

SUMMER 2025 GROUP FITNESS/WATER AEROBIC CLASSES

MONDAY



UP- UPSTAIRS
LR- LOWER ROOM
PL- OUTDOOR POOL

7:50-8:30AM | Strong HIIT | Jan Petty (LR)
8:40-9:10AM | Strength Training | Alaina Winch (LR)
8:40-9:25AM | Zumba | Julie Powers (UP)
9:10-9:40AM | Core Balance | Alaina Winch (LR)
9:40-10:25AM | Zumba Lite | Julie Powers (UP)
10:15-11:00AM | Silver Sneakers Flex | Sharon St. Gemme (LR)
4:30-5:15PM | Zumba | Julie Powers (UP)
5:30-6:30PM | Cardio Kick Boxing | Karla Dussold (UP)
6:30-7:30PM | Aqua Fit | Sandy Degrant (PL)

TUESDAY

7:45-8:30AM | Zumba | Julie Powers (UP)
7:50-8:35AM | Cycling | Julie Kleppe (LR)
8:30-9:30AM | Aqua Dynamics | Jenny Oster (PL)
8:45-9:15AM | Core Cardio | Alaina Winch (LR)
8:45-9:30AM | Pilates | Joan Hurst (UP)
9:30-10:15AM | Tai Chi | Mary Morgan (LR)
9:30-10:30AM | Silver Sneakers Splash | Sharon St. Gemme (PL)
11:15-12:15PM | Silver Sneakers Classic | Sharon St. Gemme (LR)
5:00-6:00PM | Yoga | Meriden Toombs (UP)
6:15-7:15PM | Zumba & Sculpt | Jennifer Aholt (UP)

WEDNESDAY

6:15-7:00AM | Power Spin | Jan Petty (LR)
7:50-8:30AM | Strong HIIT | Tammy Kennard (LR)
8:40-9:10AM | Strength Training | Alaina Winch (LR)
8:40-9:25AM | Zumba | Julie Powers (UP)
9:10-9:40AM | Core Balance | Alaina Winch (LR)
9:40-10:25AM | Zumba Lite | Julie Powers (UP)
10:15-11:00AM | Silver Sneakers Flex | Cindy Sebastian (LR)
4:30-5:15PM | Zumba | Julie Powers (UP)
5:30-6:30PM | Cardio Kick Boxing | Karla Dussold (UP)

THURSDAY

7:45-8:30AM | Zumba | Julie Powers (UP)
7:50-8:35AM | Cycling | Julie Kleppe (LR)
8:30-9:30AM | Aqua Dynamics | Jenny Oster (PL)
8:45-9:15AM | Core Cardio | Alaina Winch (LR)
8:45-9:30AM | Pilates | Joan Hurst (UP)
9:30-10:15AM | Tai Chi | Mary Morgan (LR)
9:30-10:30AM | Silver Sneakers Splash | Sharon St. Gemme (PL)
11:15-12:15PM | Silver Sneakers Classic | Sharon St. Gemme (LR)
5:00-6:00PM | Yoga | Meriden Toombs (UP)
6:15-7:15PM | Zumba & Sculpt | Jennifer Aholt (UP)

FRIDAY

6:15-7:00AM | Power Spin | Jan Petty (LR)
7:50-8:30AM | Strong HIIT | Tammie Kennard (LR)
8:40-9:10AM | Strength Training | Alaina Winch (LR)
9:10-9:40AM | Core Balance | Alaina Winch (LR)
10:15-11:00AM | Silver Sneakers Flex | Cindy Sebastian (LR)

SATURDAY

8:30-9:15AM | Cardio Pump | Tammie Kennard (UP)
9:30-10:30AM | Zumba | Andrea Lopez (UP)



SUMMER 2025 GROUP FITNESS/WATER

AEROBIC CLASSES

Aqua Dynamics: Fun, fast-paced, full body workout. Music is cranked up to motivate and keep the pace up to ensure a great cardiovascular workout. Use of water bells and noodles help kick up the resistance for best results.

Aqua Fit: Tone and Sculpt your body with little to no impact to your joints. This popular water workout is a blend of cardio and resistance training and may incorporate resistance tools such as buoyant water weights and noodles.

Cardio Kickboxing: Emphasizes kickboxing combinations and techniques designed to improve cardiovascular fitness and flexibility.

Cardio Pump: An intermediate/advanced boot camp style class that is a mix of high and low intensity cardio, designed in an interval format, combining low and high impact moves as well as core exercise.

Core Balance: An interval training class that focuses on the core using different movements set up as a circuit style training.

Core Cardio: A combination of abdominal and cardio work that will teach you how to use your core more efficiently and functionally throughout daily activities. Moderate intensity.

Cycling: A high intensity stationary bicycle class. Taking individuals through different phases of a workout, warm-up, steady up-tempo cadences, sprints, climb and cool-down.

Pilates: Improve flexibility, build strength and develop control and endurance in the entire body with this class.

Power Spin: This indoor cycling class uses high intensity intervals to shred fat and blast calories. Participants will be lead through a warm-up, cool-down and plenty of intensity in-between.

Silver Sneakers Classic: This class focuses on strengthening muscles and increasing range of motion for daily life activities. A chair is often used for seated exercise or standing support.

Silver Sneakers Flex: This class focuses on balance, flexibility, and mobility of the muscles to help increase range of motion for daily life activities.

Sliver Sneakers Splash: Have fun in the pool and move to the music through a variety of exercises designed to increase muscular strength and range of motion.

Strength Training: A strength-focused, circuit-style class that uses movement that can be adapted for all levels from beginner to expert.

Strong HIIT: A combination of strength training movements, functional training, core training, and cardio intervals.

Tai Chi: Combines gentle exercises with stretching and mindfulness. Designed to improve balance, fitness and flexibility.

Yoga: Improve flexibility, develop breathing and relaxation techniques while toning and strengthening core muscles.

Zumba & Sculpt: The class combines targeted body-sculpting exercises, and high-energy cardio work with Latin-focused Zumba moves to create a calorie torching training.

Zumba: A fusion of Latin and international dance rhythms along interval and resistance training, allowing maximum caloric output with fat burning and total body toning. It is a mixture of body sculpting movements with dance steps, making it a fun way to move and create "exercise in disguise."

Zumba Lite: This class features the same music and steps as regular Zumba classes while incorporating minimal dance instruction and rest between songs.