

**ABAC GROUP FITNESS SCHEDULE (Blue Classes are Live & Zoomed)**
**As Of January 2024**

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7:30 AM ACTIVE STRETCH SHANNON	7:30 AM BALANCED STRETCH KATHRYN	7:00 AM YOGA BEGINNER RICHARD	7:15 AM GENTLE YOGA SUMMER		
8:15AM TRX (register) BUDDY	8:30 AM TAI CHI 24 KATHRYN	8:30AM (40 min) CORE/GLUTE CINDY	8:15 AM TRX (register) DANIELLE		8:30 AM BODYPUMP CINDY	
9:00 AM - Zoom Only Healthy Back - Kate <hr/> 9:30AM BODYBALANCE GWYNNE	9:30 AM ZUMBA TYLER	9:15 AM SCULPT CINDY	9:15 AM BODYPUMP DANYA	9:15 AM ZUMBA DANYA	9:30 AM HIIT CINDY	9:15 AM YOGA VICTORIA/GARNET
10:45 AM STRETCH & TONE CYNDI	10:30 AM YOGA INTERMEDIATE RICHARD	10:00 AM - LIFT CINDY	10:30 AM YOGA INTERMEDIATE RICHARD	10:15 AM BODYBALANCE DANYA	10:30 AM VINYASA FLOW (register) GWYNNE	
		12:00 PM - TRX (register) SUZANNE			11:45 AM PILATES SEAN	11:00 AM - DANCE MIX BUDDY
	12:15PM QIGONG CYNDI	3:30 PM FIT KIDS GARY	3:45 PM KID'S KEMPO GARY	12:00PM TRX (register) Buddy		
4:15 PM GENTLE YOGA SUZANNE	4:15PM CORE AND SCULPT CINDY	4:30 PM - CARDIO BARRE DIANA	4:30 PM DANCE MIX BUDDY	4:15 PM YOGA BEGINNER GWYNNE		
5:30 PM TRX (register) SARA	5:15 PM BODYPUMP CINDY	5:30 PM YIN YOGA GWYNNE				
	6:15 PM CANDLELIGHT YOGA GARNET					

**PAVILION SCHEDULE - ALL CYCLE AND REFORMER PILATES CLASSES ARE HELD IN THE PAVILION.**

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM CYCLE BUDDY		6:30 AM MELBRA / SARA		6:30 AM CYCLE SARA		
	8:15 AM CYCLE / CORE MELBRA		8:15 AM CYCLE / CORE MELBRA	8:15 AM CYCLE PATTY	8:15 AM CYCLE / CORE SARA	9:00 AM CYCLE BUDDY
9:30 AM CYCLE / SCULPT MARNI	9:30 AM REFORMER PILATES (for fee) SALLY	9:15 AM CYCLE PATTY	9:30 AM CYCLE / SCULPT MARNI <hr/> 9:30 AM REFORMER PILATES (for fee) SALLY			
	10:45 AM REFORMER PILATES (for fee) SALLY	10:15 AM REFORMER PILATES (for fee) PEGGY	10:15 AM REFORMER PILATES (for fee) SALLY			
	11:45 AM REFORMER PILATES (for fee) SALLY		11:45 AM REFORMER PILATES (for fee) SALLY			
4:00 PM REFORMER PILATES (for fee) AMANDA						
5:00 PM REFORMER PILATES (for fee) AMANDA						
6:15 PM REFORMER PILATES (for fee) AMANDA						

**POOL SCHEDULE**

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9 AM GROUP SWIM TRACI		9 AM GROUP SWIM TRACI			
11 AM AQUA MARNI	11 AM AQUA CAROLYN	11 AM AQUA SHAIREE	11 AM AQUA MARNI	11 AM AQUA SUE		



## Class Etiquette

Kids aged 11-13 may take group classes with a parent. They must be 14 years old in order to participate in a Cycle Class.

Athletic shoes and appropriate workout attire is required.

For safety reasons, please arrive on time and remain for the entire class.

Do not wear perfume or scented lotions.

Give the trained, certified instructor your full attention.

Keep chit chat to a minimum.

### ACTIVE STRETCH

(45 Minutes) This class includes stretches for the entire body. It will balance your workout routine with flexibility and relaxation. All levels are welcome.

### AQUA

(60 Minutes) This class takes place in the pool and offers strength and cardio exercises. It is a fun, safe, and effective way to improve cardiovascular health, strength, and endurance. All levels are welcome.

### BALANCED STRETCH

(45 Minutes) This class uses simple movements to improve flexibility and balance. All levels are welcome.

