

# WINTER 20 24

class session  
**jan 8**  
to  
**mar 22**

## class intensity

- low
- moderate
- high

## land monday

8:00 - 8:45 am	Fitness Fusion <span style="color: red;">■</span>
9:00 - 9:45 am	PurEnergy <span style="color: blue;">■</span>
10:00 - 10:45 am	Chairobics <span style="color: green;">■</span>
11:00 - 11:30 am	Fall Risk <span style="color: green;">■</span>
1:00 - 1:45 pm	Chairobics <span style="color: green;">■</span>
2:00 - 2:30 pm	Barre <span style="color: red;">■</span>
3:00 - 3:30 pm	Tai Chi <span style="color: green;">■</span>
5:00 - 7:00 pm	Cornhole & Ping-Pong <span style="color: red;">■</span>

## tuesday

8:00 - 8:45 am	Muscle Mix <span style="color: blue;">■</span>
9:00 - 9:50 am	Line Dancing <span style="color: red;">■</span>
10:00 - 10:45 am	Chair Yoga <span style="color: green;">■</span>
11:00 - 11:45 am	Circuit Training <span style="color: red;">■</span>
12:00 - 3:00 pm	Advanced Pickleball <span style="color: blue;">■</span>
3:00 - 5:00 pm	Intermediate Pickleball <span style="color: red;">■</span>
5:00 - 7:00 pm	Beginner Pickleball <span style="color: red;">■</span>

## wednesday

8:00 - 8:45 am	Fitness Fusion <span style="color: red;">■</span>
9:00 - 9:45 am	PurEnergy <span style="color: blue;">■</span>
10:00 - 10:45 am	Chairobics <span style="color: green;">■</span>
11:00 - 11:30 am	Fall Risk <span style="color: green;">■</span>
12:00 - 1:00 pm	Cornhole <span style="color: red;">■</span>
1:00 - 1:45 pm	Chairobics <span style="color: green;">■</span>
2:00 - 2:30 pm	Barre <span style="color: red;">■</span>
3:00 - 3:30 pm	Tai Chi <span style="color: green;">■</span>
5:00 - 7:00 pm	Cornhole & Ping-Pong <span style="color: red;">■</span>

## thursday

8:00 - 8:45 am	Muscle Mix <span style="color: blue;">■</span>
9:00 - 9:50 am	Line Dancing <span style="color: red;">■</span>
10:00 - 10:45 am	Chair Yoga <span style="color: green;">■</span>
11:00 - 11:45 am	Beginner Step <span style="color: red;">■</span>
1:00 - 1:45 pm	Ball Stability <span style="color: red;">■</span>
2:30 - 4:30 pm	Advanced Pickleball <span style="color: blue;">■</span>
5:00 - 6:00 pm	Beginner Pickleball <span style="color: red;">■</span>
6:00 - 8:00 pm	Cornhole & Ping-Pong <span style="color: red;">■</span>

## friday

8:00 - 8:45 am	Fitness Fusion <span style="color: red;">■</span>
9:00 - 9:45 am	PurEnergy <span style="color: blue;">■</span>
10:00 - 10:45 am	Chairobics <span style="color: green;">■</span>
12:00 - 1:00 pm	Cornhole <span style="color: red;">■</span>
2:00 - 3:00 pm	Cornhole <span style="color: red;">■</span>
3:00 - 5:00 pm	Advanced Pickleball <span style="color: blue;">■</span>
5:00 - 7:00 pm	Ping-Pong <span style="color: red;">■</span>

## saturday

9:30 am - 12:00 pm	Advanced Pickleball <span style="color: blue;">■</span>
1:00 - 3:00 pm	Intermediate Pickleball <span style="color: red;">■</span>

## sunday

12:00 - 3:00 pm	Cornhole <span style="color: red;">■</span>
3:00 - 6:00 pm	Intermediate Pickleball <span style="color: red;">■</span>

## aquatic

7:00 am - 3:00 pm	Open Swim
7:15 - 8:00 am	HydroSplash <span style="color: red;">■</span>
10:00 - 10:45 am	HydroSplash <span style="color: red;">■</span>
12:30 - 2:30 pm	Water Volleyball <span style="color: red;">■</span>

7:00 am - 3:00 pm	Open Swim
9:00 - 9:30 am	Aqua Pump <span style="color: blue;">■</span>
10:00 - 10:30 am	HydroHIIT Deep <span style="color: blue;">■</span>
10:30 - 11:15 am	Low Impact <span style="color: green;">■</span>

