

GROUP FITNESS SCHEDULE (September 1-31st)

Please remember before entering a class or area where a class is being held, please permit the participants to clear the room before entering.

| MONDAY | | TUESDAY | | WEDNESDAY | |
|--------|---|---------|--|-----------|--|
| 8:30a | Cardio Strength: LeNesha (Indoor Studio A) Level 2-3 | 7:30a | Sunrise Yoga: Marie (Indoor Studio B) All Levels | 8:30a | Vitamin D Booster: Jose (Outdoor Studio A) Level 2-3 |
| 8:30a | Body Sculpt: Ashley (Outdoor Studio A) Level 2-3 | 8:30a | Bootcamp: Jose (Outdoor Studio B) Level 2-3 | 8:30a | Cardio Strength: LeNesha (Indoor Studio A) Level 2-3 |
| 8:30a | Indoor Cycling: Janet (Outdoor Studio A) Level 2-3 | 8:30a | BFF: Sherry (Indoor Studio A) Level 2-3 (Starts Sept 7) | 8:30a | Indoor Cycling: Janet (Outdoor Studio A) Level 2-3 |
| 9:30a | Static Stretch: Carla (Indoor Studio A) All Levels | 9:30a | Beginner's Circuit: Sherry (Indoor Studio B) Level 2-3 (Starts Sept 7) | 9:30a | Beginner Yoga: Ellen (Indoor Studio B) All Level |
| 10:30a | CoreBarre: Janet (Indoor Studio A) All Levels | 9:30a | Total Body: Yanet (Indoor Studio A) Levels 3 | 9:30a | Total Body: Yanet (Indoor Studio A) Level 3 |
| 11:30a | Tai Chi Qigong: Clayton (Indoor Studio B + Livestream) All Levels | 9:30a | Burn-Barre: Heather (Indoor Studio B) All Levels | 10:30a | Mat Pilates: Janet (Indoor Studio A) All Levels |
| 11:30a | FREE! Sit Fit: LeNesha (Indoor Studio A) Level 1 | 10:30a | Gentle Flow Yoga: Janet (Indoor Studio A) All Levels | 11:30a | FREE! Sit Fit: Ellen (Indoor Studio A) Level 1-2 |
| 6:00p | Evening Yoga: Ellen (Indoor Studio A) All-Levels | 12:30p | G.E.M. Parkinson's Boxing: Ashley + Jose (Indoor Studio B) All Levels | 5:00p | Yoga for Healthy Aging: Ellen (Indoor Studio B) All Levels |
| 6:00p | Kickboxing HIIT: Reggie (Indoor Studio B) Level 2-3 | 11:30a | FREE! Sit Fit: Ellen (Indoor Studio A) Level 1 | 6:00p | Cycling: Reggie (Spin Room) Level 2-3 |
| 6:00a | Water Aerobics: Jennifer (Oakridge Pool B) All Levels | 6:00a | Water Aerobics: Jennifer (Oakridge Pool B) All Levels | 6:00a | Water Aerobics: LeNesha (Oakridge Pool B) All Levels |
| 7:00a | Water Aerobics: LeNesha (Oakridge Pool B) All Levels | 8:00a | Water Aerobics: Kim (Marshwood) All Levels | 7:00a | Aqua Zumba: LeNesha (Oakridge Pool B) All Levels |
| 8:00a | Water Aerobics: Kim (Marshwood) All Levels | 11:00a | Water Aerobics: Yanet (Oakridge Pool A) All Levels | 8:00a | Water Aerobics: Kim (Marshwood) All Levels |
| 9:30a | Aqua Zumba: LeNesha (Oakridge Pool A) All Levels | 4:00p | TPI Pool PAR Tee: Justin (Oakridge Pool A) All Levels | 11:00a | Water Aerobics: Yanet (Oakridge Pool A) All Levels |
| 11:30a | Water Aerobics: Yanet (Oakridge Pool A) All Levels | | | | |

