

MONDAY

5:30–6:00am	Rise and Shine	Brian	Jade
8:00–9:00am	Total Body Fit	Jocelyn	Studio 2
9:15–10:15am	Aqua Fit	Crystal	Pool
10:45–11:45am	Stretch & Align I	Peggy	Jade

TUESDAY

9:15–10:15am	Hatha I	Malissa	Jade
9:15–10:15am	Deep Water	Jeanette	Pool
11:00am–12:00pm	Buff Bones	Alexis	Studio 2
5:00–6:00pm	Zumba®	Tonya L.	Studio 1
5:30–6:15pm	Pilates Mat P1–3	Cari	Studio 2
6:00–7:00pm	Basic Vinyasa	Chris	Jade
7:00–8:00pm	Yin/Meditation	Malissa	Jade

WEDNESDAY

8:00–9:00am	Total Body Fit	Drew	Studio 2
9:15–10:15am	Aqua Fit	Marlene	Pool
10:45–11:45am	Stretch & Align II	Drew	Jade
12:00–1:00pm	Basic Vinyasa	Malissa	Jade
6:00–7:00pm	Zumba®	Jeru	Studio 2

THURSDAY

9:15–10:15am	Hatha II	Drew	Jade
9:15–10:15am	Deep Water	Jeanette	Pool
10:45–11:45am	Zumba®	Kathy	Studio 1
5:00–6:00pm	Zumba®	Tonya L.	Studio 1
6:00–7:00pm	Basic Vinyasa	Sara Lyn	Studio 2

FRIDAY

9:15–10:15am	Aqua Fit	Teresa	Pool
10:45–11:45am	Stretch & Align I	Peggy	Jade
4:30–5:45pm	Yin/Nidra	Brianne	Jade

SATURDAY

8:00–9:00am	Pilates Mat P1–3	Team	Studio 2
9:15–10:15am	Deep Water	Jeanette	Pool
11:00am–12:00pm	Yin/Meditation	Laurel	Jade

SUNDAY

11:30am–12:30pm	Zumba®	Kathy	Studio 1
4:00–5:00pm	Candlelight Vinyasa	Brianne	Jade

Level One

COMPLIMENTARY
EFFECTIVE 09/01/19

Level 1 Classes are suitable for beginners, mature adults, those with restricted movements and those recovering from injuries.

If you are recovering from an injury or have a special need please inform the instructor prior to class, as it will help to better coach you.

Level One Classes

Aqua Fit

Total body strength conditioning and cardio class in shallow water. May include hand buoys, noodles or steps.

Basic Vinyasa

The pace will be slower than our Power Vinyasa classes so we can focus on alignment and posture. This class is great for anyone working with injuries, beginning their practice or wanting to brush up on the foundations of yoga.

Buff Bones®

Combines Pilates, functional movement, strength training and therapeutic exercise to tone your arms, hips, back and abs. Adaptable for all levels.

Candlelight Vinyasa

Start your week with this slow paced candlelight Vinyasa class. Suitable for all levels.

Deep Water

A great cardiovascular workout including intervals, circuits, balance challenges and strength training.

Hatha I / II

Designed for everyone with an emphasis on posture, breath, strength, and flexibility. Level II offers options to progress into more difficult postures and sequences.

Pilates Mat

A movement system for everyBODY to lengthen, strengthen and realign through a series of functional movements for the entire body. The exercises are the perfect complement to your daily activities and favorite sport. Classes with props are indicated with a P next to the level.

Restorative Yoga

This calming practice is intended to align your physical and mental being with a series of gentle poses supported by props. Leave feeling relaxed and energized. Ideal for all levels.

Rise and Shine

Stretch and strengthen with this 30 minute yoga class designed to wake up your entire body. The perfect start to your day!

Stretch & Align I / II

A series of flowing, dynamic and static stretches designed to enhance everyday functional movement. Increase flexibility and improve balance and posture. Level II incorporates more challenging core and balance work.

Total Body Fit

This 60-minute class combines cardio, strength and balance work for the perfect total body workout.

Yin/Nidra

Begin with Yin yoga targeting the connective tissues of the body to increase circulation, improve flexibility, and renew the body's flow of energy. Finish with Yoga Nidra, an ancient meditation technique which offers conscious relaxation on physical, mental and emotional levels. Suitable for all levels.

ZUMBA®

Latin style rhythms with interval training for calorie burning in an easy-to-follow one-of-a-kind fitness party format!