



The Zumba music and choreography you love IN THE WATER!!! It's a year round pool party...no calories invited. Get wet & fit!

**Arthritis**

This is a non-vigorous water class designed for people with arthritis and fibromyalgia. This class is helpful in relieving joint and muscle aches and pain.

**Blended Yoga**

End your week with everything you need in this Yoga class. Open and available to all levels. Find your balance here. Namaste!



BODYFLOW is a new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life leaving you feeling calm and centered.



BODYPUMP is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetitions (reps) BODYPUMP gives you a total body workout that burns calories, strengthens and tones.



In this high energy dance class set to hip hop music, you will have such a blast that you will forget it's actually a workout!

**COMBATcardio**

Straight.Killer.Cardio moves! Using circuits, Tabata, steady state and intervals, this NON-STOP class will leave your body rocked! Very high energy.

**CORE**

A 30 minute class for all fitness levels that builds ab and back strength using a variety of equipment, time intervals and reps.



Set to music, LesMills CORE provides the vital ingredient for a stronger body while chiseling the waist line. A stronger core makes you better at all things you do – it's the glue that holds everything together.

**FatBLAST**

HIIT cardio, low impact exercises and weights. Formatted using a variety of circuits and intervals.

**FitCAMP**

Bootcamp style class with a twist. Always changing and always challenging.

**H2O CARDIO**

A mix of high and low options for cardio fitness in the pool. A calorie burn that is easy on the joints.

**PILATES**

Low impact exercise with strength and endurance movements designed to strengthen muscle and improve flexibility and balance.

**RESTORATIVE YOGA**

Stretch, breathe, balance. Increase your flexibility, clear the mind. Open to all ages and levels.



RPM is an indoor cycling class, set to the rhythm of motivating music. It blasts calories and builds aerobic fitness fast.

**SHiNE**

SHiNE brings original routines to life using hit music and choreography for all abilities. Rooted in jazz, ballet and hip hop, this workout gives you a creative outlet to escape from daily stress. Each class includes the perfect balance of high cardio and toning to ensure you receive a full body workout with real results. SHiNE is a mood-lifting experience that leaves you feeling capable, confident and connected to a supportive community.



Available to anyone. This signature class provides all of the low to no impact options that you are looking for in an exercise class.

**SILVER SNEAKERS YOGA**

Silver Sneakers approved Yoga that is big on stretching, flexibility and mobility but non-strenuous.



LES MILLS SPRINT is a workout of high intensity, designed using an indoor bike to achieve fast results.

**STRETCH AND TONE**

This very low to no impact class uses a variety of equipment including chairs, hand weights, stability balls and resistance bands with modifications to provide an exercise class that your joints will love.

**YOGA**

Whether you are looking for stretching, strengthening or calming the mind, you can find it all in this class. For all levels.



Fun! Fun! Fun! Latin style workout with lots of core and hip work, set to jammin' music. Come have the time of your life in Zumba!



For older adults and beginners of all ages...a low impact Zumba without jumps, stomps or twists.

## Club Fitness Group Exercise Timetable

Club Hours:  
Monday through Friday - 4am to 10pm  
Saturday - 6am to 10pm  
Sunday – 8am to 8pm

Nursery Hours:  
M - F 8am - 1pm; & 4pm - 8pm  
Sat. 8am - 12noon

Pool Hours:  
M - TH 5am - 9:30pm  
FRI 5am - 7:30pm

SAT & SUN 8am- 5:30pm

**\*Pool is closed during Arthritis classes.**

\*Only lap swimmers and swim lessons allowed during other classes.