

# GROUP FITNESS SCHEDULE (May 1-31st)

Please allow a grace period for members to exit the Studio before entering for the next class.

MONDAY	
8:30a	Cardio Strength: LeNesha (Indoor Studio A) Level 2-3
8:30a	Body Sculpt: Jose (Outdoor Studio A) Level 2-3
9:30a	Indoor Cycling: Janet (Spin Room) Level 2-3
9:30a	Static Stretch: Carla (Indoor Studio A) All Levels
10:30a	Core Fusion: Janet (Indoor Studio A) All Levels
11:30a	FREE! Sit Fit: LeNesha (Indoor Studio A) Level 1
11:30a	Tai Chi Qigong: Clayton (Indoor Studio B) All Levels
4:30p	Slow Flow: Mercedes (Indoor Studio B) All Levels
5:30p	Empower Class: Jose (Indoor Studio B) Level 3
7:00a	Water Aerobics: LeNesha (Oakridge Pool B) All Levels
8:00a	Water Aerobics: Kim (Oakridge Pool A) All Levels
10:30a	Water Aerobics: LeNesha (Oakridge Pool A) All Levels
11:30a	Water Aerobics: Yanet (Oakridge Pool A) All Levels

THURSDAY	
8:30a	Zumba: Laura (Indoor Studio A) All Levels
9:30a	Roll with it: Sherry (Indoor Studio A) Level 2-3
9:30a	Pulse Barre: Meghan (Indoor Studio B) Level 2-3
10:30a	TRX: Janet (Indoor Studio B) Level 2-3
10:30a	Gentle Flow Yoga: Sherry (Indoor Studio A) Level 2-3
11:30a	FREE! Sit Fit: Janet (Indoor Studio A) Level 1
11:30a	FREE! G.E.M. Parkinson's Boxing: Avery + Shawna (Indoor Studio B) All Levels
6:00a	Water Aerobics: Jennifer (Oakridge Pool B) All Levels
8:00a	Water Aerobics: Kim (Marshwood) All Levels
11:00a	Water Aerobics: Yanet (Oakridge Pool A) All Levels

TUESDAY	
9:30a	Vibe Ride: Sherry (Spin Room) Level 2-3
9:30a	Burn-Barre: Heather (Indoor Studio A) All Levels
9:30a	Root & Rise Yoga: Mercedes (Indoor Studio B) All Levels
10:30a	Flex n Flow: Janet (Indoor Studio A) All Levels
11:30a	FREE! Sit Fit: Jose (Indoor Studio A) Level 1
12:30p	FREE! G.E.M. Parkinson's Boxing: Ryan + Jason (Indoor Studio B) All Levels
4:30p	Vinyasa Flow: Mercedes (Indoor Studio B) All Levels
6:00a	Water Aerobics: Jennifer (Oakridge Pool B) All Levels
8:00a	Water Aerobics: Kim (Marshwood) All Levels
11:00a	Water Aerobics: Yanet (Oakridge Pool A) All Levels

FRIDAY	
8:30a	Vitamin D Booster: Jose (Outdoor Studio A) Level 2-3
8:30a	Indoor Cycling: Janet (Spin Room) Level 2-3
9:30a	Strength & Stretch: Carla (Indoor Studio A) All Levels
10:30a	Flex n Flow: Janet (Indoor Studio A) All Levels
11:30a	Tai Chi Qigong: Clayton (Indoor Studio B) All Levels
11:30a	FREE! Sit Fit: Jose (Indoor Studio A) All Levels
8:00a	Water Aerobics: Kim (Oakridge Pool B) All Levels
10:00a	Water Aerobics: Yanet (Oakridge Pool A) All Levels

WEDNESDAY	
8:30a	Vitamin D Booster: Jose (Outdoor Studio A) Level 2-3
8:30a	Cardio Strength: LeNesha (Indoor Studio A) Level 2-3
9:30a	Advanced Asana: Mercedes (Indoor Studio A) Level 2-3
10:30a	Mat Pilates: Janet (Indoor Studio A) All Levels
11:30a	FREE! Sit Fit: Jose (Indoor Studio A) Level 1-2
5:00p	Kick Boxing H.I.I.T: Jose (Indoor Studio B) Level 3
6:00a	Water Aerobics: LeNesha (Oakridge Pool B) All Levels
7:00a	Aqua Zumba: LeNesha (Oakridge Pool B) All Levels
10:30a	Water Aerobics: Yanet (Oakridge Pool A) All Levels

SATURDAY	
8:30a	Body Sculpt: Janet (Indoor Studio A) Levels 2-3
9:30a	Indoor Cycling: Reggie (Outdoor Studio A) Level 2-3
9:30a	Flex n Flow: Janet (Indoor Studio A) All Levels
8:00a	Water Aerobics: Jennifer (Marshwood) All Levels



