



## Class Program

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spinning <i>ML</i> 8:00 - 9:00	Step Aerobics <i>Martha</i> 8:30 - 9:30	Spinning <i>ML</i> 8:00 - 9:00	Club Cardio <i>Martha</i> 8:30 - 9:30	Aquacize <i>Vito</i> 9:00 - 9:45	Hatha Flow Yoga <i>Susan</i> 9:30 - 10:30	
Deep Water Aquacize <i>Elaine</i> 9:00 - 9:45	Stretch & Tone <i>Martha</i> 9:45 - 10:45	Aquacize <i>Martha</i> 9:00 - 9:45	Stretch & Tone <i>Martha</i> 9:45 - 10:45	Interval Aerobics <i>Martha</i> 9:00 - 10:00		
Strong for Life <i>Kevin</i> 9:15 - 10:15		Strong for Life <i>Kevin</i> 9:15 - 10:15				
		Bootcamp <i>Kevin</i> 10:30 - 11:30				
Thai Chi <i>Jarvis</i> 4:00 - 5:00						

## Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bookings Available 7:00 - 9:00	Bookings Available 6:15 - 1:00	Bookings Available 7:00 - 9:00	Bookings Available 6:15 - 1:00	Bookings Available 7:00 - 9:00		
Closed For Aquacize 9:00 - 9:45	All Welcome 1:00 - 7:30	Closed For Aquacize 9:00 - 9:45	All Welcome 1:00 - 7:30	Closed For Aquacize 9:00 - 9:45	Bookings Available 9:00 - 12:00	Bookings Available 9:00 - 12:00
Bookings Available 9:45 - 1:00		Bookings Available 9:45 - 1:00		Bookings Available 10:00 - 1:00	All Welcome 12:00 - 5:00	All Welcome 12:00 - 5:00
All Welcome 1:00 - 7:00		All Welcome 1:00 - 7:00		All Welcome 1:00 - 7:00	<p><b>Please note: the pool is closed to lap swimming during water classes</b></p>	
Adult 7:00 - 8:00		Adult 7:00 - 8:00		Adult 7:00 - 8:00		

# Guide to Levels

## 1 Easy & Low-Intensity

## 2 Moderately Challenging

## 3 Challenging

### Strong For Life (L1-3)

With simple, safe, and effective exercises set to motivating music, you will build strong, functional muscles. The class uses dumbbells and other equipment to develop balanced strength and power throughout the body. Build strength for longevity and vitality

### Essentrics (L1-3)

Essentrics is a full-body workout that rapidly changes the shape of your body through a dynamic and fluid combination of strengthening and stretching which rebalances the body, prevents and treats injuries and unlocks tight joints. By developing strong, lean muscles, the technique helps improve your posture. This class is equipment free and perfect for anyone at any fitness level. You will feel energized and youthful!

### Step Aerobics (L2-3)

Come prepared to sweat! This high-energy class gives you non-stop cardio on the step. Martha will motivate you and get your heart pumping.

### Interval Aerobics (L1-3)

This energetic class alternates short intervals of cardiovascular training with upper and lower body conditioning. The cross-training format is fun and is a good challenge for your endurance. Steps will be used in this class.

### Boot Camp (L2-3)

An intense, calisthenics-based, whole-body workout designed to build strength and stamina. The class includes a variety of exercises and various pieces of equipment

### Yin Yoga (L1-3)

Yin Yoga is a quieter practice that works deeper into your body, with longer-held poses. This class improves circulation, energy flow and flexibility by targeting areas such as joints, and ligaments. You will feel calmer with a deeper sense of relaxation. Great for people new to yoga.

### Club Cardio (L-3)

Come "Move with Martha" in this follow along cardio workout that fuses fun and high-energy music to get you sweating and feeling great! This easy-to-follow class welcomes all fitness levels so come and join in the fun.

### Tai Chi (L1-3)

Tai Chi is an ancient Chinese practice that has been linked to myriad health benefits and can be a positive part of an overall approach to improving wellness. This class is great for people who have a very basic understanding of Tai Chi or you wish to continue to develop your internal balance and find harmony with your body, mind and spirit.

### Hatha Flow Yoga (L1-3)

Enjoy the bliss of stretching, balancing, and toning of muscles. Focus is placed on breath and relaxation while slowly moving into different poses to challenge your strength and flexibility.

### Stretch 'n Tone (L1-3)

This popular class will allow you to work at your own fitness level, increase your core strength, and improve your balance and flexibility while having fun at the same time!

### Aquacize

Work out in the water. Aquacize is a great low-impact workout suitable for all fitness levels.

### Restorative Yoga (L1-L3)

Restorative yoga is a style of yoga that encourages physical, mental, and emotional relaxation. Appropriate for all levels, this therapeutic class is practiced at a slow pace, focusing on long holds, stillness, and deep breathing which restores mind, body, heart, and spirit. Please bring bolsters, blocks, blankets and a pillow for extra support in restorative poses.