

TIME	CLUB / CLASS	INSTRUCTOR / ROOM
Monday		
9:15 – 10:15 am	EAC	Aqua: TBT.....Debbie F. P
10:00 – 11:00 am	LPAC	Aqua: Movement.....Seth H. P
12:00 – 1:00 pm	LSAC	Aqua: Athletic.....Lisa H. P
5:45 – 6:45 pm	LSAC	Aqua: TBT.....Stephanie H. P
6:00 – 7:00 pm	EAC	Aqua: Movement.....Robin G. P
6:30 – 7:30 pm	LPAC	Aqua: TBT.....Meg M. P
6:30 – 7:30 pm	LVAC	Aqua: TBT.....Lisa H. P

Tuesday		
9:00 – 10:00 am	LPAC	Pre/Postnatal Studio Strength....Karli G. 1
9:30 – 10:30 am	EAC	Aqua: Movement.....Steve W. P
10:00 – 11:00 am	LPAC	Aqua: TBT.....Carlye W. P
10:15 – 11:15 am	LVAC	Aqua: TBT.....Penny S. P
12:00 – 1:00 pm	WAC	Aqua: TBT.....Stephanie J. P
12:00 – 1:00 pm	EAC	Aqua: Yoga.....Kraig F. P
6:00 – 6:45 pm	LVAC	Aqua: Barre.....Alisa G. P

Wednesday		
10:00 – 11:00 am	LPAC	Aqua: TBT.....Lisa H. P
11:00 – 12:00 am	LVAC	Aqua: Yoga.....Kraig F. P
12:00 – 1:00 pm	LSAC	Aqua: TBT.....Lisa H. P
6:00 – 7:00 pm	LSAC	Aqua: TBT.....Lisa H. P
6:00 – 7:00 pm	EAC	Aqua: Movement.....Robin G. P
7:00 – 8:00 pm	WAC	Aqua: TBT.....Carlye W. P

Thursday		
7:30 – 8:30 am	LVAC	Aqua: Yoga.....Bradshaw W. P
9:30 – 10:30 am	EAC	Aqua: Zumba.....Suzy C. P
10:00 – 11:00 am	LPAC	Aqua: TBT.....Penny S. 1
12:00 – 1:00 pm	WAC	Aqua: Athletic.....Stephanie J. P
7:00 – 7:45 pm	LVAC	Aqua: TBT.....Jane G. P

TIME	CLUB / CLASS	INSTRUCTOR / ROOM
Friday		
9:00 – 10:00 am	EAC	Aqua: Zumba.....Robin G. P
9:00 – 10:00 am	LPAC	Aqua: Movement.....Steve W. P
9:30 – 10:30 am	LPAC	Pre/Postnatal Studio Strength....Dahlia F. 1
10:30 – 11:30 am	LSAC	Aqua: TBT.....Lisa H. P
11:00 – 12:00 pm	LVAC	Aqua: Movement.....Penny S. P

Saturday		
8:15 – 9:15 am	LSAC	Aqua: TBT.....Meg M. P
10:00 – 11:00 am	EAC	Aqua: TBT.....Robin G. P
10:00 – 11:00 am	LVAC	Aqua: Barre.....Alisa G. P
10:00 – 11:00 am	LPAC	Aqua: TBT.....Carlye W. P

Sunday		
8:30 – 9:45 am	LPAC	Prenatal Yoga.....Liz V. 1
9:00 – 10:00 am	LPAC	Aqua: TBT.....Christina B. P
9:30 – 10:30 am	EAC	Aqua: Movement.....Robin G. P
11:00 – 12:00 pm	LSAC	Aqua: Athletic.....Christina B. P
11:00 – 12:00 pm	LVAC	Aqua: Athletic.....Sarah R. P

1 = Studio 1

2 = Studio 2

P = Pool

Aqua: Athletic ··· A more demanding water class designed with higher intensity moves for members with an established cardio base. This class uses equipment including kick boards, water weights, resistance bands and more, with little to no impact on the joints. HIIT, Tabata and plyometric drills challenge speed, power and strength, build endurance, stamina and improve athletic performance.

Aqua Barre ··· Ready to dive into the hottest up-and-coming trend? Using the pool edge or a noodle as a ballet barre for stability, use ballet-inspired movements and gentle resistance to strengthen arms, legs and especially core. Experience isometric movements that will tone every muscle in the body. Explore long lever movements to lengthen, strengthen and improve range of motion. Appropriate for all levels of fitness.

Aqua: Movement ··· Movements performed in water allow for increased range of motion and flexibility in a safe, suspended environment. These energizing patterns are designed to burn fat and increase cardio strength while building a stronger core. These water activities are optimal for muscle toning and conditioning, helping to strengthen joints to avoid injury.

Aqua: TBT ··· Total Body Training in the pool! This is the ultimate cardio and strength interval training class designed to work your entire body and maximize your post workout calorie burn, using a variety of water equipment or just your own bodyweight. Focus on resistance, intervals, power, plyometrics, endurance and determination and you will see a new you.

Aqua Yoga ··· Aqua Yoga is a gentle and very low impact aquatic activity where the instructor takes the principles and movements of Yoga and adapts them to the water environment. With the release of gravity the body is able to find the optimum stretch. By using the rhythm of the breath an inner sense of relaxation can be achieved.

Aqua Zumba® ··· Splashing, stretching, twisting, even laughing, hooting and hollering are often heard during the Zumba "pool party." Traditional aqua fitness principles are blended with the Zumba formula for a safe, challenging workout that's cardio-conditioning, body-toning and, most of all, exhilarating beyond belief! Appropriate for all levels of fitness.

Pre/Postnatal Studio Strength ··· This multi-level muscular endurance strength training class is as challenging as our other strength classes, but is designed to meet the physical needs and demands of pregnancy, labor and delivery. Special emphasis is placed on the abdominal, pelvic floor and back musculature.

Prenatal Yoga ··· This prenatal fitness class consists of stretching, strengthening, breathing and relaxation techniques specifically designed for pregnant women at all stages of pregnancy. Feel better and stronger. No prior knowledge of yoga is required.