



## AEROBICS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 a.m.		<b>LES MILLS BODYPUMP</b> 5:30-6:30 Kathy G	<b>Cycle</b> 5:30-6:15 Kerry	<b>LES MILLS BODYPUMP</b> 5:30-6:30 Kathy G	<b>Cycle</b> 5:30-6:15 Kathy G	
7:00 a.m.						
8:00 a.m.			<b>Stretch, Balance and Core</b> 8:00-8:50 Pam		<b>Stretch, Balance and Core</b> 8:00-8:50 Pam	<b>Cycle</b> 8:00-8:45 Julie, Kathy, Pam, Tracy
9:00 a.m.	<b>LES MILLS BODYPUMP</b> 9:00-10:00 Heather	<b>Boot Camp</b> 9:00-10:00 Kelly		<b>Boot Camp</b> 9:00-10:00 Kelly	<b>Rip N Ride</b> 9:00-9:50 Pam/Kelly	<b>LES MILLS BODYPUMP</b> 9:00-10:00 Julie, Kathy, Meg, Tracy
10:00 a.m.						
11:00 a.m.	<b>Fit for Life</b> 11:00-11:45 Lynn	<b>Zumba Gold</b> 11:00-12:00 Lynn	<b>Fit for Life</b> 11:00-11:45 Hope	<b>Zumba® Gold</b> 11:00-12:00 Lynn	<b>Chair Yoga</b> 11:00-11:45 Lynn/Kathy	
12:00 p.m.	<b>LES MILLS BODYPUMP</b> 12:10-12:40 Julie		<b>LES MILLS BODYPUMP</b> 12:10-12:40 Julie		<b>Functional Circuit Training</b> 12:00-12:45 Hope	
4:00 p.m.		<b>LES MILLS BODYPUMP</b> 4:30-5:30 Kathy G	<b>HIIT</b> 4:30-5:15 Dean	<b>Tabata</b> 4:30-5:15 Tracy	<div style="border: 2px solid cyan; padding: 5px;"> <p>Limited spots available in following classes, must get class pass from HealthTRAC front desk to attend:</p> <p><b>Group Cycle - 13 spots available</b></p> <p><b>LES MILLS BODYPUMP - 18 spots available</b></p> <p><b>Cardio Drumming - 15 spots available</b></p> </div>	
5:00 p.m.	<b>Cardio Drum</b> 5:30-6:15 Melissa	<b>Step/Strength</b> 5:45-6:30 Laura	<b>Pilates</b> 5:30-6:15 Pam	<b>LES MILLS BODYPUMP</b> 5:30-6:30 Julie/Tracy		
6:00 p.m.	<b>Zumba®</b> 6:30-7:30 Kathy J		<b>Cardio Drum</b> 6:30-7:15 Melissa	<b>Cycle</b> 6:45-7:30 Julie		

## WATER SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 a.m.						
7:00 a.m.						
8:00 a.m.						
9:00 a.m.	<b>Aqua Tabata</b> 9:00-9:45 Lynn	<b>Aqua Zumba®</b> 9:00-9:45 Kathy	<b>Aqua Tabata</b> 9:00-9:45 Hope	<b>Aqua Tabata</b> 9:00-9:45 Laura	<b>Aqua Tabata</b> 9:00-9:45 Kathy/Lynn	<b>Aqua Tabata</b> 9:00-9:45 Hope, Lynn, Kathy, Laura
10:00 a.m.	<b>Water Aerobics</b> 10:00-10:45 Lynn	<b>Aqua Tabata</b> 10:00-10:45 Kathy	<b>Water Aerobics</b> 10:00-10:45 Hope	<b>Waterlates</b> 10:00-10:45 Laura	<b>Water Aerobics</b> 10:00-10:45 Kathy/Lynn	
11:00 a.m.						
12:00 p.m.						
4:00 p.m.						
5:00 p.m.	<b>Aqua Tabata</b> 5:30-6:15 Laura		<b>Aqua Tabata</b> 5:30-6:15 Kathy			
6:00 p.m.						

**FORMAT KEY**

- Cardio: Blue
- Mind/Body: Purple
- Combination: Yellow
- Strength: Orange
- Gray: Class Available to COA Members

Schedule Effective June 4th, 2018

## AEROBICS CLASS DESCRIPTIONS

**Barre Blend (1-3):** A blend of the traditional Pilates method and ballet basics that sculpts lean, strong physiques! Be prepared for a low-impact, fat-burning workout.

