



# Health and Wellness Center

## 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:40 am	Aquatic Step	Hi/Lo	Aqua Fit	AM A.B.C.'s	Aqua Fit Cardio Craze		
6:45 am				Yoga			
7:15 am	Stretch & More						
8:00 am	Step	Cardio Craze	Bootcamp	Pilates	GRT		
9:00am	Stretch & More	Beginner Yoga Tai chi to follow	Stretch & More	Beginner Yoga Tai chi to follow	Stretch & More		
9:40 am	Chair Class		Chair class				
10:15 am		Iyengar Yoga meditation to follow		Iyengar Yoga meditation to follow		Instructors	
12:00 pm	Arthritis-H2O	Cardio Waves	Arthritis-H2O	Aqua Step	Arthritis-H2O	Choice	
4:30 pm	Zumba	Zumba	Pilates w/a Kick	BootCamp			
5:30 pm	KrossFit	Aqua Fit	KrossFit	Aqua Fit			
6:00pm	Aqua Fit	Yoga	Aqua Step	TBA-Zumba			
6:30 pm	Iyengar Yoga		TBA-Zumba				

\*\*\*TBA: To Be Announced\*\*\*

### Schedule is subject to change.

A "buddy system" is encouraged in the pool at all times. If you do not have a buddy, please inform the front desk so that we are aware you are alone in the pool.

Arthritis-H2O	A water exercise class to benefit people with Arthritis.
Hydro Pilates	Aquatic exercise program that takes the fundamental methods of Pilates and yoga into the pool
Aqua Fit	A refreshing and invigorating exercise program using the natural resistance of the water.
Aquatic Step	A water program based on the fundamentals of step and benefits of resistance in the water.
Stretch & More	A 30 min. class focused on flexibility and stretching for the young and older adults
Hi/Lo	A warm up, low impact floor, step aerobics or kickboxing followed by weights, ab work, cool down, and stretch.
KrossFit	A safe KrossFit program targeting full body workout developing cardiovascular conditioning, power, stability, flexibility, balance & agility.
Bokwa	Low impact cardio African dance utilizing numbers and letters patterns.
Step	A low impact exercise class using a bench, great cardio and lower body workout.
Yoga/Tai Chi/ Pilates/ABC's	A program that includes stretching, flexibility, and strengthening exercise for both the young and old.
Bootcamp	A no-nonsense, results driven workout using weights, plyometric & an occasional trip outdoors.
Chair class	An exercise class that consists of a beginner to moderate movement for the upper and lower body with the assistance of chair.
Zumba	A Latin inspired dance exercise program.
Cardio Craze	An exercise class that includes cardio dance and strength training.
GRT	Group Resistance Training class which includes workloads, training techniques and conditioning goals.