



# MARCH AEROBICS SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Monday					
GROUP EX. 1			GROUP EX. 2		
Tabata	8:15-8:45 am	Nicki	Yoga	9:00-10:00 am	Kim
Cardio & Tone	9:00-9:45 am	Nicki	Low Impact Circuit	10:00-10:55 am	Kim
CDF LIVE®	10:00-10:45 am	Brandy			
Cardio Surprise	4:30-5:30 pm	Kim	Yoga Fusion	11:00-12:00 pm	Brandy
Spin & Strength	5:30-6:15 pm	Cameron	Boot Camp	5:30-6:30 pm	Gail
Cardio Kickboxing	6:30-7:30 pm	Gail			
ZUMBA®	7:30-8:00 pm	Angel	Line Dancing	7:30-8:30	Gail
Tuesday					
Sculpt	9:00-9:45 am	Brandy	Yoga	9:00-10:00 am	Terrie
			Low Impact Aerobics	10:05-10:50 am	Terrie
Pound®	10:00-10:45 am	Brandy	Yoga	11:00-11:50 am	Terrie
Step II	4:30-5:30 pm	Melanie H			
Pound®	5:30-6:15 pm	Brandy			
Power Ride	6:30-7:15 pm	Amy S	Barre Basics	5:30 - 6:30 PM	Jenna
Wednesday					
Tabata	8:15-8:45 am	Nicki	Yoga	9:00-10:00 am	Kim
Step I & Strength	9:00-9:45 am	Nicki	Low Impact Circuit	10:00-10:55 am	Kim
CDF LIVE®	10:00-11:00 am	Brandy	Yoga Fusion	11:10 - 12:00 pm	Brandy
Kickboxing	4:30-5:15 pm	Melanie H	Yoga (NCWA)	12:15-1:15 pm	Monika
Boot Camp	5:30-6:30 pm	Gail	Kids Fit Club	4:30-5:15	Hannah
Cardio Surprise	6:30-7:30 pm	Gail			
ZUMBA®	7:30-8:30 pm	Angel	Jump-N-Pump	5:30-6:15	Jessie
Thursday					
Sculpt	9:00-10:00 am	Brandy	Yoga	9:00-10:00 am	Terrie
			Yoga	11:00-11:50 am	Terrie
Low Impact Aerobics	10:10- 10:50 am	Terrie	Barre Basics	4:30-5:29 pm	Jenna
Step I	4:30-5:25 pm	Kim	Boot Camp	5:30-6:20 pm	Gail
Spin & Strength	5:30-6:15 pm	Kim			
Butts -N- Guts	6:30-7:30 pm	Gail	Yoga	6:30-7:15 pm	Kim
Friday					
			Yoga	9:00-10:00 AM	Kim
HIIT	9:00-9:50 pm	Nicki	Low Impact Circuit	10:00-10:55 AM	Kim
Pound®	10:00-10:45 pm	Brandy	Yoga Fusion	11:00 - 12:00 PM	Brandy
Saturday					
Rumble	9:00-10:00 am	TBA			
Barre	10:00 - 11:00 am	Jenna			
Sunday					
			Yoga (NCWA)	4:00-5:30 pm	Sharon

\* NCWA No Child Watch Available for this class.



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## CLASS DISCRPTIONS:

**BARRE BASICS:** Mixes elements of pilates, dance, yoga and functional training set to motivating music and designed to produce a lean, sculpted look.

**BARRE INTENSITY:** combines attributes of Pilates, dance, and functional fitness training. We incorporate small isolated movement to fatigue the muscles, large range motion to elevate the heart rate, and sequencing that incorporates upper and lower body to make every minute count. This results in a total body workout that leaves you mentally strong and feeling accomplished.

**BOOT CAMP:** This action-packed class includes agility exercises, cardio drills, fun partner relays, sports conditioning circuits, plyometrics, full-body resistance training, hill sprints, stair climbs, active group games and creative exercise challenges. **(Additional fee required.)**

**BUTTS 'N GUTS:** This high intensity class targets two specific areas. Can you guess which? Join us for this class designed to shape and sculpt your abs, glutes and back. Balance, core stabilization and muscle specific exercises will tighten and strengthen your core.

**CARDIO SURPRISE:** With a different cardio workout each week, this class is guaranteed to give you a total body workout.

**CDF LIVE:** More than just crunches it is a total blast. Working the core from the inside, outside, backside, and frontside. Short drill based exercises delivered in Boot Camp style.

**GENTLE FLOW YOGA:** Is open to all levels and abilities and is especially great for beginners or those searching for the therapeutic benefits of yoga. Expect lots of stretching and lengthening with a heavy dose of relaxation to wrap up your practice and leave you feeling great.