### STRETCH & TONE

(60 Minutes) A full body 60 minute stretch promoting increased circulation and mobility. This multi-level class integrates the Bo Staff to enhance strength, flexibility, alignment, and balance.

### BODYFLOW™ LES MILLS

A yoga-based workout for anyone wanting to improve their flexibility, core strength and sense of wellbeing.

### BODYPUMP™ LES MILLS

BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP is a total body workout. With scientifically proven moves and great, pumping music, it's a fantastic and motivating class for instructors to teach.

### CARDIO BARRE

(45 minutes) This class offers a unique, high energy / no impact workout that combines barre work with lightweights for a great fat burning workout. All levels are welcome.

### CARDIO KICK

(45 Minutes) This class combines martial arts techniques with fast-paced cardio. It is a high-energy workout that challenges the beginner and elite athlete alike. You will build stamina, burn calories, improve coordination and flexibility, while building lean muscle during this fun and challenging workout.

### CORE / GLUTE

(45 Minutes) This class focuses on the core and glutes. All levels are welcome.

### CYCLE

(45 Minutes) This class is a great cardiovascular workout. Pedal through climbs, sprints, and other challenging drills and exercises. All levels are welcome.

### CYCLE / CORE

(45 Minutes) This cycle class will give you a bonus core workout off the bike. All levels are welcome.

### CYCLE / SCULPT

(45 Minutes) This cycle class will give you a bonus strength workout on and off the bike. All levels are welcome.

### DANCE MIX

(45 Minutes) A dynamic fusion of dance styles that create an all out cardio jam. All levels are welcome.

### FIT KIDS

This active class will be full of relay races, obstacle courses, stretching, running, tumbling and much more! Taught by our fun Sensei Gary Schmidt. For ages 4 - 12.

### GENTLE YOGA

(60 Minutes) This yoga class focuses on releasing tension, connecting with the breath and helps with strength and flexibility. All levels are welcome.

### GROUP SWIM

(60 Minutes) Swim sets given in a group environment to push you to achieve your next level. All levels welcome. Must be able to swim the length of the pool.

### HIIT

(45 Minutes) High Intensity Interval Training is a class that will improve your overall fitness level with high / low intensity movements. All levels are welcome. Instructor will offer modifications and progressions.

### LIFT

(45 Minutes) A strength training class that uses dumbbells and barbells and will challenge all the major muscle groups in the body. Squats, presses, lifts, and curls will be combined with great music for a fun and effective workout. Space is limited.

### PILATES

(45 Minutes) Pilates is a low-impact class that aims to strengthen muscles while improving postural alignment and flexibility. The core is targeted, but the class offers an overall body workout. All levels are welcome.

### QIGONG

(60 Minutes) Integrating physical movement, mental cultivation, and regulated breathing to enhance immunity, vitality, and regenerative capacities.

### REFORMERS PILATES

Reformer Pilates is done using the Pilates reformer machine which adds resistance via the use of the springs which form part of the machine. Reformer Pilates emphasizes controlled, fluid movements that promote flexibility and strength. Appropriate for everyone.

### SCULPT

(45 Minutes) This class is intended to sculpt your body using different equipment and body weight. All levels are welcome.

### TAI CHI / CHI BALL

(45 Minutes) This class combines Tai Chi, dance, yoga, Pilates and meditation. It is low impact and low intensity but you leave energized and rejuvenated. All levels are welcome.

### TRX

(45 Minutes) This is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability. It requires the use of the TRX Suspension Trainer.

### VINYASA FLOW

(60 Minutes) This yoga class practices flowing movements through a variety of postures to improve balance, strength and endurance. All levels are welcome.

### YIN YOGA

(60 Minutes) This class is a restorative class that holds poses and stretches for a longer length of time while utilizing the breath. All levels are welcome.

### YOGA

(75 Minutes) Yoga is a basic, foundational class where postures are practiced to align, strengthen, and promote flexibility in the body. Full-body relaxation and balance in the body is the goal. All levels are welcome.

### YOGA BEGINNER

(60 Minutes) A yoga class that is geared toward those beginning to practice. All levels are welcome. Class is for beginners.

### YOGA INTERMEDIATE

(60 Minutes) A yoga class that is geared toward those that are progressing in their practice. Intermediate levels welcome. Some yoga experience is strongly recommended.

### ZUMBA

(45 Minutes) A high intensity workout that combines Latin and international music with dance moves that focuses on defining muscles and improving overall cardiovascular strength.