7:00 am - 3:00 pm	Open Swim
7:15 - 8:00 am	HydroSplash <span style="color: red;">■</span>
10:00 - 10:45 am	HydroSplash <span style="color: red;">■</span>

7:00 am - 3:00 pm	Open Swim
9:00 - 9:30 am	Aqua Pump <span style="color: blue;">■</span>
10:00 - 10:30 am	HydroHIIT Shallow <span style="color: blue;">■</span>
12:30 - 2:30 pm	Water Volleyball <span style="color: red;">■</span>

7:00 am - 3:00 pm	Open Swim
7:15 - 8:00 am	HydroSplash <span style="color: red;">■</span>
9:00 - 9:30 am	Aqua Yoga <span style="color: green;">■</span>
10:30 - 11:15 am	Low Impact <span style="color: green;">■</span>

closed

closed



# Winter 2024 Jan 8 to Mar 22

■ low    
 ■ moderate    
 ■ high

## Land

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 - 8:45 am	Fitness Fusion	Muscle Mix	Fitness Fusion	Muscle Mix	Fitness Fusion		
9:00 - 9:45 am	PurEnergy		PurEnergy		PurEnergy		
9:00 - 9:50 am		Line Dancing		Line Dancing			
9:30 am - 12:00 pm						Adv Pickleball	
10:00 - 10:45 am	Chairobics	Chair Yoga	Chairobics	Chair Yoga	Chairobics		
11:00 - 11:30 am	Fall Risk		Fall Risk				
11:00 - 11:45 am		Circuit Training		Beginner Step			
12:00 - 1:00 pm			Cornhole		Cornhole		
12:00 - 3:00 pm		Adv Pickleball					Cornhole
1:00 - 1:45 pm	Chairobics		Chairobics	Ball Stability			
1:00 - 3:00 pm						Int Pickleball	
2:00 - 2:30 pm	Barre		Barre				
2:00 - 3:00 pm					Cornhole		
2:30 - 4:30 pm				Adv Pickleball			
3:00 - 3:30 pm	Tai Chi		Tai Chi				
3:00 - 5:00 pm		Int Pickleball			Adv Pickleball		
3:00 - 6:00 pm							Int Pickleball
5:00 - 6:00 pm				Beg Pickleball			
5:00 - 7:00 pm	Cornhole & Ping-Pong	Beg Pickleball			Ping-Pong		
5:00 - 8:00 pm			Cornhole & Ping-Pong				
6:00 - 8:00 pm				Cornhole & Ping-Pong			

## Aquatic

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 am - 3:00 pm	Open Swim					closed	closed
7:15 - 8:00 am	HydroSplash		HydroSplash		HydroSplash		
9:00 - 9:30 am		Aqua Pump		Aqua Pump	Aqua Yoga		
10:00 - 10:30 am		HydroHIIT		HydroHIIT			
10:00 - 10:45 am	HydroSplash		HydroSplash				
10:30 - 11:15 am		Low Impact			Low Impact		
12:30 - 2:30 pm	Water Volleyball			Water Volleyball			

## Aqua Yoga

Also known as "Ai Chi" provides exercises, stretching and relaxation to help enjoy the water in a flowing progression to instill greater awareness of the body and how it moves through space.

F 9:00 - 9:30a

## Chairobics

Chairobics is a fun and accessible chair-based class, perfect for new or reluctant exercisers and those who prefer to work out seated. Increase your strength, endurance, stability and balance. Some standing exercise options may be offered.

M,W,F 10:00 - 10:45a

M,W 1:00 - 1:45p

## Chair Yoga

Chair Yoga is based on a mixture of Hatha (syncing breath with movement) and Vinyasa yoga (flow) styles. Seated and standing poses will help improve balance, reduce stress, and increase strength and flexibility. Standing poses can be reached by using the support of the chair or by modifying poses in a seated position. This mindful class will improve posture and bring peace into your mind and heart!

Tu,Th 10:00 - 10:45a

## Fall Risk

Join us for a variety of activities to address fall prevention strategies and balance challenges to improve stability and independence. Don't let the fear of falling keep you from being active.

M,W 11:00 - 11:30a

## Low Impact Water Fitness

Low impact aquatic exercise to improve strength and create a full body experience that is gentle on the joints.

Tu,F 10:30 - 11:15a

## Tai Chi

Tai Chi is a series of gentle physical exercises and stretches that promote serenity through gentle movements, connecting the mind and body.

