

GROUP FITNESS

OCTOBER 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
7:30 AM - AQUA FIT Monica	5:15 AM - VINYASA FLOW Sarah	5:15 AM - P90X Maddy	5:15 AM - CIRCUIT STATIONS Ginger
9:00 AM - VINYASA FLOW Judy	7:30 AM - AQUA FIT Monica	7:30 AM - AQUA FIT Monica	6:30 AM - STEP & STRENGTH Ginger
10:00 AM - STEP & STRENGTH Ginger	8:00 AM - GENTLE YOGA Judy	8:00 AM - KNOCK-OUT PARKINSON'S BOXING Ginger	7:30 AM - AQUA FIT Monica
9:00 AM - DEEP WATER Jeniver	8:30 AM - AQUA FIT DEEP Monica	9:00 AM - DEEP WATER Jeniver	8:00 AM - GENTLE YOGA Judy
11:00 AM - TONE & TIGHTEN CHAIR Ginger	9:00 AM - WALK THIS WAY Ginger	9:00 AM - CHAIR YOGA Breeana	8:30 AM - AQUA FIT DEEP Monica
10:00 AM - AQUA SPLASH Jeniver	10:00 AM - TONE & TIGHTEN Ginger	10:00 AM - AQUA SPLASH Jeniver	9:00 AM - TONE & TIGHTEN Ashley
12:15 PM - CARDIO SCULPT Matrasa	11:00 AM - KNOCK-OUT PARKINSON'S BOXING Terry	10:00 AM - TONE & TIGHTEN CHAIR Ginger	10:00 AM - WALK THIS WAY Frankie
4:30 PM - TONE & SCULPT Melissa	11:45 AM - CARDIO SCULPT* Alyson	11:00 AM - PILATES CORE Ginger	11:00 AM - KNOCK-OUT PARKINSON'S BOXING Shellie
6:00 PM - RHYTHM PUMP Stevie	5:00 PM - POUND Courtney	12:15 PM - FULL BODY TABATA Matrasa	12:15 PM - FULL BODY TABATA* Alyson
7:00 PM - DANCE FOR FUN Rochelle	6:00 PM - RIP & RUMBLE Rochelle	4:00 PM - HAPPY HOUR Alyson	4:30 PM - WALK THIS WAY Rachel
	7:00 PM - WATER AEROBICS Melanie	5:00 PM - TONE & SCULPT Melissa	5:30 PM - FULL BODY BLAST Rachel
			7:00 PM - INTRO TO BOXING Mark
			7:00 PM - WATER AEROBICS Melanie
FRIDAY	SATURDAY	Pre-registration on the Mindbody app is required to attend class. See the fitness desk for assistance. *Denotes 30 minute class Schedule subject to change.  	
9:00 AM - FULL BODY TABATA Matrasa	8:00 AM - POWER YOGA Jenny		
10:00 AM - TONE & TIGHTEN CHAIR Frankie	9:15 AM - CORE & MORE Rochelle		
4:00 PM - HAPPY HOUR Alyson	10:15 AM - ZUMBA Rochelle		
6:00 PM - R.I.P.P.E.D. Rochelle			

CLASS DESCRIPTIONS | OCT. 2025

AQUA FIT

Location: Warmup pool

Instructor: Monica

Mix it up in this energetic class fusing intervals of strength exercises with aerobic exercises giving you the benefits of both a cardiovascular and strength workout.

AQUA SPLASH

Location: Warmup pool

Instructor: Jeniver

Work at your own pace while having fun in the water with new and & friends. The resistance and support of water allows this class to incorporate an assortment of exercises. Cardio conditioning, strength building & flexibility components will be featured in each class.

BOXING

Location: Group exercise room

Instructor: Mark

This class will be a mix of walking through fundamentals of boxing along with high intensity interval training applying the skills learned beforehand. All levels welcome.

CARDIO SCULPT

Location: Group exercise room

Instructor: Matrasa

Build athletic fitness as you sweat through smart and safe progressions. Use your bodyweight as a tool to develop speed, balance, and agility. Workouts will also utilize weights to sculpt lean muscles.

CARDIO BOX (30 MINUTES)

Location: Group exercise room

Instructor: Alyson

Cardio-box is a 30 minute, high intensity total body workout that utilizes multiple muscle groups to elevate the heart rate while working incorporating the heavy bags. Boxing gloves encouraged but not required.

CHAIR YOGA

Location: Group fitness room

Instructor: Breeana

This class is a gentle form of yoga. You will practice yoga sitting in a chair or standing using the chair for support. Complicated maneuvers and complex movements are not present in this class. Students can experience the many benefits of yoga without having to get up or down from the floor. You will learn many yoga postures, breathing techniques, meditation, and ways of relaxation with the aid of a chair. Benefits include increased balance, strength, flexibility, range of motion, and stress reduction.

CIRCUIT STATIONS

Location: Group fitness room

Instructor: Ginger

A style of workout that mixes cardio and strength training where you cycle through several exercises targeting different muscle groups with minimal rest in between.

CORE & MORE

Location: Group fitness room

Instructor: Rochelle

A challenging mix of intense, dynamic core stabilizing exercises using planks, sliders, light weights and exercise balls.

DANCE FOR FUN

Location: Group fitness room

Instructor: Rochelle

This class combines a great cardio workout with fun, simple to learn dance-style choreography for everyone. This high-energy social dance fitness class offers a variety of physical activities for all levels of fitness and can be easily modified for beginners. Improve your endurance, coordination and balance but have fun dancing to music from 70's to hits of today!

