

SEPTEMBER 2023

GROUP FITNESS



Class Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 am	Fast Flow Kat	Gentle Yoga Kat	Fast Flow Kat	Gentle Yoga Kat	Gentle Yoga Kat	Fast Flow Kat
9:00 am	Total Body Bonnie	Total Body Bonnie	Pilates Bonnie	Total Body Bonnie	Total Body Bonnie	
10:00 am	Aqua Aerobics Bonnie	Barre Bonnie	Aqua Aerobics Bonnie	Barre Bonnie	Aqua Zumba Bonnie	
11:00 am	Aqua Aerobics Bonnie		Aqua Aerobics Bonnie			
4:00 pm				Sweat + Strength Kat		
5:00 pm						
6:00 pm						
7:00 pm						

CLASS DESCRIPTIONS

AQUA AEROBICS | Bonnie

This class is medium to high intensity, but low impact to protect your joints. Perfect for those who are just starting back to fitness as well as those who need a new challenge? Cardiovascular conditioning, muscular endurance and strength are emphasized. No swimming ability required. All fitness levels welcome!

AQUA ZUMBA | Bonnie

Aqua Zumba is a great way to work aerobic endurance, muscular resistance, flexibility and joint mobility all at the same time while incorporating the dance rhythms & flair that make Zumba Aqua so much fun!

GENTLE YOGA | Kat

All ages and abilities will enjoy this chance to wind down and refocus priorities while increase flexibility and strength. Beginners welcome!

RESTORE YOGA | Kat

A class that focuses on creating space in your body through deep stretching and holding of poses. Props such as blocks, bolsters and straps provide the opportunity to improve flexibility. The perfect post golf, tennis work "in". Everyone invited to attend.

TOTAL BODY FITNESS | Bonnie

A total body workout routine concentrates on strengthening, toning & tightening your entire body with the use of the fitness ball. Weights & balance training. This class is designed for all levels!

PILATES | Bonnie

Pilates is excellent for gaining core strength and this beginner class is the perfect way to start building a stronger midsection that will be less prone to injury. Having a strong core can protect the back from injuries and ailments such as sprains, stiffness, and even bouts of sciatica. Pilate's targets the upper and lower abdominals, oblique's, and back, as well as toning the glutes and thighs. All fitness levels welcome!

BARRE | Bonnie

Barre class is a combination of ballet, strength, yoga and Pilates, focusing on core, glutes balance and strength training. The class is taught at the barre with weight training and some additional floor work. All levels are welcome.

STRENGTH | Kat

Our group strength resistance training sessions are designed in an alternating set or circuit training format using a wide variety of exercises such as bodyweight, dumbbells, resistance bands, suspension training systems, kettle bells, and med balls. All fitness levels are welcomed!