

Group Exercise Schedule

Class	Mon Wed Fri	Instructor	Location
Hydro Tabata	6:15am	Maggie	Pool
Cycle	8:00am	Lou	Aerobic Room
Kettlebell	8:00am	Maggie	Discovery 2
Full Body Workout	9:00am	Lou	Aerobic Room
Boomer Burn	9:05am	Rob	Discovery 2
Aqua-cise	9:15am	Maggie	Pool
Arthri-cise	10:30am	Maggie	Pool
Chair Yoga	1:30pm	Yollie	Aerobic Room
Tai Chi	4:00pm	Ted	Aerobic Room
Water X	6:00pm	Tasha	Pool
Power 10	6:15pm (Mon & Wed Only)	Rob	Gym
Cardio Step	6:15pm (Wed Only)	Lorraine	Aerobic Room
Class	Tues Thurs	Instructor	Location
Yoga	8:00am	Hanna	Aerobic Room
Dancing	12:00pm	Lou	Aerobic Room
Yoga	5:30pm	Hanna	Aerobic Room
Water X	6:00pm	Tasha	Pool
Zumba	7:00pm	Sharon	Aerobic Room
Classes Included with Membership			
Monday, Wednesday, Friday	Light & Lively		10:00-10:35am
Tuesday & Thursday	Strength & Stretch		10:00-10:35am
Monday & Wednesday	Body Blitz		5:30-6:00pm

Class Descriptions

Class	Description	Price	Intensity
Aqua-cise	Fun interactive water resistance workout to stay cool and stay fit.	\$3 per day \$20 monthly	Moderate
Aqua-step	Step in the water to fun tunes and tone your body into fitness.	\$4 per day \$20 monthly	Moderate
Arthri-cise	Great way to help joints and relieve pain with water resistance.	\$3 per day \$20 monthly	Low
Boomer Burn	Burn calories while boosting fitness levels for everyday activities.	\$10 monthly	High
Cardio Dance	No better way to burn calories than to dance them away.	\$3 per day \$10 monthly	Moderate
Cardio Step	Step to the beat with fun choreographed movements through music.	\$8 per day \$20 monthly	Moderate
Chair Yoga	Awaken your mind and find inner strength with restorative workouts.	\$3 per day \$15 monthly	Low
Cycle	Ride to the peak! Challenge yourself up hills to reach new fitness levels.	\$3 per day \$15 monthly	High
Full Body Work-Out	Get fit with high intensity training designed for the strength in you.	\$3 per day \$15 monthly	High
Hydro Tabata	High interval training with short rest and increase your cardiovascular fitness.	\$3 per day \$20 monthly	High
Kettlebell	Learn how to use kettlebell weights and Tone- up with different workouts.	\$4 per day \$25 monthly	Moderate
Power10	Different styles of Group training to increase your fitness level.	\$8 per day \$21 monthly	High
Tai Chi	Enhance mind and body harmony, improve energy level and reduce stress.	\$3 per day \$20 monthly	Low
Water X	Fun interactive water resistance workout to music everyone will enjoy.	\$3 per day \$15 monthly	Moderate
Yoga	Strengthen your body and mind through proper breathing and fluid movements.	\$5 per day \$25 monthly	Moderate
Zumba	Let's Dance! Grooving to the hits and enjoy the best hour of your day	\$5 per day \$20 monthly	Moderate

Class Reminders

- Day Class registrations are the day of. Monthly class registrations open on the last week of the current month until the 10th of the next month. We do NOT prorate monthly classes.
- All participants must check-in at Athletic Desk or Front Desk and receive a group exercise pass for each class attending.
- Please ask an attendant for a discount of 20% for 2 or more GX monthly class registrations purchased and 30% for 3 or more monthly class registrations.
- Free classes are at a first come, first serve basis. There are absolutely no reserving seats.