**LES MILLS BODYPUMP (2-3):** Les Mills BodyPump, the original Les Mills barbell class, will sculpt, tone and strengthen your entire body, fast! It is one of the world's fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, lift and curl.

**Boot Camp (2-3):** We want to keep you guessing – and challenge you differently in every class! Workouts are designed to improve your overall fitness – strength, cardio, flexibility, agility and endurance! Boot Camp works you head to toe so you'll be ready for anything life brings.

**Cardio Drumming (1-3):** Full body, fun workout! This class combines traditional aerobic movements with the powerful beat and rhythm of “drums”! All equipment provided! 15 spot maximum in all Cardio Drumming classes. Passes available at Front Desk one hour prior to class start time.

**Chair Yoga (1-3):** Perfect for any age or fitness level! Relax from head to toe while performing seated and standing yoga poses with chair support to help deepen flexibility, balance, and range of motion.

**Stretch, Balance and Core (1-3):** A series of static and dynamic stretches to help increase flexibility, range of motion, joint mobility, and stress reduction! Most beneficial if your body is already warmed up.

**Fit for Life (1-3):** Improve muscular strength, range of motion, and activities of daily living using weights, elastic tubing, balls, and more! A chair is used for seated exercises and for extra support while standing. Class can be adapted to all fitness levels and abilities.

**Functional Circuit Training (1-3):** This circuit workout offers standing exercises alternated with upper-body strength work using hand weights, elastic tubing, and balls. This time efficient and effective workout will increase strength, balance, and cardiovascular endurance to make you activities of daily living easier.

**Group Cycle (1-3):** A high intensity workout on a specialized bike in a group setting to upbeat music and Certified Instructors. This is designed for all fitness levels “it's your ride!” For all Group Cycle Classes ask for a class pass at the front desk no earlier than one hour prior to class start time to reserve a spin bike.

**High Intensity Interval Training (H.I.I.T.) (2-3):** An exciting concept in group exercise. A high energy/intense workout that combines a variety of aerobic/anaerobic activities and strength training.

**Pilates (1-3):** Learn and understand the concepts of core strength and stabilization along with Pilates mind/body based movement. Pilates teaches the awareness of breath and alignment of spine.

**Rip 'N' Ride (2-3):** Don't miss this 2 in 1, power packed workout! Experience a combination of strength and cardiovascular training by combining weight bearing/resistance exercises and cycling workouts.

**Step /Strength (1-3):** This is not your 1980's Step class! Get a great cardio workout as you move up, down, across, and around your bench. Strength training is incorporated using free weights, weighted bars and bells, all set to chart topping music!

**Tabata (1-3):** Tabata interval training is one of the most effective types of high intensity interval training. Through a variety of simple, yet intense exercises, each class will blast the calories and provide noticeable results in a short amount of time. Whether your goal is muscle tone, weight loss, or both, this class will provide what you are looking for.

**Tabata Cycle/Strength (2-3):** The Tabata format consists of 20 seconds of anaerobic exercise followed by 10 seconds of rest for eight rounds. Participants are bound to work up a sweat using this format on the bike and off doing weights!

**Zumba® (1-3):** A perfect workout for everybody and every body! We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie burning dance fitness party.

**Zumba® Gold:** Easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

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## WATER CLASS DESCRIPTIONS

**Aqua Tabata (2-3):** Take one of the most effective types of interval training into the water! Tabata consists of 20 seconds anaerobic exercise followed by 10 seconds of rest for eight rounds. These four minute simple, yet intense exercise circuits will torch calories and build muscle!

**Aqua Zumba® (1-3):** Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

**Water Aerobics (1-3):** Challenge you cardiovascular system and muscles at the same time! Weights, noodles, boards and more may be used to make for a fun and effective class!

**Waterlates (1-3):** Exactly as it sounds-this class is Pilates in water. Unlike regular Pilates there is no mat work involved. While working in chest deep water this workout relies on re-sistance, buoyancy, and gentle movement of water to increase flexibility, balance, and most importantly strengthening of the core and postural muscles of the back and the stomach.

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## CLASS LEVELS

**1 Beginner:** Perfect for novice exercisers! If you are currently somewhat active in your daily life but do not accumulate 30 minutes or more of physical activity most days of the week, beginner classes are perfect for you!

**2 Moderate:** A moderately active person is one who does exercise but currently gets less than the recommended 2 1/2 hours per week or moderate exercise such as walking or riding a bike on a level surface.

**3 Advanced:** Perfect for the experienced exerciser who works out vigorously for at least one hour and fifteen minutes each week doing activities such as jogging, high-intensity aerobics and biking hills.