



GROUP FITNESS SCHEDULE

For ages 14+. Access to group fitness classes included with daily admission. Fitness passes available, inquire at the front desk.

| MON | TUE | WED | THU | FRI | SAT | SUN |
|-----------------------------------------|-----------------------------------------|-----------------------------------------|--------------------------------------|-----------------------------------------|---------------------------------------|-------------------------------------------|
| | 7:00-8:00am Yoga All Levels | | | | | |
| 9:00-10:00am Zumba® Gold | 9:00-10:00am Zumba® Toning | 9:00-10:00am Zumba® Gold | 9:00-10:00am Zumba® Toning | 9:00-10:00am Zumba® Gold | | |
| | | | | 10:00-11:00am Yoga All Levels | | |
| 10:15-10:45am Circuit City | 10:15-11:15am Yoga All Levels | | | | 9:30-10:30am U-Jam Fitness® | |
| | | 10:30-11:30am PiYo® | | 10:15-11:15am Pilates Mat | | |
| 10:45-11:45am Yoga All Levels | | 10:45-11:45am Yoga All Levels | | 11:30am-12:30pm Chair Yoga | 10:45-11:45am Tahiti Fit | 11:15am-12:30pm Yoga All Levels |
| 12:00-1:00pm Yoga All Levels | 12:00-1:00pm U-Jam Fitness® | 12:00-1:00pm Yoga All Levels | | | | |
| | | 5:30-6:30pm BOOTCAMP | 5:30-6:30pm Groov3™ | | | |
| | | | 6:30-7:30pm POUND® | | | |



Yoga – All Levels: Relax your mind and body while improving strength, stamina and flexibility. Relieve the stresses of daily life with these revitalizing techniques. This century old practice of exercise increases your focus and sense of well-being.

Zumba® Gold: Enjoy modified moves and pacing with the same elements Zumba is known for: zesty Latin music, like salsa, merengue, cumbia and reggaetón, exhilarating easy-to-follow moves and an invigorating atmosphere. Build cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms. It's a dance-fitness class that feels friendly and fun!

BOOTCAMP: Use simple, effective, fundamental exercises designed to push you farther than you would push yourself! A traditional mix of callisthenic and body weight workouts that build core strength, increase flexibility, and relieve stress. Couch potatoes and athletes alike can benefit from this intensely exciting way to get fit.

Pilates Mat: These non-impact exercises work the deep abdominal muscles to help achieve efficient and graceful movement. These precise motions help to strengthen and stretch the body without adding bulk. Improve posture and experience a lowered risk of injury.

U-Jam Fitness®: An athletic urban dance fitness workout that combines dance and high energy music for a workout that is bound to get your heart rate up, your body moving, and make you work up a sweat, all while having FUN! All levels welcome. No dance experience needed!

Yoga In Chairs:

A fun, gentle class of stretching and movement to maintain and joint mobility. Influenced by traditional Yoga, this class addresses coordination, balance, and flexibility. Participants also learn basic breathing and meditation techniques to handle stress and promote relaxation.

Tahiti Fit: A complete cardio dance work out based on beautiful Tahitian dance “Ori Tahiti” moves combining all the fitness components of cardio workout, muscular preparation, balance and flexibility, with grace, femininity, energy and absolute wellbeing after each session.

Groov3: DANCE, SWEAT & LIVE far beyond your workout. Mission is to inspire change and build a global community through the power of dance, supporting the idea that dance should be accessible to all.

POUND: An exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels.

Zumba® Toning: For those who want to party but puts extra emphasis on toning and sculpting to define those muscles! Zumba Toning adds resistance by using Zumba®Toning Sticks (or light weights), to help you focus on specific muscle groups, so you (and your muscles) stay engaged.

Circuit City: Step, pump, and jump your way through different stations. Drop-in for however long you want your workout to last!

PiYo®: PiYo isn't like standard Pilates and yoga classes that make you hold long, intense poses, or lead you through dozens of repetitive, microscopic core movements. PiYo speeds everything up—including your results—by introducing you to dynamic, flowing sequences that can burn serious calories at the same time as they lengthen and tone your muscles and increase your flexibility.