**HIIT:** These HIIT workouts build cardiovascular fitness while improving strength, building lean muscle and maximizing calorie burn.

**JUMP N PUMP:** A full body, high intensity interval workout incorporating cardio, plyometric exercises and strength training

**KICKBOXING:** This class takes kicking and punching drills and sets them to music to create a fast-paced, high-intensity class that scorches calories and builds cardiovascular fitness.

**KIDS FIT CLUB:** You are never too young to start a healthy lifestyle. Variety is the key to success in this always fun kid's fitness

**LOW IMPACT AEROBICS:** Not to be confused with easy or ineffective, low-impact exercise is a great option for challenging the

**POWER PILATES:** An upbeat class incorporating pilates exercises with weights, cardio, strength training and flexibility.

**POWER-RIDE:** This indoor cycling class offers a combination of strength and endurance training through hill climbs, sprints and

**POWER SCULPT:** This class includes muscle conditioning for every area of the body using various types of equipment.

**RUMBLE:** This intermediate/advanced class combines high intensity interval training with muscle conditioning. Come prepared to

**SPIN & STRENGTH:** This high energy class combines fat burning intervals on the bike with toning and strength training exercises for

**STEP I:** This class offers creative step routines that build cardiovascular endurance and burn excess fat at a fast rate. 132-138BPM

**STEP II:** This class offers creative step routines that build cardiovascular endurance and burn excess fat at a faster rate. 138-144 BPM

**TABATA** One of the most effective types of high intensity interval training. Through a variety of simple, yet intense exercises, each class will blast the calories and provide noticeable results in a short amount of time.

**WATER AEROBICS:** This is an energetic, fun, shallow water fitness class with low impact, designed for any level of fitness, including beginners. Get a full-body workout, including cardiovascular, strength abdominal work and a cool down.

**YOGA:** Emphasis will be placed on proper breathing, correct body alignment, core stability and increased muscle awareness. This is a no-impact, progressive workout that builds in intensity as you improve your flexibility. The functional and integrated nature of movement that your body was born with will be enhanced.

**YOGA FUSION:** Advanced, high impact yoga class mixed with cardio, strength training and flexibility.

### Childwatch Hours:

Monday 8:30am - 12:00pm & 4:30 - 8:30pm  
Tuesday 8:30am - 12:00pm & 4:00 - 8:00pm  
Wednesday 8:30am-12:00pm & 4:30-8:30pm  
Thursday 8:30am - 12:00pm & 4:00 - 8:00pm  
Friday 8:30am - 12:00pm & 4:00 - 7:00pm  
Saturday 9:00am - 12:30pm

### Fitness Center Hours:

Monday - Thursday 5:00 am - 10:00 pm  
Friday 5:00 am - 8:00 pm  
Saturday 7:00 am - 6:00 pm  
Sunday 1:00 pm - 7:00 pm



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## WATER AEROBICS/LAP SWIM

TIME	CLASS	INSTRUCTOR	LOCATION
<b>Monday</b>			
12:00 PM – 2:00 PM	Lap Swim	Lifeguard	Pool (Westover Rd.)
12:15 PM- 1:15 PM	Water Aerobics	Kim	Pool (Westover Rd.)
7:00-8:00 PM	Lap Swim	Lifeguard	Pool (Westover Rd.)
<b>Tuesday</b>			
12:00 PM - 2:00 PM	Lap Swim	Lifeguard	Pool (Westover Rd.)
1:00 PM – 2:00 PM	Water Aerobics	Shannon	Pool (Westover Rd.)
7:00-8:00 PM	Lap Swim	Lifeguard	Pool (Westover Rd.)
<b>Wednesday</b>			
12:00 PM - 2:00 PM	Lap Swim	Lifeguard	Pool (Westover Rd.)
12:15 PM – 1:15 PM	Water Aerobics	Kim	Pool (Westover Rd.)
7:00-8:00 PM	Water Aerobics	Kim	Pool (Westover Rd.)
<b>Thursday</b>			
12:00 PM - 2:00 PM	Lap Swim	Lifeguard	Pool (Westover Rd.)
1:00 PM – 2:00 PM	Water Aerobics	Shannon	
7:00-8:00 PM	Lap Swim	Lifeguard	Pool (Westover Rd.)
<b>Friday</b>			
12:00 PM-2:00 PM	Lap Swim	Lifeguard	Pool (Westover Rd.)
12:15 PM – 1:15 PM	Water Aerobics	Shannon	Pool (Westover Rd.)
<b>Saturday</b>			