BOOK YOUR CLASSES THROUGH OUR  
 <-----'MYWELLNESS APP'

Franklin Creek  
 Lap Swimming:  
 6am-9pm Daily -Unguarded-

**Aquatics Facility Hours:**

- Franklin Creek  
 Mon,  
 Wed-Sunday: 9am-Sunset
- Oakridge Mon-Fri 5am-9pm  
 Sat-Sun 6am-8pm
- Marshwood  
 Mon: 12pm - sunset  
 Tues-Sunday: 9am - sunset

\*\*CLASSES ARE SUBJECT  
 TO CHANGES AND/OR  
 CANCELLATIONS WITHOUT  
 NOTICE \*\*

Single Class: \$9.25  
 10-pack: \$85.00  
 Unlimited: \$129.00

**Body Sculpt:** The focus for Body Sculpt will be to improve core strength while giving you a full body workout. All fitness levels may participate with modifications offered by the instructor. A variety of equipment will be used to work through repetitive movements. **Level 2-3.**

**Bootcamp:** Our bootcamp workouts are designed through an interval training technique so you would alternate between high and low intensity movements. **Level 2-3.**

**Core Fusion:** This class combines the benefits of toning your muscles using various exercise tools that strengthen the core. Some of the tools used are bands, small physio-ball, sliders, light weights, and the barre. **All levels.**

**Gentle Yoga Flow:** A variety of asanas designed into a gentle flow sequence to relax and restore the body and mind. **All Levels.**

**Mat Pilates:** A full body conditioning program that strengthens, tones, lengthens muscles, and creates a strong core. Good for all age groups and fitness levels. **Level 2-3.**

**Sit Fit (FREE):** This is a free class for our senior population who want to stay active in a safe way using a chair, light weights, and other equipment.

**All Levels**

**G.E.M. Parkinson's Boxing (FREE):** This is a free class designed to put your guard up against Parkinson's disease, by using boxing & balance fundamentals to reenergize the cerebral cortex and muscle structure to keep our minds active and consistently improving via the art of boxing. **All Levels.**

**Static Stretch/Strength and Stretch:** This class focuses on the body's ability to achieve flexibility and strength. Our instructors use a dynamic approach, combining relaxation, stretching, and weights to stimulate your range of motion and improve daily living. **All Levels.**

**Tai Chi/Qigong:** A Chinese system of physical exercises and breathing control that helps stimulate the immune system and range of motion via martial arts movements and meditation. **All Levels.**

**Vitamin D Booster:** Keep your immune system stimulated while soaking in some vitamin D! This outdoor class is designed to strengthen your muscles, cardiovascular condition, and mindset so you will be ready to seize the day. **Level 2-3.**

**Zumba:** Zumba is a dance-based cardio class that targets fat loss and lean muscle toning in the upper body, lower body, and core. Zumba is a high-energy, rhythmic workout that offers a fun, party-like atmosphere. **All Levels.**

**Cardio Strength:** Push your limits in this face-paced, energetic HIIT class! Cardio Strength uses music, weights and a timed structure to maximize your body's full potential. **Level 2-3.**

**Indoor Cycling:** Calling all cycling enthusiasts! This class will help you achieve your fitness goals at the rhythm of music and while pedaling your way to success. **Level 2-3.**

**TRX:** This training class was designed for all fitness levels. Our focus is to alleviate the pressure on the joints by using 'TRX Straps' that you will hold onto in order to workout at comfortable angles and intensities. **All Levels.**

**Total Body:** This class is designed to push your fitness ability and work the entire body at the beat of Latin-modern music. If you're looking for a class that will test your limits, this is it! **Level 3.**

**Vinyasa Flow:** This class focused on moderate movement, breathing routines, and thoughtful sequences set to a curated playlist. It's a class for all levels. Improves strength, flexibility, and breathing quality.

**Slow Flow:** This class is meditation focused using slow, gentle poses designed to deepen the stretch and improve strength.

**Advance Asana:** This is a fast pace yoga class. Movements that match the breaths, upbeat playlist, skillful transitions with room for modifications. **Level 2 – 3**

**KickBoxing H.I.I.T.:** This class combines self-defense, cardiovascular, and strength training aspects geared by High-energy music and practical instruction that will help you learn the basics of punching, kicking, balance, and footwork. **Level 3**

**Empower:** This class uses variety of equipment to achieve maximum calorie burn! Your instructor will guide you through a series of strength training movements to increase lean muscle and help you breakthrough your fitness goals!

**Roll With It :** Roll with it: Roll your worries away with fun music, light weights, and a physio-ball! Roll With It will work out your core and improve coordination. This is a low-impact, high-intensity class so you can experience the fast-paced routine without putting strain on the body.