

Water and Indoor Cycle

Group Fitness Schedule 1.2.17

Water Fitness

Indoor Cycling

Monday

5:15 am	Deep H2O	Kaylynne
8:00 am	Aquasize	Dani
9:00 am	Rusty Joints	Maureen
9:00 am	Deep H2O	Dani

Tuesday

8:00 am	Aquasize	Jo
9:00 am	Rusty Joints	Jo
9:00 am	Deep H2O	Desi

Wednesday

5:15 am	Deep H2O	Kaylynne
8:00 am	Aquasize	Jo
9:00 am	Rusty Joints	Jo
9:00 am	Deep H2O	Dani

Thursday

8:00 am	Aquasize	Dani
9:00 am	Rusty Joints	Desi
9:00 am	Deep H2O	Juliette

Friday

8:00 am	Aquasize	Juliette
9:00 am	Deep H2O	Jo/Juliette
9:00 am	Rusty Joints	Dani

Saturday

8:00 am	Rusty Joints	Juliette
9:00 am	Deep H2O	Juliette

Monday

6:00 am	Aerobic Ride	Tunde
9:00 am	Aerobic Ride	Tori
5:30 pm	Aerobic Ride	Dani

Tuesday

5:30 am	Tri-Training	Janet
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Wednesday

6:00 am	Aerobic Ride	Tunde
9:00 am	Tabata Spin	Tori
5:30 pm	Aerobic Ride	Monica

Thursday

5:30 am	Tri-Training	Janet
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Friday

6:00 am	Instructor Challenge	Brooke
9:00 am	Switch Cycle	Monica

Aquasize – A powerful shallow/deep water workout. Strengthen and tone using resistance equipment. You set your own pace so it is great for any “body”

Deep H2O – This is a high-powered deep water workout, utilizing interval training. Maximize the water and equipment to tone and strengthen. Trains your body to the core

Rusty Joints – Don't let the name fool you! This water workout offers strength training exercises in the therapy pool. Great for older adults and members rehabilitating injuries

Aerobic Ride- This ride will be an aerobic style work out. The lights will be low, the music intense and the energy high. The instructor will offer a variety of workout challenges. No class is ever the same

Instructor Challenge – Let the coach lead the way! Choreography and target heart rate will vary depending on the journey. Close your eyes and enjoy the ride. Saturday class may be up to 90 minutes

Tabata Spin- Taking tabata to the bike. The proven interval method of fitness done in the water. Eight bouts of work for 20 seconds with 10 seconds off.

Switch Cycle- not just a cycle class, this class adds heart pumping music you will know and love with a total body experience.