

# May 2022

## Active Kid Care

Monday- Fridays 8:30am-11:30am Monday-Wednesday 5pm-7pm

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
6:15am			 6:30-7am			
8:30am	8:30-9:30am 	 8:30-9am	 8:30-9:30am		 8:30-9:30am	
9am	 9:05-10am	 *9am-9:30am	 9:05-10am	 9am-9:45am	 9:05-10am	
10am	 10:15-11:15am	 10-11:15am			 10:15am-11:15am	
12:10pm	 12:10-12:50pm	 *12:10-12:50pm	 12:10-12:50pm	 12:10-12:45pm	 12:10-12:40pm	
5:30pm	 5:30-6pm	 5:30-6:10pm	 5:15-6pm	 5:30-6pm	<p>No evening classes <u>Thursday, May 26th</u> due to a staff meeting.</p> <p>No classes on <u>Monday, May 30th.</u> Memorial Day!</p>	
6:10pm	 6:10-7pm		 6:10-7pm	  *6:10-6:40pm		

### Monthly Reminders:

\*Tuesday 12:10pm-classes rotate, BodyCombat 5/3, 5/17 & 5/31-  
BodyStep 5/10 & 5/24

\*Tuesday 9am- classes will rotate between SPRINT 5/3, 5/17 & 5/30  
RPM-5/10 & 5/24

\*Thursday 6:10pm - classes rotate between Sprint- 5/12 and RPM- 5/5 & 5/19

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## Group Exercise

### -In The Studio-

**BodyPump** - It's the fastest way to get in shape and lose body fat. BodyPump is a toning and conditioning class with weights and is for just about everybody. It's perfect for both males and females looking to add strength training into their workouts. The simplicity of the class makes BodyPump a great starting point to develop strength and confidence. **BP Express** is a 45min version of this class while still getting all the same benefits.

**SPRINT**- 30min. High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. A quick and hard style of training that returns rapid results with minimal joint impact. Please sign-in at the front desk to reserve your spot. You can sign-in 30min. prior to the start of class.

**BodyFlow**- This is a Yoga, Tai Chi and Pilates workout that leaves you feeling long, strong, centered and calm. It's your personal "time-out" from the stresses of life. This class is set to music that will enhance your physical and mental well-being. Yoga mats are provided!

**BodyStep**- It's a simple, athletic and fun workout using an adjustable step platform to step up and down to uplifting music. Some of the benefits you can expect to achieve in this class are toning for the lower body, increased cardio fitness and coordination, and upper and lower body conditioning for functional strength.

**LesMills CORE**- Revolutionary Core training to get you a tight and toned core. With dynamic training that hones in on your abs, glutes, back and obliques and "slings" connecting the upper and lower body, this workout will leave you looking good and feeling strong.

**Yoga for EVERYBODY**- Everybody is a yoga body! This class will stem from self-love and appreciation for our bodies through building strength, fostering balance and stability, reducing the symptoms of stress and increasing vitality. Emphasis on the coordination of movement with breath, alignment and the therapeutic benefits of your yoga practice. Applicable for all yogis with modifications offered throughout.

**RPM**- An indoor cycling class that is set to the rhythm of motivating music while you burn away calories. This class uses a series of simulated climbs and sprints to create a workout where you control the intensity. It is literally easier than riding a bike. We offer both 45 and 30-minute versions. You can sign-in 30min. prior to the start of class.

**Zumba**- A fitness program inspired by various rhythms and dancing styles. The routines feature aerobic/fitness interval training with a combo of fast and slow dance moves that tone and sculpt the body. No dancing experience is necessary, just let the music move your body!

### -POOL-

**Water Fitness**- Designed for all ages and abilities. This class will help build comfort and coordination in the water while using resistance to increase overall body strength and endurance. This class is designed for all levels of fitness and will remain in the 4ft. section of the pool.