

GROUP FITNESS MAY 2026

MONDAY

5:15am - P90X
Ginger

7:30am - AQUA FIT
Monica

8:00am - CYCLING
Ginger, Robin, Alyson

9:00am - VINYASA FLOW
Judy

9:00am - DEEP WATER
Jeniver

10:00am - TONE & TIGHTEN
Ashley

10:00am - AQUA SPLASH
Jeniver

11:00am - TONE & TIGHTEN CHAIR
Ginger

12:15pm - QIGONG
Valarie

4:30pm - TONE & SCULPT
Melissa

6:00pm - RHYTHM PUMP
Stevie

6:00pm - DANCE FOR FUN
Rochelle

Cycling Classes limited due to number of bikes

TUESDAY

6:30am - CYCLING
Ginger

7:30am - AQUA FIT
Monica

8:00am - GENTLE YOGA
Judy

8:30am - AQUA FIT DEEP
Monica

9:00am - WALK THIS WAY
Melanie / Mary

10:00am - FULL BODY TABATA
Ginger

11:00am - KNOCK-OUT PARKINSON'S BOXING
Terry

11:30am - CYCLING
Alyson

4:00pm - BARRE
Olivia

6:00pm - RIP & RUMBLE
Rochelle

7:00pm - WATER AEROBICS
Melanie

7:00pm - FIT & FABULOUS
Mary

WEDNESDAY

5:15am - CIRCUIT STATIONS
Ginger

7:30am - AQUA FIT
Monica

8:00am - CYCLING
Nicola

9:00am - DEEP WATER
Jeniver

9:00am - CHAIR YOGA
Breeana

10:00am - AQUA SPLASH
Jeniver

10:00am - TONE & TIGHTEN CHAIR
Ginger

11:00am - YOGA
Laura

12:15pm - FULL BODY TABATA
Frankie

4:00pm - HAPPY HOUR
Alyson

5:00pm - TONE & SCULPT
Melissa

6:00pm - SPIN RHYTHMS
Stevie

THURSDAY

5:15am - CYCLING
Ginger

7:30am - AQUA FIT
Monica

8:00am - GENTLE YOGA
Judy

8:30am - AQUA FIT DEEP
Monica

9:00am - STEP & STRENGTH
Ginger

10:00am - TONE & TIGHTEN
Melanie / Mary

11:00am - ROC CYCLING
Nicola

11:00am - KNOCK-OUT PARKINSON'S BOXING
Shellie

12:15pm - FULL BODY TABATA
Alyson

4:00pm - TONE & TIGHTEN
Rachel

5:00pm - CLIMB FIT
Rachel

6:00pm - CYCLING
Rochelle

7:00pm - INTRO TO BOXING
Mark

7:00pm - WATER AEROBICS
Melanie

FRIDAY

8:00am - FULL BODY TABATA
Matrasa

9:00am - PILATES CORE
Ginger

10:00am - INTRO TO LINE DANCING
Debbie

11:30am - AQUA FIT
Melanie

11:15pm - TAI CHI
Michelene

12:45pm - BEGINNER TAI CHI
1/2 Hour Class
Michelene

4:00pm - CYCLING
Alyson

SATURDAY

8:00am - POWER YOGA
Jenny

9:00am - CORE & MORE
Rochelle

10:00am - ZUMBA
Rochelle

Schedule subject to change

Pre-Registration on the Mindbody App is required to attend class. Refer to Mindbody App for class location. See the fitness desk for assistance.

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GROUP FITNESS CLASS DESCRIPTIONS

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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

Location: Bridge Fit Room B

Instructor: Olivia

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

BEGINNER TAI CHI

Location: Bridge Fit Room A

Instructor: Michelene

Gentle, low-impact "meditation in motion" for beginners or seasoned practitioners looking to deepen their practice.

BOXING

Location: Bridge Fit Room B

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: Bridge Fit Room A

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: Bridge Fit Room A

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: Bridge Fit Room A/B

Instructor: Ginger

or Turf

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.