DEEP WATER

Location: Competition pool

Instructor: Jeniver

This deep water workout, with a flotation belt, is a nearly zero impact exercise environment. Deep water running and bicycling alongside other exercises will challenge your body and core. All fitness levels welcome; no swimming required.



FULL BODY BLAST

Location: Group exercise room

Instructor: Rachel

This full-body workout is designed to get your heart pumping, muscles burning, and spirits soaring through a combination of full body weight exercises, cardio bursts and dynamic stretching. Prepare to leave feeling energized, invigorated and ready to take on the day!

FULL BODY TABATA

Location: Group fitness room

Instructor: Matrasa

Full body tabata is a one-hour, high-intensity interval training that consists of eight sets of fast-paced exercises, each performed for 20 seconds interspersed with a brief rest of ten seconds.

HAPPY HOUR

Location: Turf

Instructor: Alyson

This class will be different every week to get you started for the weekend. We will meet in the indoor turf room. We will use both weighted and body weight exercises to gain muscle mass, while achieving cardiovascular endurance. We will target all muscle groups by engaging in dynamic and isometric movements. The workouts will be done with high intensity and high energy. It is designed to promote strength, cardiovascular endurance, lean muscle growth, and excess fat loss.

KNOCK-OUT PARKINSON'S BOXING

Location: Group fitness room

Instructor: Shellie, Ginger, or Terry

This class is a full-body workout exercise regimen that includes: non-contact boxing to help improve hand-eye coordination, balance, agility, and reaction time. Class members will also work on voice activation exercises, mobility, core, stretching, and strength exercises that will help with everyday functional activities and promote improved posture and better cognitive processing. Class will provide a fun and socializing atmosphere for all participants. Each participant will need to have their own boxing gloves.

P90X

Location: Turf

Instructor: Maddy

P90X is a total-body, cardio, and strength training class that uses body weight as well as dumbbells and resistance toning. A sequence of blocks may include: lower body, upper body, cardio, and core. Warm up and cool down included-no time wasted. This class is fast moving, hard-hitting workout.

PILATESCORE

Location: Group fitness room

Instructor: Ginger

A low-intensity muscle strengthening workout that focuses on integrated movement utilizing the core. This class promotes flexibility, mobility and posture.

POUND

Location: Group fitness room

Instructor: Courtney

Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out!

POWER YOGA

Location: Group fitness room

Instructor: Jenny

Join Jenny for a powerful start to your Saturday! Incorporating a more traditional Vinyasa Flow that focuses on whole strength, building on hip-opening series that helps release physical tension and emotional stress. Gains= Better Balance, Improved Memory, Increased Muscle Strength, Enhanced Range of Motion, Feeling Calm, Peaceful and Confident.

RHYTHM PUMP

Location: Group fitness room

Instructor: Stevie

A one hour total body toning class set to a playlist that is sure to keep you motivated. Using light-to-medium weight dumbbells and bodyweight resistance, we will focus on all major muscle groups. This class is low impact and great for any fitness level. We'll build strength and increase muscle endurance while also hitting those cardio heart rates so you can knock it all out in just one hour!



RIP & RUMBLE

Location: Group fitness room

Instructor: Rochelle

The One Stop Body Shop is a "Plateau Proof Fitness Formula" that helps you to create continuity, consistency, and challenge in each and every R.I.P.P.E.D. class. It is Plateau Proof because each component of the workout provides a uniquely different emphasis or system response, so your body never gets accustomed to the constantly changing format. Participants achieve undeniable, ultimate results in minimal time, boasting 750-1,000 calories burned in just 50 minutes.

STEP AND STRENGTH

Location: Group fitness room

Instructor: Ginger

A great cardio workout that is sure to please. This workout incorporates a step platform with intervals of strength training.

STONE & SCULPT

Location: Group fitness room

Instructor: Melissa

Build muscle, improve form, support bone health, and add power movements in this 45-minute class that is sure to motivate. Appropriate for all fitness levels as movements may be modified.

STONE & TIGHTEN

Location: Group fitness room

Instructor: Ashley/Ginger

Target all major components of fitness in one class. Class begins with a standing cardiovascular warm up followed by a cardio intensive block, then a strength training block, ending with a total body stretch.

STONE & TIGHTEN CHAIR

Location: Group fitness room

Instructor: Frankie

This class features a chair as a movement tool while targeting all major components of fitness in one class.

VINYASA FLOW

Location: Group fitness room

Instructor: Breeana

This class is fast paced and burns calories like power yoga but the sequencing builds throughout the class. The variable nature of vinyasa yoga helps to develop a more balanced body as well as prevent repetitive motion injuries that can happen if you are always doing the same thing every day.

WALK THIS WAY

Location: Group fitness room

Instructor: Ginger/Frankie

Helping members establish a regular walking habit for health and fitness, as well as a focus on core strength and mobility. Appropriate for all fitness levels and will combine the rhythmic natural motion of walking with affirmation and body weight fitness movements.

WATER AEROBICS

Location: Warmup pool

Instructor: Melanie

Use this class to make the pool your gym. This low impact water workout incorporates upbeat music to encourage you as you work build strength and endurance. Classes will feature cardio intervals and the use of resistance equipment including water dumbbells and noodles.

ZUMBA

Location: Group fitness room

Instructor: Rochelle

Latin inspired, dance-fitness class that incorporates Latin, International, and some pop music with dance movements to create a dynamic, exciting and effective fitness system. The combination of fast and slow rhythms is an aerobic/fitness workout giving you a balance of cardio and muscle-toning benefits. Get ready to move, dance, and have a blast in this party atmosphere. Invite your friends! No experience necessary! Remember everyone is a beginner first, but you learn by doing.