<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 to 8 AM</td>
<td><strong>S1 6:45 - 6:30</strong>&lt;br&gt;Cycling</td>
<td><strong>S2 6:30 - 6:45</strong>&lt;br&gt;Sculpt Express</td>
<td><strong>S1 7:00 - 8:00</strong>&lt;br&gt;Yoga</td>
<td><strong>S2 8:00 - 9:00</strong>&lt;br&gt;Barre Sculpt</td>
<td><strong>NEW!</strong>&lt;br&gt;FT 5:45 - 6:30 MSC CIRCUIT</td>
<td><strong>S2 7:30 - 8:15</strong>&lt;br&gt;Kettlebell Workout</td>
<td><strong>S2 8:45 - 9:30</strong>&lt;br&gt;Kettlebell Workout</td>
</tr>
<tr>
<td>9 to 11 AM</td>
<td><strong>S1 8:15 - 8:45</strong>&lt;br&gt;Mindfulness Meditation</td>
<td><strong>S2 9:00 - 9:30</strong>&lt;br&gt;Yoga Flow</td>
<td><strong>S1 9:15 - 9:45</strong>&lt;br&gt;Restorative Pilates</td>
<td><strong>S2 10:00 - 10:30</strong>&lt;br&gt;Power Core</td>
<td><strong>S2 9:15 - 10:05</strong>&lt;br&gt;Cycle BPM</td>
<td><strong>LP 9:15 - 10:15</strong>&lt;br&gt;Deep Water</td>
<td><strong>S1 9:00 - 9:45</strong>&lt;br&gt;Power Core</td>
</tr>
<tr>
<td>12 to 3 PM</td>
<td><strong>S1 12:15 - 1:05</strong>&lt;br&gt;Yoga Flow</td>
<td><strong>S2 12:15 - 1:00</strong>&lt;br&gt;Yoga Core</td>
<td><strong>S2 12:15 - 1:00</strong>&lt;br&gt;Renew &amp; Restore Yoga</td>
<td><strong>S2 12:15 - 1:00</strong>&lt;br&gt;HiIT</td>
<td><strong>S1 12:15 - 1:05</strong>&lt;br&gt;Zumba</td>
<td><strong>S1 8:45 - 9:30</strong>&lt;br&gt;Deep Water</td>
<td><strong>S1 8:00 - 9:05</strong>&lt;br&gt;Power Core</td>
</tr>
<tr>
<td>4 to 5 PM</td>
<td><strong>S2 4:15 - 5:15</strong>&lt;br&gt;Yoga Flow</td>
<td><strong>S1 4:30 - 5:15</strong>&lt;br&gt;HITT</td>
<td><strong>S1 4:30 - 5:20</strong>&lt;br&gt;Zumba</td>
<td><strong>S1 4:30 - 5:15</strong>&lt;br&gt;Barre Sculpt</td>
<td><strong>S1 4:15 - 5:00</strong>&lt;br&gt;Power Core</td>
<td><strong>S2 7:30 - 8:15</strong>&lt;br&gt;Kettlebell Workout</td>
<td><strong>S1 4:00 - 5:00</strong>&lt;br&gt;Yin Yoga</td>
</tr>
<tr>
<td>6 to 7 PM</td>
<td><strong>S1 6:45 - 7:45</strong>&lt;br&gt;Cycling</td>
<td><strong>S1 7:00 - 7:30</strong>&lt;br&gt;Power Cycle</td>
<td><strong>S1 7:15 - 7:45</strong>&lt;br&gt;Cardio Hula</td>
<td><strong>S1 6:15 - 6:30</strong>&lt;br&gt;Kettlebell Sculpt</td>
<td><strong>S2 6:15 - 6:30</strong>&lt;br&gt;Sculpt Express</td>
<td><strong>S1 1:00 - 1:55</strong>&lt;br&gt;Power Cycle</td>
<td><strong>S1 6:30 - 7:20</strong>&lt;br&gt;Evening Yoga</td>
</tr>
</tbody>
</table>

**GROUP EXERCISE**

winter/spring 2020  
effective January 6, 2020

**LEGEND**
- **S1** = Studio I (Main Level)
- **S2** = Studio II (2nd Floor)
- **SP** = Small Pool (92 degrees)
- **LP** = Large Pool (82 degrees)
- **FL** = Front Lobby
- **FT** = Functional Training Area
- **GYM** = Gymnasium

**PLEASE NOTE:** For ages 13 and up. Permission from Group Exercise Coordinator required for ages under 13. Schedule may be modified due to holiday, seasonal demand or instructor availability. Instructors are listed on our website and posted in the studios.
CLASS DESCRIPTIONS
Please visit our website or call (831) 646-3730 for fees & details

AGILITY/BALANCE/CORE (Gentle): Aqua exercises designed to enhance cardiovascular fitness, strength, balance, flexibility and core stability.

