

GYM / STUDIO 1 / STUDIO 2

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
5:45-6:30a	Body Weight Intervals Gym - Stacey	PumpRx Gym Jen		PumpRx Gym Laurie	TICKET ONE TICKET PER PERSON	Indicates a Class Ticket is required to attend this class. Request at front desk when you check in.	
5:45-6:30a		TICKET Cycle Studio 2 Stacey		TICKET Cycle Studio 2 Deanna			
8:10-8:55a	ZUMBA Gym - Parham	BalanceRx Gym - Dana	ZUMBA Gym - Hannah	BalanceRx Gym - Dana		8:15 - 9:00a	Body Weight Intervals Gym - Dana
9:00-9:45a	TICKET Cycle Studio 2 Megan		TICKET Cycle Studio 2 Stacey			8:30 - 9:15a	TICKET Cycle Studio 2 Julie
9:20-10:05a	Body Weight Intervals Gym - Stacey	PumpRx Gym Dana	Body Weight Intervals Gym - Megan V	PumpRx Gym Sarah		9:20 - 10:05a	ZUMBA Gym - Hannah
10:15-11:10a	TICKET YogaRx Studio 1 Melissa	TransForm Studio 1 Fitness on Demand	TICKET YogaRx Studio 1 Melissa	TransForm Studio 1 Fitness on Demand		10:35-11:30a	TICKET YogaRx Studio 1 Melissa
4:30-5:10p	PumpRxxpress Gym Sarah	Body Weight Intervals Gym - Megan B	PumpRxxpress Gym Dana	Body Weight Intervals Gym - Megan B		MAX CLASS CAPACITY: GYM = 24 STUDIO 1 = 9 STUDIO 2 = 9	
5:30-6:15p	PumpRx Gym - Laurie	ZUMBA Gym - Parham	PumpRxxpress Gym - Jen	ZUMBA Gym - Rena			
5:30-6:15p		TICKET Cycle Studio 2 Deanna		TICKET Cycle Studio 2 Lynn			
6:35-7:20p		Body Weight Intervals Gym - Stacey		Body Weight Intervals Gym - Sarah			
6:35-7:30p	TICKET YogaRx Studio 1 Melissa	TICKET YogaRx Studio 1 Deanna	TICKET YogaRx Studio 1 Jen				

POOL

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
8:10-8:55a		TICKET AquaRx Hannah		TICKET AquaRx Sarah		8:10 - 8:55a	TICKET AquaRx Hannah
9:20-10:05a	ZUMBA TICKET Parham	TICKET AquaRx Hannah	ZUMBA TICKET Hannah	TICKET AquaRx Dana	TICKET AquaRx Hannah	9:20-10:05a	TICKET AquaRx Sarah
10:05-10:50a	Healing Waters Therapy Pool TICKET Shirley		Healing Waters Therapy Pool TICKET Shirley	TICKET ONE TICKET PER PERSON	Indicates a Class Ticket is required to attend class. Request at front desk check in.	9:30 - 10:15a	Healing Waters Therapy Pool TICKET Georgina
10:15-11a	Healing Waters Rec Pool TICKET Sarah		Healing Waters Rec Pool TICKET Sarah				
5:30-6:15p	Total Body Intervals (Aqua) TICKET Sarah	Healing Waters Therapy Pool TICKET Sarah	Total Body Intervals (Aqua) TICKET Dana	Healing Waters Therapy Pool TICKET Annette			
6:35-7:20p	Total Body Intervals (Aqua) TICKET Sarah	ZUMBA TICKET Annette	Total Body Intervals (Aqua) TICKET Dana	ZUMBA TICKET Annette			

Muscular Strength and Endurance

BalanceRx – The low-impact, whole body group fitness workout that uses balls, tubes, dumbbells, body weight and cardio machines to boost fitness and core strength. Functional strength is the main focus, working different sets of muscles to improve posture, leg strength and balance. There are inspirational instructors and music to motivate you. The result of consistent attendance -- you'll be fizzing with energy, so you can really take on life! **Intensity: Low to Moderate**

Body Weight Intervals A fusion of cardio and strength exercises using body weight only. Body Weight Intervals pushes you to be your best through bursts of high-intensity work followed by short recovery periods that boost metabolism and burn more calories.

