

Group Fitness Schedule • Spring Session 1

March 2–April 26, 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																
<p>Spinning (S) 6:00–6:50 • Josie</p> <p>Sunrise Yoga (C) 6:30–7:30 • Katherine</p> <p>Aqua Fitness (P) 8:30–9:30 Deep Pool • Carole</p> <p>Spinning (S) 8:35–9:35 • Maureen</p> <p>Yoga Flow (S) 9:45–10:45 • Katherine</p> <p>Aquacize (P) 11:00–12:00 Shallow Pool • Susan</p> <p>Prime Time (S) 11:15–12:15 • Katherine</p> <p>Power & Grace (S) 1:00–2:00 • Susan</p> <p>Monday Mix Up (S) Grades 4–6 • 3:15–3:40 Grades K–3 • 3:45–4:15 Deirdre</p> <p>Core Connection (S) 4:30–5:00 • Laurie</p> <p>Half & Half (S) 5:30–6:15 Laurie/Brittany</p> <p>Aqua Fitness (P) 5:30–6:30 Deep Pool • Carole</p> <p>Karate (C) 6:00–7:30 • Dave</p> <p>Cardio Kick & Sculpt (C) 6:30–7:15 Laurie/Brittany</p>	<p>Spinning (S) 6:00–6:50 • Deirdre</p> <p>Fit Camp (G) 6:00–6:45 Alison/Brittany</p> <p>Aqua HIIT (P) 7:00–7:45 Deep Pool • Susan New Class!</p> <p>Functional Strength & Balance (S) 8:20–9:30 • Maureen</p> <p>Body at the Barre (S) 9:45–10:15 • Katherine</p> <p>Hatha Yoga (S) 10:20–11:00 • Katherine</p> <p>Prime Time (S) 11:15–12:15 • Katherine</p> <p>Zumba Gold (S) 1:00–1:45 • Holly</p> <p>Fit Kids (S) Grades K–3 • 3:15–3:40 Grades 4–6 • 3:45–4:15 Deirdre</p> <p>Express (S) 4:30–5:00 Amy/Sabrina</p> <p>Spin Core & More (S) 5:30–6:30 • Amy</p> <p>Total Body Conditioning (DL) 5:30–6:30 • Sabrina</p> <p>Aqua HIIT (P) 6:00–6:45 Deep Pool • Carole New Class!</p> <p>Zumba Toning (S) 6:45–7:30 • Elma</p>	<p>Spinning (S) 6:00–6:50 • Colleen</p> <p>Aqua Fitness (P) 8:30–9:30 Deep Pool • Carole</p> <p>Spin Core & More (S) 8:35–9:35 • Amy</p> <p>Pilates (S) 9:45–10:45 • Joann</p> <p>Prime Time (S) 11:15–12:15 • Joann</p> <p>Gentle Yoga (C) 1:00–2:00 • Katherine</p> <p>Hoop Dance (S) Grades 4–6 • 3:15–3:40 Grades K–3 • 3:45–4:15 Dana</p> <p>Body at the Barre (S) 4:30–5:00 • Laurie</p> <p>Yoga Flow (C) 5:30–6:30 • Katherine New Time!</p> <p>Cardio Kick & Sculpt (S) 5:30–6:15 • Laurie</p> <p>Aqua Fitness (P) 5:30–6:30 Deep Pool • Carole</p> <p>Spinning (S) 6:30–7:15 • Various</p>	<p>Spinning (S) 6:00–6:50 • Don</p> <p>Fit Camp (G) 6:00–6:45 Alison/Brittany</p> <p>Aqua HIIT (P) 7:00–7:45 Deep Pool • Susan New Class!</p> <p>Functional Strength & Balance (S) 8:20–9:30 • Maureen</p> <p>Yoga Flow (C) 8:35–9:35 • Katherine</p> <p>Power & Grace (S) 9:45–10:45 • Katherine</p> <p>Aquacize (P) 11:00–12:00 Shallow Pool • Carole</p> <p>Senior Spin, Strength & Stretch (S) 11:15–12:15 • Carina</p> <p>Fit Kids (S) Grades K–3 • 3:15–3:40 Grades 4–6 • 3:45–4:15 Deirdre</p> <p>Express (S) 4:30–5:00 • Laurie</p> <p>Spin Core & More (S) 5:30–6:30 • Laurie</p> <p>Aqua HIIT (P) 6:00–6:45 Deep Pool • Carole New Class!</p> <p>Karate (S) 6:30–8:00 • Dave</p>	<p>Spinning (S) 6:00–6:50 • Colleen</p> <p>Spin Yoga (S) 8:35–9:35 • Joann</p> <p>Pilates (S) 9:45–10:45 • Joann</p> <p>Prime Time (S) 11:15–12:15 • Carina</p> <p>Gentle Yoga (C) 1:00–2:00 • Katherine</p> <p>Aqua Zumba (P) 1:30–2:15 • Veronica</p> <p>Hoop Dance (S) Grades 4–6 • 3:15–3:40 Grades K–3 • 3:45–4:15 Dana</p> <p>Zumba (S) 5:20–6:20 Veronica/Elma</p>	<p>Spinning (S) 8:15–9:15 • Various (See schedule on back)</p> <p>Variety (S) 9:30–10:30 • Various (See schedule below)</p> <p>Yoga Foundations (C) 9:30–10:45 Jack/Bonnie</p>																
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					<p>Zumba (S) 1:15–2:15 • Elma Sunday Zumba is open to youth 9 years old and above with an adult</p> <p>Creative Kids Yoga (S) K–2, 2:30–3:00 3–6, 3:15–3:45 Mary Clare</p>																
					Saturday Variety Class Schedule																
					<table border="1"> <tr> <td>3/7</td> <td>HIIT it Up</td> </tr> <tr> <td>3/14</td> <td>Cardio Dance & Core</td> </tr> <tr> <td>3/21</td> <td>Total Body Conditioning</td> </tr> <tr> <td>3/28</td> <td>Cardio Dance & Core</td> </tr> <tr> <td>4/4</td> <td>On the Ball</td> </tr> <tr> <td>4/11</td> <td>Let Loose & Line Dance</td> </tr> <tr> <td>4/18</td> <td>Cardio Dance & Core</td> </tr> <tr> <td>4/25</td> <td>HIIT it Up</td> </tr> </table>	3/7	HIIT it Up	3/14	Cardio Dance & Core	3/21	Total Body Conditioning	3/28	Cardio Dance & Core	4/4	On the Ball	4/11	Let Loose & Line Dance	4/18	Cardio Dance & Core	4/25	HIIT it Up
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Class Information & Policies

- Group Fitness participants need to obtain a numbered ticket at the Health & Fitness desk for entry into class (no sooner than 30mins prior to class).
- Class size limits are listed under class descriptions.
- Most classes require some set-up time. Please arrive to class 5 mins prior to scheduled starting time. No admittance 5 mins after class starts.
- Classes are subject to change and may be cancelled at any time.
- Instructor substitution may occur without notice.
- It is recommended to bring your own mat to yoga classes.
- Classes highlighted in red will be unavailable to non-members for pre-registration. Day Pass users may take Group Fitness classes based on availabilities (10 mins prior to class).

(S) = Studio
(P) = Pool
(C) = Conf. Room
(G) = Gym Floor
(DL) = Downstairs Lobby

Class Notes & Schedule Changes

- Gentle Yoga will be held at 1:00pm in the Studio on Wednesday, March 11 and Wednesday April 15.