CLIMB FIT

Location: Clip n' Climb

Instructor: Rachel

Catering to adults who are tired of the weekly gym routine. This class will work all muscle groups along with their flexibility, agility and concentration.

CORE & MORE

Location: Bridge Fit Room A

Instructor: Rochelle

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

CYCLING

Location: Bridge Fit Room A

Instructor: Stevie, Alyson, Nicola, or Ginger

A high-energy, low-impact, group stationary bike workout designed to improve cardiovascular fitness, endurance, and strength. Classes last 50-60 minutes, featuring a warm-up, intense fast paced intervals, and a cool-down. The class offers full engagement while participants control their own resistance knob enabling options for all fitness levels and rider experience.

DANCE FOR FUN

Location: Bridge Fit Room B

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.

GROUP FITNESS CLASS DESCRIPTIONS



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FIT & FABULOUS

Location: Bridge Fit Room A

Instructor: Mary

This class will utilize all upper and lower extremities to improve cardio and core strength, and overall body conditioning. All levels welcome.

FULL BODY TABATA

Location: Bridge Fit Room A

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.

GENTLE YOGA

Location: Bridge Fit Room B

Instructor: Judy

Gentle yoga is a calming, stress-relieving yoga class to stretch and strengthen the body gradually. This class focuses on vinyasa (connecting breath to movement) and builds strength and flexibility.

HAPPY HOUR

Location: Turf

Instructor: Alyson

or Bridge Fit Room A/B

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: Bridge Fit Room B

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.

LINE DANCING

Location: Courts

Instructor: Debbie

This class for beginners involves learning a sequence of repetitive steps in lines and rows without partners, typically to country or pop music. The steps are easy to follow and provide a fun low-impact workout that improves coordination and cardiovascular health.

P90X

Location: Turf

Instructor: Ginger

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.

PILATES CORE

Location: Bridge Fit Room B

Instructor: Ginger

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

QIGONG

Location: Bridge Fit Room B

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: Bridge Fit Room A

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: Bridge Fit Room A

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.

GROUP FITNESS CLASS DESCRIPTIONS



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ROC CYCLING

Location: Bridge Fit Room A **Instructor:** Nicola

A powerful hybrid workout combining bodyweight and free weight resistance training with high intensity cycling for a complete strength-and-cardio experience. This class is intentionally structured to pre fatigue the muscles through resistance and core overload, then push cardiovascular limits with intense cycling intervals, maximizing calorie burn and performance gains.

SPIN RHYTHMS

Location: Bridge Fit Room A **Instructor:** Stevie

A high energy indoor cycling class choreographed to the beat of the music. Ride through climbs, sprints, and rhythm based movements to every song, turning your workout into an immersive, full-body experience. Designed for all fitness levels, you control the intensity while the music drives your ride.

STEP AND STRENGTH

Location: Bridge Fit Room A **Instructor:** Ginger

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

TIA CHI

Location: Bridge Fit Room A **Instructor:** Michelene

An ancient Chinese martial art practiced today as a low impact, "meditation in motion" exercise. It features slow, gentle, and flowing movements combined with deep, rhythmic breathing and mindfulness to promote relaxation, balance, strength, and overall health. All levels welcome.

TONE & SCULPT

Location: Bridge Fit Room A **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.

TONE & TIGHTEN

Location: Bridge Fit Room A **Instructor:** Ashley, Ginger, or Melanie

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.

TONE & TIGHTEN CHAIR

Location: Bridge Fit Room A **Instructor:** Ginger or Frankie

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

VINYASA FLOW

Location: Bridge Fit Room B **Instructor:** Judy

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 everyday. It is often considered a very athletic style of yoga.

WALK THIS WAY

Location: Bridge Fit Room A **Instructor:** Rachel, Frankie, Ginger, or Melanie

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: Bridge Fit Room B **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: Bridge Fit Room B **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.
