

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7:30 AM - PARK TAI CHI KATHRYN	7:30 AM - PARK BALANCED STRETCH KATHRYN	7:00 AM - PARK YOGA BEGINNER RICHARD	7:15 AM - PARK GENTLE YOGA SUMMER		
	8:30 AM - PARK ACTIVE STRETCH KATHRYN		8:15 AM - PARK PYRAMID DANIELLE	8:30 AM - PARK CORE / GLUTE CINDY	8:30 AM - PARK LIFT CINDY	
9:00 AM - Zoom Only Healthy Back - Kate <hr/> 9:00 AM - PARK HIIT - DEPECHE	9:30 AM - PARK ZUMBA TYLER	9:15 AM - PARK SCULPT CINDY		9:15 AM - PARK CARDIO SCULPT CINDY	9:30 AM - PARK HIIT CINDY	9:15 AM - PARK YOGA HANA
10:45 AM - PARK SYNC & STRETCH CYNDI	10:30 AM - PARK YOGA INTERMEDIATE RICHARD	10:00 AM - PARK LIFT CINDY	10:00 AM - PARK YOGA INTERMEDIATE RICHARD		10:30 AM - PARK VINYASA FLOW GWYNNE	
		11 AM - PARK TAI CHI / CHI BALL KATHRYN			11:45 AM - PARK PILATES SEAN	11:00 AM - PARK GROOVE BUDDY
	12 :00PM - PARK LONGEVITY QIGONG CYNDI	12:00 PM - PARK TRX JANA		12:00 PM - PARK TRX JANA		
				3:15 PM - PARK FIT KIDS GARY		
4:15 PM - PARK GENTLE YOGA HANA		4:30 PM - CABANA CARDIO BARRE DIANA	3:45 PM - PARK KID'S KEMPO BEG & INT GARY	4:15 PM - PARK YOGA BEGINNER GWYNNE		
	5:15 PM - PARK CORE & SCULPT CINDY	5:30 PM - PARK DAO YIN YOGA CYNDI	5:00 PM - PARK GROOVE BUDDY			
6:15 PM - PARK LIFT DIANA			6:00 PM - PARK LIFT JAN			

CYCLE SCHEDULE - ALL CYCLE CLASSES ARE HELD IN THE CABANA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM CYCLE BUDDY		6:30 AM CYCLE MITCH		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	
9:45 AM CYCLE / SCULPT MARNI		9:15 AM CYCLE PATTY	9:45 AM CYCLE / SCULPT MARNI			
5:15 PM CYCLE DIANA		5:30 PM CYCLE / SCULPT JANA				

POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9 AM GROUP SWIM MITCH		9 AM GROUP SWIM AMELIA			
11 AM AQUA MARNI	11 AM AQUA BONNIE	11 AM AQUA SHAIREE	11 AM AQUA MARNI	11 AM AQUA SUE		

Class Etiquette

- 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 of welcome.

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 SCULPT - (45 Minutes) A fun intense class that combines cardio exercises with muscle sculpting exercises. Weights will be alternated with higher intensity exercises giving a great overall workout. All levels are welcome.

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.

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.

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.

GROOVE - (45 Minutes) A dynamic fusion of dance styles that create an all out cardio jam. 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.

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

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.

PYRAMID - (45 Minutes) This class is HIIT with a twist. All exercises are performed in intervals, starting with 1 exercise and building up to 7, then back down again. Its cardio, strength and core all wrapped into a quick, efficient, fun workout.

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

STRENGTH AND TONE - (45 Minutes) This class is a muscle building and conditioning class that focuses on high repetitions and light weight. All levels are welcome.

SYNC & STRETCH - (60 Minutes) - Integrating posture, respiration, focus, and mobility for improving circulation, flexibility, strength. And balance.

TAI CHI - (45 Minutes) This Class allows the mind and body to harmonize and work together as one. It improves balance and posture.

TRIBE - (60 Minutes) TRIBE Team Training™ is different from group fitness. TRIBE Team Training™ members will experience fun, belonging, control, support, direction and challenges all in a dynamic motivating environment that will respect your individuality so that you can achieve more.

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.