

# GROUP FITNESS

## DECEMBER 2025

THANKS FOR VISITING

CITYNET

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

# CLASS DESCRIPTIONS | DEC. 2025

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## **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 old 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.

## **BARRE FUSION**

Location: Group fitness room

Instructor: Maddy

This low impact workout borrows from a variety of disciplines to create a full body workout. Modifications for all fitness levels are available.

## **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: Alyson

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.

## **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: Maddy

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, Frankie, or Alyson

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.

## **P90X STRENGTH**

Location: Group exercise room

Instructor: Maddy

This workout focuses on specific muscle groups, including the chest & back, shoulders & arms, and legs & back which builds and supports the core while conditioning the body. These classes use a variety of resistance and bodyweight exercises to build strength and definition. Workouts offer options to adjust the intensity, making them more accessible for beginners or challenging for advanced users.

## **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.

## **QIGONG**

Location: Group fitness room

Instructor: Valarie

Pronounced Chee - gong. An ancient form of Traditional Chinese Medicine that combines breathing, and gentle movements, mirroring movements of nature, to cultivate life force energy. Combined with simple breathing techniques, Qigong is uniquely suited to relieve stress, boost the immune system, and increase the body's innate healing abilities. It is often done as a precursor to learning Tai Chi. Qigong can be done standing or sitting, and is simple to learn for all ages. Participants are encouraged to bring a mat if they would like to lie flat instead of sit for meditation at the end of class.

## **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



### **RHYTHM PUMP - cont.**

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 or 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: Ginger or Franki

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: Rachel or 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.

### **YOGA**

Location: Group fitness room  
Instructor: Laura

Yoga is a mind and body practice that can build strength and flexibility. It may also help manage pain and reduce stress. Yoga is an ancient practice that involved physical poses, concentration, and deep breathing. A regular yoga practice can promote endurance, strength, calmness, flexibility, and well-being.

### **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.