



GROUP EXERCISE

AT DON RODENBAUGH AQUATICS CENTER

CLASSES AVAILABLE TO MEMBERS AND DAY PASS HOLDERS AGES 13+

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
M O R N I N G					
9:00-10:00 AM SILVER SNEAKERS: CLASSIC (Lynn)	9:00-10:00 AM CLARITY YOGA (Jenn)	9:00-10:00 AM SILVER SNEAKERS: CLASSIC (Judy)	9:00-10:00 AM CLARITY YOGA (Jenn)	9:00-10:00 AM SILVER SNEAKERS: CLASSIC (Judy)	9:00-10:00 AM FLOW YOGA (Sarita)
9:00-9:50 AM DEEP WATER MIX (Lana)	9:30-10:30 AM POWER SPLASH (Hazel)	9:00-9:50 AM DEEP WATER MIX (Lana)	9:30-10:30 AM POWER SPLASH (Hazel)	9:00-9:50 AM DEEP WATER MIX (Lana)	10:15-11:00 AM CORE ENDURANCE (Sarita)
10:15-11:15 AM BODY BLAST (Lana)	10:15-11:00AM TAI CHI FORM (Carole)	10:15-11:15 AM BODY BLAST (Lana)	10:15-11:00AM TAI CHI INTRO (Carole)	10:15-11:15 AM BODY BLAST (Lana)	11:15 AM-12:00 PM BOLLY X (Prachi)
10:15-11:00 AM SILVER SNEAKERS: SPLASH (Hazel)		10:15-11:00 AM SILVER SNEAKERS: SPLASH (Judy)		10:15-11:00 AM SILVER SNEAKERS: SPLASH (Judy)	
11:15-12:00 PM SILVER SNEAKERS: SPLASH (Hazel)	11:15 AM-12:00 PM SILVER SNEAKERS: BOOM MUSCLE (Regina)	11:15-12:00 PM SILVER SNEAKERS: SPLASH (Judy)	11:15 AM-12:00 PM SILVER SNEAKERS: BOOM MUSCLE (Regina)	11:15-12:00 PM SILVER SNEAKERS: SPLASH (Judy)	
L U N C H H O U R					
11:30 AM-12:15 PM PILATES (Lana)	11:45 AM-12:30 PM MOVING MATTERS (Hazel)	11:30 AM-12:15 PM PILATES (Lana)	11:45 AM-12:30 PM MOVING MATTERS (Hazel)	11:30 AM-12:15 PM PILATES (Lana)	
12:45-1:30 PM DEEP WATER ENERGY (Lana)	12:15-1:00 PM Hii5 (Tim)	12:45-1:30 PM DEEP WATER ENERGY (Judy)		12:45-1:30 PM DEEP WATER ENERGY (Judy)	
E V E N I N G					
5:15-6:00 PM BOLLY X (Prachi)	4:45-6:00 PM TRADITIONAL JAPANESE KARATE (Kendrick)	5:15-6:00 PM BOLLY X (Prachi)	4:45-6:00 PM TRADITIONAL JAPANESE KARATE (Kendrick)		
6:15-7:15 PM BODY SCULPT (Anjanette)	6:15-7:00 PM HIIT PILATES (Jenn)	6:15-7:15 PM BODY SCULPT (Anjanette)	6:15-7:00 PM HIIT PILATES (Jenn)		
7:00-8:00 PM AQUA FITNESS (Mila)	6:30-7:30 PM RIVER ROBICS (Ginger)	7:00-8:00 PM AQUA FITNESS (Mila)	6:30-7:30 PM RIVER ROBICS (Ginger)		

FITNESS ROOM CLASSES

WATER CLASSES

FITNESS ROOM

BODY BLAST - 60 minutes of dynamite strength training for all major muscle groups. Each body part is blasted for 5 minutes using weights, tubing, and weighted bars.

BODY SCULPT - A high energy, fully packed session will work upper and lower body using weights, bands, steps, and floor exercises. Last 15 minutes of class is optional for stretch and cool down.

BOLLYX - Experience a Bollywood-inspired dance fitness program that combines exhilarating choreography and calorie-burning workouts with upbeat music from around the world. All levels welcome.

CLARITY YOGA - Practice slow flow yoga through a calm and peaceful state of moving meditation.

CORE ENDURANCE - High impact exercises on the mat that develop long, lean muscles. A focus on position and alignment will get you big results in limited time!

FLOW YOGA - Performed with Sun salutations and creative flow sequences with a dynamic mix of postures guided by deliberate breath. Revitalize your body, relax the mind, improve and strength. All levels welcome. Modifications provided.

Hi5 - This class is sure to get the heart rate up by performing 5 exercises followed by equal rest between each set.

HIIT PILATES - An exhilarating interval training designed for a full body workout with high intensity and ballistic movements. This class will ignite fat burn, increase strength and endurance. All levels welcome.

PILATES - Increase torso strength and stabilization with mat exercises aimed at lengthening muscles rather than creating bulk. Flexibility will also improve as you focus and breathe in this balanced regimen.

SILVER SNEAKERS: BOOM MUSCLE - Participants will challenge their muscular strength and endurance alternating between cardio and resistance training.

SILVER SNEAKERS: CLASSIC - Enjoy the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. A chair is available if needed for seated or standing support.

TAI CHI INTRO - Beginner class, for experiencing slow, methodical movements with quiet music - to gain calm, focus and stress relief. Also helps with joint pain relief and for gaining balance.

TAI CHI FORM - Advanced Tai Chi, for learning the 64-Move Form. This class is for those who wish to experience an in-depth Tai Chi experience beyond the Intro class.

TRADITIONAL JAPANESE KARATE - Shotokan Karate is physically rigorous, improves health and develops the mind. Instructor has trained in Japan as well as competed nationally and internationally at highest level. Minimum age is 6 years old, parent/guardian must be present in class.

WATER CLASSES

AQUA FITNESS - This full-body workout targets core strength, cardiovascular endurance, muscular toning and balance. Buoyancy belts are used for deep-water flotation and safety.

DEEP WATER ENERGY - This is a perfect class to improve flexibility, range of motion and strengthen muscle to build stamina while also performing high intensity cardio.

DEEP WATER MIX - This fun filled deep water class includes the use of floatation belts and water noodles. You will hop, run, leap, and bicycle kick to upbeat music. Add strength training with buoys and noodles to add resistance.

MOVING MATTERS - A low to moderate intensity water class to improve strength, endurance, flexibility, and balance. Benefits those who experience arthritis, joint pain, autoimmune disease, and injury recovery.

POWER SPLASH - This advanced, deep water class features more intense cardio work than our regular classes. Strength training is emphasized with the use of resistance equipment. Build strength with low impact!

RIVER ROBICS - This class utilizes the force and resistance of the lazy river for a challenging cardio and body-toning. Use equipment such as noodles and buoys to enhance your workout. All fitness levels will enjoy this class.

SILVER SNEAKERS: SPLASH - This class utilizes the physical properties of water to enhance agility, range of motion and cardio conditioning. Instructors will choreograph "water moves" with the Silver Sneaker kickboard to develop strength, balance, and coordination.