Intensity: completely up to you! Low, Moderate or High

PumpRx - One of the fastest ways to get in shape! The PumpRx barbell class will sculpt, tone, strengthen and transform your entire body without adding bulk. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning. PumpRx challenges all of your major muscle groups while you squat, press, lift and curl. The cutting-edge choreography and chart-topping music is refreshed every three months, so with your choice of weight and trained instructors, you can get the results you've been looking for.

Intensity: Moderate to High

Total Body Intervals Aqua - One of the best ways to burn calories and increase energy! Total Body Intervals will push you to be your best. Brief bursts of high-intensity work followed by short recovery periods boost metabolism and burn more calories. Water buoyancy allows you to move with ease which allows you to work at a higher intensity with less impact on the body. Show up and GET AFTER IT.

Intensity: completely up to you! Low, Moderate or High

TransForm™ - This fusion of Yoga/Pilates-inspired moves with athletic sport movements gives you a template to TRANSFORM your body and mind. STRENGTHEN the entire body with quick lunges, wide squat jacks and Warrior poses. Your BALANCE starts with the feet and stabilizes the upper body and other single-leg challenges. Light up your core with functional and traditional strengthening movements. Fuel your SOUL with inspiring and motivating music that is refreshed every three months. Each challenge is PROGRESSIVE so you can self-guide your intensity. **Intensity: Moderate**

Children age 13 to 17 may attend Group Exercise classes under the following conditions:

- 1. Class start time is within LiveHealthy Dependent Hours. (Ex., 5:15pm OK; 5:30pm, not OK; 6:35pm, not OK; Sat. 8:30am, not OK; Sat. 9:30am, OK)**
- 2. Parent/guardian must be participating in the class with children ages 13 to 15.**

Cardiovascular Endurance

AquaRx - The aqua workout that provides a low-impact, high-energy challenge for participants of all ages, skill and fitness levels. Jump in and make a splash with this dynamic cardiovascular workout that tones and tapers the entire body. Additional equipment, such as water noodles and hand buoys, may be incorporated into this great workout. **Intensity: Low to Moderate**

Aqua Zumba® - Known as the Zumba "pool party," Aqua Zumba® gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba® class. Integrating the Zumba® formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba® blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning and exhilarating beyond belief. **Intensity: Low to Moderate**

Cycle - The indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials and interval training. Discover your athlete within - sweat and burn to reach your endorphin high. **Intensity: Moderate to High**

Zumba® Fitness - There's no other fitness class like a Zumba® Fitness Party. It's easy to do, effective and totally exhilarating. Featuring exotic rhythms set to high-energy Latin and international beats, Zumba® is the perfect way to shape up and let out your inner star - even if you're dance challenged. Each Zumba® class is vibrant, unique and varied - and like many of the LiveHealthy programs, a new Zumba® release is produced every 2 months with new music and choreography. **Intensity: Moderate**

Mind/Body

Healing Waters - Experience deep inner warmth...pain relief...relaxation...stress relief...improved range-of-motion...gentle movement. Especially beneficial for those with any type of physical limitation and those recovering from joint replacement surgery. All classes held in our 90° warm water Therapy Pool. **Intensity: Just right!**

TransForm™ - This fusion of Yoga/Pilates-inspired moves with athletic sport movements gives you a template to TRANSFORM your body and mind. STRENGTHEN the entire body with quick lunges, wide squat jacks and Warrior poses. Your BALANCE starts with the feet and stabilizes the upper body and other single-leg challenges. Light up your core with functional and traditional strengthening movements. Fuel your SOUL with inspiring and motivating music that is refreshed every three months. Each challenge is PROGRESSIVE so you can self-guide your intensity. **Intensity: Moderate**

YogaRx - YogaRx builds flexibility and strength leaving you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance. **Intensity: Low to Moderate**