



## Class Program

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spinning <i>ML</i> 8:00 - 9:00	Interval Training <i>Hannah</i> 8:00 - 9:00	Spinning <i>ML</i> 8:00 - 9:00	Aerobics <i>Monique</i> 8:00 - 9:00	Spin & Strength <i>Linda</i> 8:00 - 9:00	Chair Yoga <i>Helen</i> 10:00 - 11:00	Golf Yoga <i>Helen</i> 10:00 - 11:00
Aquacize <i>Vito</i> 9:00 - 9:45	Stretch & Tone <i>Hannah</i> 9:15 - 10:15	Deep Water Aquacize <i>Elaine</i> 9:00 - 9:45	Total Body Tone <i>Monique</i> 9:15 - 10:15	Aquacize <i>Vito</i> 8:45 - 9:30		
Strong for Life <i>Kevin</i> 9:15 - 10:15	Flow Yoga <i>Hannah</i> 10:30 - 11:30	Strong for Life <i>Kevin</i> 9:15 - 10:15	Pilates <i>Bryn</i> 9:30 - 10:20	Step Aerobics <i>Monique</i> 9:15 - 10:15		
Gentle Yoga <i>ML</i> 9:15 - 10:15		Bootcamp <i>Kevin</i> 10:30 - 11:30		Aquacize <i>Vito</i> 9:45 - 10:30		
Thai Chi <i>Jarvis</i> 4:00 - 6:00		Interval Training <i>Hannah</i> 4:15 - 5:15				
		Restorative Yoga <i>Hannah</i> 5:30 - 6:30				

## Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bookings Available 7:00 - 9:00	Bookings Available 6:15 - 1:00	Bookings Available 7:00 - 9:00	Bookings Available 6:15 - 1:00	Bookings Available 7:00 - 8:30	Bookings Available 9:00 - 12:00	Bookings Available 9:00 - 12:00
Closed For Aquacize 9:00 - 10:00	All Welcome 1:00 - 7:45	Closed For Aquacize 9:00 - 10:00	All Welcome 1:00 - 7:45	Closed For Aquacize 8:30 - 10:45	All Welcome 12:00 - 4:30	All Welcome 12:00 - 4:30
Bookings Available 10:00 - 1:00		Bookings Available 10:00 - 1:00		Bookings Available 10:45 - 1:00	<p><b>Please note: the pool is closed to lap swimming during water classes</b></p>	
All Welcome 1:00 - 7:45		All Welcome 1:00 - 7:45		All Welcome 1:00 - 7:45		

# Guide to Levels

## 1 Easy & Low-Intensity

### **Strong For Life (L1-3)**

With simple, safe, and effective exercises set to motivating music, you will build strong, functional muscles. The class uses dumbbells and other equipment to develop balanced strength and power throughout the body. Build strength for longevity and vitality

### **Pilates (L1-3)**

Pilates allows your body to move with ease and strength for everyday functional movement. While practicing the art of Pilates, you will develop a strong core while increasing lean muscle mass, improving flexibility and connecting with your body.

### **Step Aerobics (L2-3)**

Come prepared to sweat! This high-energy class gives you non-stop cardio on the step. Be motivated and get your heart pumping.

### **Interval Aerobics (L1-3)**

This energetic class alternates short intervals of cardiovascular training with upper and lower body conditioning. The cross-training format is fun and is a good challenge for your endurance. Steps will be used in this class.

### **Boot Camp (L2-3)**

An intense, calisthenics-based, whole-body workout designed to build strength and stamina. The class includes a variety of exercises and various pieces of equipment

### **Tai Chi (L1-3)**

Tai Chi is an ancient Chinese practice that has been linked to myriad health benefits and can be a positive part of an overall approach to improving wellness. This class is great for people who have a very basic understanding of Tai Chi or you wish to continue to develop your internal balance and find harmony with your body, mind and spirit.

### **Total Body Tone(L1-3)**

TBT is a full body strength class. Using weights, all major muscle groups, including your core, will be sculpted and toned. Fun and energizing music will keep you motivated

## 2 Moderately Challenging

### **Aquacize**

Work out in the water. Aquacize is a great low-impact workout suitable for all fitness levels.

### **Interval Training (L-3)**

This dynamic conditioning class uses interval training to induce a total-body workout. Combining cardio and strength exercises, this class encourages you to push your limits. Adapted to meet all-levels, you will leave feeling energized and sweaty!

### **Yin Yoga (L1-3)**

Yin Yoga is a quieter practice that works deeper into your body, with longer-held poses. This class improves circulation, energy flow and flexibility by targeting areas such as joints, and ligaments. You will feel calmer with a deeper sense of relaxation. Great for people new to yoga.

### **Stretch 'n Tone (L1-3)**

Combining strength and mobility, this class invites a holistic approach to hip, hamstring and core health. Incorporating weights, resistance bands and body weight exercises this class uses controlled movements to enhance muscle endurance while sculpting and toning the body.

### **Flow Yoga (L1-3)**

Set the tone for your day with a dynamic yoga practice. Designed to build strength, balance and inner awareness, this class encourages self-exploration of the body, mind and spirit. Focus is placed on breath while moving through poses that challenge balance, strength and flexibility.

### **Restorative Yoga (L1-L3)**

Restorative yoga is a style of yoga that encourages physical, mental, and emotional relaxation. Appropriate for all levels, this therapeutic class is practiced at a slow pace, focusing on long holds, stillness, and deep breathing which restores mind, body, heart, and spirit. Please bring bolsters, blocks, blankets and a pillow for extra support in restorative poses.

### **Golf Yoga (L1-L3)**

This gentle style of Yoga is performed with a golfer in mind while incorporating the breathing and mind-body benefits of a traditional Yoga class. In this session, we focus on adapting Yoga poses to ensure the health and fitness benefits of this practice are accessible to everyone. While working with all levels of flexibility and range of motion, this class will leave you feeling refreshed and ready to hit the course.

## 3 Challenging