M,W 3:00 - 3:30p

## Barre

Look and feel like a dancer with these graceful lengthening and muscle toning moves! This barre workout works the entire body, and all exercises are low impact. We'll use light weights and other props in this full body conditioning class to build body awareness, alignment control and stamina. Using techniques inspired by ballet, barre, yoga and Pilates, we'll lengthen and tone our muscles while improving flexibility. Barefeet or yoga socks with grips encouraged.

M,W 2:00 - 2:30p

## Ball Stability

Come have a ball in this fun-filled class! A seated warm-up with a mini-ball will be followed by a variety of strength and aerobic exercises using the large stability ball. Bounce your way to improved eye-hand coordination while bettering your posture and balance! A final cool down completes this well-rounded class.

Th 1:00 - 1:45p

## Beginner Pickleball

Beginner's Pickleball is for all, whether or not experienced in racquet or paddle sports, wanting to learn how to play the game. A wonderful way to improve your dexterity and balance.

Tu 5:00 - 7:00p

Th 5:00 - 6:00p

## Beginner Step

Step into the new year with this fun and favorite oldie! Beginner step is a cardio/strength-based class that will introduce participants to the basics of step aerobics. Class will begin with a brief warm up, followed by 20-25 minutes of step work. Participants will step up, down and around a raised step. Strength training and a cool down/stretching segment will complete this fun filled class!

Th 11:00 - 11:45a

## Circuit Training

Come join us for a station-based workout class. This class will include cardio, weight training, and resistance style stations. Don't forget your water bottle and smile for this fun high energy class!

Tu 11:00 - 11:45a

## Cornhole

Toss beanbags at boards in a casual environment. All equipment is provided. Set up and tear down is required by participants.

M 5:00 - 7:00p

W,F 12:00 - 1:00p

W 5:00 - 8:00p

Th 6:00 - 8:00p

F 2:00 - 3:00p

Su 12:00 - 3:00p

## Fitness Fusion

This is a moderate-intensity class that combines cardio, strength, core, flexibility, and balance. Chair-based and standing exercises are incorporated into the class.

M,W,F 8:00 - 8:45a

## HydroSplash

Get ready for an aerobic, toning, and balance class. Reap the benefits of water on your joints as you experience this moderately-intense workout.

M,W,F 7:15 - 8:00a

M,W 10:00 - 10:45a

## Intermediate Pickleball

Intermediate Pickleball is for those comfortable with paddle sports and anxious to learn an exciting, energetic, fun sport. A blend of control and strategy, you'll find pickleball challenging, rewarding and a great source of exercise with a great bunch of players.

Tu 3:00 - 5:00p

Sa 1:00 - 3:00p

Su 3:00 - 6:00p

## Line Dancing

Line up in a row without partners and follow a choreographed pattern of steps while dancing to various types of music. This class will start at the beginner level.

Tu,Th 9:00 - 9:50a

## Ping-Pong

Enjoy the classic game of ping-pong in a casual environment. All equipment is provided. Set up and tear down is required by participants.

M,F 5:00 - 7:00p

W 5:00 - 8:00p

Th 6:00 - 8:00p

## Water Volleyball

Splash around for a fun session of water volleyball. All skill levels are welcome. No prior experience necessary.

M,Th 12:30 - 2:30p

## Advanced Pickleball

What do you get when you mix badminton, tennis, and table tennis? Pickleball of course!

Tu 12:00 - 3:00p

Th 2:30 - 4:30p

F 3:00 - 5:00p

Sa 9:30 - 12:00p

## Aqua Pump

This is a fast-paced water-based class. This class combines both weight training with the resistance training benefits of exercising in the water. Water shoes recommended.

Tu,Th 9:00 - 9:30a

## HydroHiit (Deep Water)

This high-intensity level class uses the properties of water resistance to get in shape while minimizing impact to joints and back. This includes strength, mobility, flexibility, endurance and interval training. Water shoes and water bottles are encouraged.

Tu 10:00 - 10:30a

## HydroHiit (Shallow Water)

Come join us for a high-energy high-level interval class that will take place in the shallow end of the pool. We will use weights, noodles, and water resistance to get a full body workout. Water shoes are recommended!

Th 10:00 - 10:30a

## Muscle Mix

This high energy class begins with a brief warm up, followed by longer weight training segments. Core work, along with a final cool down rounds out this muscle building class. A variety of weight training equipment will be used. If you like to challenge your muscles and your mind, this diverse class is for you!

Tu,Th 8:00 - 8:45a

## PurEnergy

Balance, agility, and endurance are needed for this class. Come ready for a high-intensity session. Increase flexibility and strength in the entire body to enhance daily functional activities.

M,W,F 9:00 - 9:45a