi Gene Helton</p>	 <p>11:00am-12:00pm <u>Aqua Fitness</u> Kim Chapman</p>	<p>Suspended until further notice</p>  <p>Tai Chi Gene Helton</p>	 <p>10:00am-11:00am <u>Sit to Be Fit</u> Deidre Jaramillo</p>	 <p>11:00am-12:00pm <u>I Can Dance!</u> Deidre Jaramillo</p>
 <p>12:00pm-1:00pm <u>Zumba Gold</u> Annette Bloor</p>	 <p>12:00pm-1:00pm <u>Line Dancing</u> Deborah Howard</p>	 <p>5:00pm-5:30pm <u>Step Aerobics</u> Debbie Mireles</p>	 <p>11:00am-12:00pm <u>Balance & Mobility</u> Deborah Howard</p>	 <p>4:00pm-5:00pm <u>Yoga</u> Susan Chapman</p>
 <p>5:00pm-6:00pm <u>Balance & Mobility</u> Deborah Howard</p>	 <p>4:00pm-5:00pm <u>Core and More</u> Deidre Jaramillo</p>	 <p>5:30pm-6:30pm <u>Strength Conditioning</u> Debbie Mireles</p>	 <p>12:00pm-1:00pm <u>Line Dancing</u> Deborah Howard</p>	 <p>6:00pm-7:00pm <u>Zumba</u> Dario Sanchez</p>
 <p>6:00pm-7:00pm <u>Indoor Cycle</u> Debbie Mireles</p>	 <p>5:00pm-6:00pm <u>Cardio Pilates</u> Debbie Mireles</p>		 <p>4:00pm-5:00pm <u>Core and More</u> Deidre Jaramillo</p>	<p>Saturday</p>  <p>7:30am-8:30am <u>Yoga</u> Elizabeth Done</p>
 <p>6:00pm-7:00pm <u>Evening Yoga</u> Susan Chapman</p>	 <p>6:00pm-7:00pm <u>Spin & Sculpt</u> Debbie Mireles</p>		 <p>5:00pm-6:00pm <u>Fitness Fusion</u> Deidre Jaramillo</p>	 <p>8:30am-9:30am <u>Spin & Sculpt</u> Debbie Bennett</p>
	 <p>6:00pm-7:00pm <u>Zumba</u> Dario Sanchez</p>		 <p>6:00pm-7:00pm <u>Indoor Cycle</u> Robin Padelford</p>	 <p>9:00am-10:00am <u>Zumba</u> Joy Alfarero</p>
			 <p>6:00pm-7:00pm <u>BarreFusion</u> Ruth Stanke</p>	 <p>9:30am-10:30am <u>Aqua Fitness</u> Rebecca Rein</p>
				 <p>10:00am-11:00am <u>Yoga</u> Susan Chapman</p>

Class Intensity

Very Light

Moderate

Very High

Light

High

Class Descriptions

Aqua Fit

This is an all over muscle conditioning class that incorporates, stretching, range of motion and even some yoga cool down techniques. The goal is health and fitness using the multi-directional resistance of water. Great for all ages and fitness levels.

Balance and Mobility

This is a low impact class that combines standing balancing moves, various walking exercises and some easy simple dancing.

BarreFusion

Low-impact, total body workout that brings out your inner ballerina! This fusion format offers all the benefits of rhythmic movement, high repetition strength work, athletic dance moves in an easy to learn setting with modifications for all levels.

Cardio Pilates

This class combines a cardiovascular workout with Pilates body conditioning. This class will strengthen and tone your whole body using a variety of equipment and cardiovascular disciplines.

Core and More

This full body workout utilizes resistance training with free weights using upbeat music. This is the perfect class to strengthen your core, tone, sculpt, and build muscle endurance. You are sure to build up a sweat and leave with a smile.

Evening Yoga

This class promotes strength, flexibility, balance, and stress reduction. Focusing on relaxation and stability, we make a full circuit of the body's range of motion with balance postures, forward folds, back extensions, twists, and hip & shoulder openers.

Fitness Fusion

Designed to optimize your fitness level and fine tune your body as you perform strength training and low impact cardio intervals set to music. Add Fitness Fusion to any of the other classes available here for you and experience the positive results!

I Can Dance

This class encompasses various dance styles to upbeat music ranging from the Big Band Era to current House music. Here you will learn simple yet exciting dance combinations choreographed to encourage you to add your own flair.

Indoor Cycling

This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome.

Line Dancing

Line Dancing is dancing without partners in a line, everyone doing the same steps at the same time. Dances include Country Western, Contemporary Dance and Oldies but Goodies dances.

Mat Pilates

Mat based Pilates class focused on stability, posture, and proper breath work. Each class works on strength and flexibility, with an emphasis on challenging the core muscles with each movement. All movements are taught in a slow and controlled manner.

Pound

A full-body cardio jam session inspired by the energizing and sweat dripping fun of playing the drums. Using light weight exercise drumsticks we combine cardio, strength training, and Pilates inspired techniques into a streamlined sequence of exercises.

Power Circuit

A power circuit class is a full-body workout that combines cardio and strength training exercises to build fitness and burn calories in a High Intensity Interval Training format.

Sit to be Fit

This low-impact exercise is perfect for older adults to build strength and stay mobile. This class includes dances to improve overall energy, core work to strengthen and tone, and yoga to stay flexible and mobile- all done in a chair.

Spin & Sculpt

Spinning and weights come together in an incredible 30-minute cycle ride combined with 30-minutes of body sculpting off the bike. Come strengthen and build muscle, increase core stability, and improve cardiovascular health.

Step Aerobics

Making cardio fitness fun by offering an aerobic workout that is boosted with choreography and group motivation. This 30 minute class involves cardio conditioning on step benches and risers while performing choreographed routines to upbeat music.

Strength Conditioning

Full-body workout that focuses on the functional movements. The class focuses on resistance training through the use of free weights, resistance bands and more to engage every muscle. Some classes will also includes short intervals of cardio and core.

Stretch & Mobility

Stretch & Mobilty is a stretching based class geared towards unlocking range of motion that may be lost over time. Stretch & Mobilty combines stretching with joint mobility work.

Sunrise Bootcamp

"Wake Up & Take Up" your fitness to another level! This bootcamp inspired conditioning class will challenge with various types of drills and exercises using bodyweight, free weights, TRX, and exercise balls through timed intervals and circuit training!

Toning with Tunes

Lead by the music, this class combines body weight, resistance training, muscle conditioning, cardio & plyometric movements synced to customized music.

Tai Chi

A series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. Described as meditation in motion, Tai Chi promotes serenity through connecting the mind and body.

Yoga

In this class the basic, foundational yoga postures are practiced to align, strengthen and promote flexibility in the body. Full-body relaxation and balance are the goals while making a full circuit of the body's range of motion.

Yoga Fusion

A blend of Yoga, Pilates, Strength Training and Stretching. Each session focuses on muscle awareness, strength, core connections, balance, flexibility and meditation. The experience is beginner to moderate friendly with a low impact format.

Zumba / Zumba Gold

Each Zumba® class is a mix of low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Zumba® Gold is a modified Zumba® class that recreates the original moves you love at a lower-intensity.