AI CHI (Gentle): A relaxing water exercise program that incorporates principles and movement patterns of T’ai Chi.

AQUA HIIT (All Levels): High intensity swim intervals with dry land drills using ropes, kettlebells, medicine balls and body weight exercises. Swimming proficiency in strongly advised.

AQUA SPLASH (Gentle): Gently fuses cardiovascular fitness, strength, core exercises and flexibility using water resistant exercises.

AQUA YOGA (Gentle): Gentle yoga poses adapted for the water.

AQUA YOGA CORE (All Levels): Strength, balance and flexibility based yoga poses combined with core exercises using water resistance.

AQUA ZUMBA (All Levels): Latin dance moves and rhythms in the water.

ATHLETIC TRAINING (All Levels): A crossfit-style workout that integrates Olympic style weight training and cardiovascular conditioning. Please note, class meets in the gymnasium.

BARRE SCULPT (All Levels): This class blends Pilates, yoga, and ballet techniques to strengthen and tone the whole body.

BONE BUILDER (Gentle): Incorporates gentle postural, strength, balance, flexibility, and weight bearing exercises important for building stronger bones and reducing fracture risk.

BOSU (All Levels): Integrates cardiovascular movement patterns, HIIT, strength training, and core work using the BOSU.

CARDIO HULA (All Levels): A core focused, calorie burning total body Polynesian style dance fitness class where traditional hula movements (no hula hoops) are taught along with body toning exercises. No shoes required.

CHAIR YOGA (Gentle): A safe and gentle yoga practice using a chair. This class is designed for those who want to explore yoga without having to get on the floor.

CYCLE BPM (All Levels, SPD compatible pedals): Feel the beat of the music in this rhythm-based ride!

CYCLING (All Levels): A cardiovascular workout on our studio cycles.

CYCLING: HIINDURANCE (All Levels): Designed to improve aerobic endurance, this class combines HIIT and high threshold endurance training.

CYCLING: HIIT (All Levels): HIIT (high intensity interval training) on our studio cycles. Get the benefits of HIIT with no impact on your body!

CYCLE SCULPT (All Levels): Intervals of cycling and strength training.

DEEP WATER (All Levels): A deep water workout using the Hydrofit buoyancy/resistance equipment. Swimming proficiency is advised.

ENDURANCE SWIM (All Levels): A coached swim workout that focuses on stroke technique. Swimming proficiency is strongly advised.

EVENING YOGA (All Levels): Wind down in this relaxing yoga class.

FIERCE FUNK (All Levels): A high-energy, urban dance fitness class that builds pre-designed choreography from start to finish!

FUNCTIONAL STRENGTH (All Levels): Define and sculpt your body with exercises that incorporate strength, core and balance training.

HEALTHY START (All Levels): A low impact aerobic and muscle toning class geared for beginning exercisers, seniors, and pre/post-natal women.

HEALTHY STEP (All Levels): A low impact STEP aerobic class geared for beginning exercisers, step enthusiasts, seniors, and pre/post-natal women.

HIIT (High Intensity Interval Training): A drill based class designed to quickly increase your level of fitness while building muscle & burning fat.

H2O WORKOUT (All Levels): Shallow water aerobics emphasizing cardiovascular conditioning and strengthening using water resistance.

JUNIOR SPARTAN CIRCUIT (Ages 10-14): Using battle ropes and a variety of fitness equipment, this circuit style workout provides a safe and fun way for your video gamer to get your athlete enjoy fitness.

JIU JITSU FLO (All Levels): This class modifies Jiu Jitsu movements to be individually practiced focusing on increasing strength, mobility, core stability and body control. Each FLO combines 1-3 movements and lasts 1-3 minutes. Breath work is practiced between each FLO.

KETTLEBELL SCULPT (All Levels): Strength/core work using kettlebells.