| THURSDAY | | FRIDAY | | SATURDAY | |
|----------|---|--------|---|----------|---|
| 7:30a | Sunrise Yoga: Marie (Indoor Studio A) All Levels | 8:30a | Vitamin D Booster: Jose (Outdoor Studio A) | 7:30a | Sun Salutation Yoga: Marie (Indoor Studio B) All-Levels |
| 8:30a | BootCamp: Janet (Outdoor Studio A) Level 2-3 | 8:30a | Indoor Cycling: Janet (Spin Room) Level 2-3 | 8:30a | Body Sculpt: Janet (Indoor Studio A) Levels 2-3 |
| 8:30a | Zumba: Precious (Indoor Studio A) All Levels | 9:30a | Strength & Stretch: Carla (Indoor Studio A) All Levels | 9:30a | Indoor Cycling: Reggie (Outdoor Studio A) Level 2-3 |
| 9:30a | Roll with it: Sherry (Indoor Studio A) Level 2-3 | 10:30a | Gentle Flow Yoga: Janet (Indoor Studio A) All Levels | 10:30a | Gentle Flow Yoga: Janet (Indoor Studio A) All Levels |
| 10:30a | Golf BFF: Sherry (Indoor Studio A) Level 2-3 | 11:30a | Tai Chi Qigong: Clayton (Indoor Studio B + Livestream) All Levels | 8:00a | Water Aerobics: Jennifer (Marshwood) All Levels |
| 10:30a | TRX: Janet (Indoor Studio B) Level 2-3 | 11:30p | FREE! Sit Fit: Jose (Indoor Studio A) All Levels | 9:00a | Water Aerobics: Yanet (Oakridge Pool B) All Levels |
| 6:00p | Evening Yin Yoga: Ellen (Indoor Studio B) Level 2-3 | 6:00a | Water Aerobics: Jennifer (Oakridge Pool B) All Levels | 10:00a | Water Aerobics: Yanet (Oakridge Pool A) All Levels |
| 11:30a | FREE! Sit Fit: Janet (Indoor Studio A) Level 1 | 10:00a | Water Aerobics: Yanet (Oakridge Pool A) All Levels | | |
| 6:00a | Water Aerobics: Jennifer (Oakridge Pool B) All Levels | | | | |
| 8:00a | Water Aerobics: Kim (Marshwood) All Levels | | | | |
| 10:30a | Water Aerobics: Yanet (Oakridge Pool A) All Levels | | | | |



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

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

Aquatics Facility Hours:

- Franklin Creek
 Sun - Thur 9am—Sunset
 Fri - Sat 9am - 9pm
- Oakridge Mon-Fri 5am-9pm
 Sat-Sun 6am-8pm
- Marshwood
 Sun - Thur 9am—Sunset
 Fri - Sat 9am - 9pm

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

Single Class: \$8.25
 10-pack: \$75.00
 Unlimited: \$115.00

Beginner Yoga: The beginner class introduces the fundamental principles of alignment and breath work in a flow of postures linked together by the breath. Students will be introduced to yoga postures through step-by-step verbal description and demonstration. **Level 1.**

Body Sculpt: Deep strengthening for the total body is the theme of this class. All fitness levels may participate with many modifications offered by the instructor. A variety of equipment will be used. **Level 2-3.**

Bootcamp: A boot camp workout is **essentially a type of interval training — bursts of intense activity alternated with intervals of lighter activity.** What are the benefits of a boot camp workout? The goal of a fitness boot camp is to provide a whole-body workout that builds strength and endurance. **Level 2-3.**

CoreBarre: This class combines the benefits of toning all the muscles using various exercise tools that all condition the CORE! All levels are able to participate and benefit. Some of the tools used are Bands, Slo-mo ball, Sliders, light weights, and the barre.

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, elongates muscles, and creates a strong core. Good for all age groups and fitness abilities. **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.

Dynamic/Static Stretch: These classes all focus on stretch but are slightly different. What you can count on is a relaxing full body stretch that will help you with aches and pains and enhance flexibility. **All Levels.**

Sunrise Yoga: A combination of moon and sun salutations to energize and empower your day. **All Levels.**

Tai Chi: A Chinese system of physical exercises and breathing control. **All Levels.**

Vitamin D Booster and Circuits: Both of these classes utilize circuit training, which is a form of training using high-intensity aerobics. It targets strength building and muscular endurance. An exercise "circuit" is one completion of all prescribed exercises in the program. When one circuit is complete, one begins the first exercise again for the next circuit. Traditionally, the time between exercises in circuit training is short, often with rapid movement to the next exercise. **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.**

Calorie Power: This class was designed to push the limits of the participants by setting achievable calorie expenditure goals at the end of the routine. **Level 3.**

Indoor Cycling: Members who are cycling enthusiasts, this class will help you achieve your fitness goals at the rhythm of music and while pedaling your way to goals. **Level 2-3.**

TRX: This training module was designed for all fitness levels and particularly to alleviate the pressure on the joints by using 'TRX Straps' that the member holds on to in order to workout at comfortable angles and intensities. **All Levels.**

Barre-Beats: This barre class contains modern music and choreograph routines in synch using the music beats to dictate the intensity of the routine while promoting a fun and exciting environment. **All Levels.**

Evening Yoga: Yoga it's a great way to relax your muscles, enhance your immune system, and generally destress, especially after work, this post-work class was designed to let your work day melt away and let your body breathe appropriately. **All Levels.**

Evening Zumba: Zumba is an all time favorite class that brings fun and excitement, after work, this class becomes even better by helping you finish your day in a high note while dancing and feeling a sense of achievement. **All Levels.**

Yoga for healthy aging: This yoga is geared towards helping your body activate and relax your, stimulating the immune system and teaching proper posture to help improve general wellness. **All Levels.**

Total Body: This class pushes your fitness levels and works the entire body at the beat of Latin-modern music. **Level 3.**