

NOVEMBER

wellness group fitness schedule

Land Classes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30-6:30am	Boot Camp		Boot Camp		Boot Camp
6:00am		Cycling Fitness		Cycling Fitness	
7:30-8:30am	Aerobic Strength		Aerobic Strength		Hard-Core Core
8:30-9:30am		Power Hour		Power Hour	
8:50-9:50am	Sit to be Fit		Sit to be Fit		Sit to be Fit
9:35-10:05am		Stretchability		Stretchability	
10:00-11:00am	Shape Up with Shannon		Shape Up with Shannon		Shape Up with Shannon
11:00-Noon	Tri training		Tri training		Tri training
12:10-1pm	Pilates		Pilates		
2:30-3:30pm		Sit to be Fit		Sit to be Fit	
5:10pm					Pilates
5:30-6:30pm	Spin & Sculpt	Body Works(-6:15)	Spin & Sculpt	Body Works(-6:15)	
6:15-7:15pm		Spinning		Spinning	

Schedule & Class Offerings are subject to change based on instructor availability & class attendance.

Aquatic Classes

8:00-8:45am	W .W . Endurance		W .W . Endurance		W .W . Endurance
8:30-9:30am	H ₂ O Workout	H ₂ O Workout	H ₂ O Workout	H ₂ O Workout	H ₂ O Workout
9:30-10:30am		Arthritis Therapy	Arthritis Therapy	Arthritis Therapy	Arthritis Therapy
10:30-11:30am		Masters/Tri Swim		Masters/Tri Swim	
5:45-6:30pm	Splash & Sweat		Splash & Sweat		

Warm Water Endurance & Arthritis Therapy classes are held in the Therapy Pool. The Therapy Pool is reserved for Physical Therapy MWF 1-3pm & TTH 11-noon. The Fitness Pool will be closed from 4:00-5:30pm during the week for swim team practice.

*New indoor group cycling class offered:
Tues/Thur 6am
Dr. Jim Partin - instructor*



We are **THANKFUL** for you!
Have a happy holiday!
closed Thanksgiving-
no group classes on Fri 11/27

*New Opening Hours
Wellness Center fitness equipment now opens at 5:15am Mon-Fri!
Pools open at 5:30am.*

Wellness Center Hours

- Monday - Friday • 5:15am-8:00pm
- Saturday • 7:00am-noon
- Sunday • 2:00pm-5:00pm

Childcare Hours

- Monday - Friday • 8:30am-9:30am
- Tues & Thurs • 10:30am-11:30am
- Mon & Wed • 5:30pm-7:00pm
- Tues & Thurs • 5:30pm-7:30pm
- Saturday • 8:00am-11:00am

FREE Equipment Orientation for every member!

Sign up to learn how to use our great cardiovascular & strength training equipment!

The Wellness Center 997-1355

CLASS DESCRIPTION

LAND CLASSES

BOOT CAMP

Jump start your day with this high-energy variety hour! Kick off your day with cardio/strength workouts led by Joe Hannon. He will challenge you to new levels of fitness! Better than a *cup of joe* in the morning.

AEROBIC STRENGTH

This total-body aerobic strength workout is a great way to start your day! Strengthen your body with higher repetition weight training and reap cardiovascular benefits. This easy-to-follow workout can be performed at a lower level or safely pumped up to a higher intensity workout on our sport court floor. Spice up your normal strength training program on machines by adding this class. Challenge your muscles in a new way!

Instructor: Joe Hannon

POWER HOUR

Incorporate spinning and strength training in a group setting to motivate you to achieve your personal fitness goals! All fitness levels welcome. A great option for parents after dropping the kids off at school in the morning!

Instructors: Donna McMahon & Shannon Maenius

SIT TO BE FIT

Designed for those wanting to remain active and enjoy a complete, non-impact workout. A combination of aerobic activity and toning exercises are done while sitting in a chair!

This class is ideal for individuals with limited mobility. A great social outlet!

Instructor: Kim Thornton

HARD-CORE CORE

This class is all about your abs and low back! The class will incorporate various core strengthening exercises using the BOSU, stability balls, medicine balls, mats, etc.

Instructor: Joe Hannon

SHAPE UP WITH SHANNON

This high-energy indoor/outdoor cross-training class incorporates cardiovascular conditioning, strength training and stretching. Fun and variety are the keys to sticking with your fitness regime! The only class on the schedule that offers advanced step aerobics! Check with Shannon for class programming.

Instructor: Shannon Maenius

SPIN & SCULPT

Mix it up with indoor group cycling intervals and strength training intervals. Get your cardio and strength training in this one hybrid class if you are short on time!

Instructors: Shannon Maenius & Julie Siford

PILATES

Progressive series of floor movements to strengthen the core muscles of the abdomen, lower back and pelvic area. Increase strength, flexibility and balance of the entire body, focusing on breathing and mindful movement.

Instructor: Kim Thornton

TRIATHLON TRAINING

Swim, bike and run in a group setting. Improve technique and times to compete in a Sprint or Olympic distance triathlon! Meet to run and bike on Mon, Wed & Fri. Land workouts organized by Shannon Maenius. Check with her for format.

Tuesdays & Thursdays are reserved for swim coached by Al Carr.

STRETCHABILITY

Join Leigh Dempsey for 30 min. of flexibility, stress reduction and relaxation exercises. This class will incorporate mind/body methods, stability exercises, stretching and balance poses.

BODY WORKS

This 45 minute class focuses on

increasing cardio endurance, weight loss, strength training, core training and flexibility. Try this class alone or pair it with the spinning class that follows.

Instructor: Leigh Dempsey

SPINNING

A 45 minute cardiovascular workout on our indoor stationary bikes is a great way to finish off your Tues/Thurs workout. Attend this class in conjunction with Joe's Body Works class for the ultimate fitness experience. Spinning is a great training ground for outdoor cyclists. Athletes may bring their own bikes and trainers to take this class.

Instructor: Julie Siford

AQUATIC CLASSES

WARM WATER ENDURANCE

This warm water class promotes improved cardiovascular health with constant, low-level aerobic movement.

Instructors: Diane Patteson & Kim Thornton

H₂O WORKOUT & WATER AEROBICS

These classes combine a variety of aerobic movement with intervals of resistance training. Water noodles, aqua dumbbells and resistance bands are used to challenge participants. On Tuesday, the class walks in different patterns and at different paces against the water current to create intensity.

Aqua step is on Thursday! Drop the kids off at school & join us!

Instructors: Dawn Houseal, Diane Patteson, Leigh Dempsey & Tonya Benson

ARTHRITIS THERAPY

This warm water class is designed for those with arthritis who want to control pain, improve mobility, flexibility and general movements.

Instructors: Diane Patteson & Leigh Dempsey

TRI/MASTERS SWIM

Total Immersion swim workout designed to improve stroke techniques, speed and fitness levels.

Group workouts and coaching provided by Al Carr.