KETTLEBELL WORKOUT (All Levels): A dynamic, full body workout that combines strength, core, and cardiovascular training in the movements performed with the kettlebell. Technique and proper form are emphasized.

MSC CIRCUIT (All Levels): A total body circuit that utilizes the functional training area and the cardio equipment in the concourse. SPACE IS LIMITED TO 14, first come, first serve.

METABOLIC MANIA (All Levels): Intervals aerobic conditioning and strength training with HIIT for a non-stop, metabolic burn!

MINDFUL YOGA (All Levels): Experience expansion of your mental and physical self through asana, breath, and mind/body awareness.

MINDFULNESS MEDITATION (All Levels): Guided meditation...settle the body, attend to the breath, and invite yourself to be present in each moment.

OUTDOOR BOOTCAMP (All Levels): Get outside and push yourself to the limit with bootcamp style drills and thrills!

PILATES CONTROLOGY (All Levels): The original 34 exercises created by Joseph Pilates taught in their intended order.

PILATES MAT (All Levels): Focusing on the core or “powerhouse” of the body, develop abdominal and back strength, flexibility, and body awareness.

POWER CORE (All Levels): Strengthen and stabilize the entire core.

POWER CYCLE (All Levels): A challenging ride focusing on power/watts.

POWER YOGA (All Levels): A strong, heat building class that combines breath work, strength, balance, and flexibility in the poses practiced.

RESTORATIVE PILATES (Gentle): Traditional Pilates mat exercises are modified to stretch and strengthen the core. Appropriate for those with osteoporosis, arthritis, back problems, other injuries or health issues.

RENEW & RESTORE YOGA (Gentle): A grounding floor yoga practice incorporating breath, mindful movement, and guided meditation.

SCULPT EXPRESS (All Levels): Strengthen and tone all major muscle groups of the body in this short but highly effective sculpting class.

SPARTAN HIIT (All Levels): Perform high intensity Spartan style training drills and exercises using a variety of equipment.

SPARTAN CIRCUIT (All Levels): Challenge the Spartan in you in this circuit class using battle ropes and other fitness equipment at a variety of stations.

STEP IT UP (All Levels): A highly cardiovascular step workout.

STRENGTH & SCULPT (All Levels): Strengthen & sculpt your entire body.

STRONG (All Levels): STRONG is a choreographed high intensity interval training workout driven by the science of Synced Music Motivation.

T’AI CHI (All Levels): A profound mind/body/spirit discipline consisting of a series of meditative movements performed in a slow, focused manner accompanied by deep breathing. No experience necessary!

TBC (Total Body Conditioning, All Levels): Intervals of cardio using the step and BOSU and strength/core exercises.

THERAPEUTIC YOGA (Gentle): A gentle yoga approach intended to create space in areas that are compressed, relieve tight muscles, and help induce the relaxation response in the body.

TOTAL BODY BOOTCAMP (All Levels): Bootcamp style drills and thrills guaranteed to work your whole body!

UJAM (All Levels): An addictive cardio workout that fuses the hottest world beats with unique and fun pre-designed choreography!

YIN YOGA (Gentle): A quiet, deeply reflective practice utilizing poses (held 3-5 minutes) to stimulate chi health flow along the meridians of the body.

YOGA (All Levels): Traditional hatha yoga asanas (poses) are practiced.

YOGA CORE (All Levels): A unique mind/body class that fuses strength and flexibility based yoga poses with core exercises for better body function.

YOGA SCULPT (All Levels): Blends yoga poses with light weights, bands and a variety of props.

YOGA FLOW (All Levels): An energetic vinyasa flow style yoga class.

YOGA STRETCH (Gentle): A yoga based stretch class.

ZUMBA (All Levels): Join the ZUMBA party! Dance your way to a fitter you with exciting and unique Latin moves and rhythms.

ZUMBA GOLD (Gentle): Zumba moves you love at a slower pace and at a lower intensity. Class can be done standing or seated. Chairs are provided.

AMERICANS WITH DISABILITIES ACT:
Reasonable accommodations or other auxiliary aids and/or services may be provided upon request. To ensure availability, you are advised to make your request at least 72 hours prior to the meeting/event/class/activity you wish to attend. Due to difficulties in securing Sign Language Interpreters, five or more business days’ notice is strongly recommended. For additional information, please contact Parks and Recreation Department at 831-646-3866.