

FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30a	BOOT CAMP 60 minutes	YOGA FLOW 60 minutes	BOOT CAMP 60 minutes	YOGA FLOW 60 minutes	BOOT CAMP 60 minutes	
	SLOW VINYASA 60 minutes	5:45a CYCLING 45 minutes	SLOW VINYASA 60 minutes	5:45a CYCLING 45 minutes	SLOW VINYASA 60 minutes	
8:00a	LITE COMBO 60 minutes		LITE COMBO 60 minutes		LITE COMBO 60 minutes	
8:30a	Y PUMP 60 minutes	Y PUMP 60 minutes		Y PUMP 60 minutes		
8:45a			CYCLING 45 minutes		CYCLING 45 minutes	
9:00a		YOGA 60 minutes		YOGA 60 minutes		
9:15a	ZUMBA GOLD 45 minutes		ZUMBA GOLD 45 minutes			
	Pilates, Barre & Yoga 60 minutes		Pilates, Barre & Yoga 60 minutes		10:00a SLOW VINYASA 60 minutes	
10:15	PARKINSONS IN MOTION 60 minutes	SR STRENGTH & CARDIO 60 minutes	PARKINSONS IN MOTION 60 minutes	SR STRENGTH & CARDIO 60 minutes		
12:15p	Core Express 30 minutes	MINDFUL VINYASA 60 minutes	Core Express 30 minutes	MINDFUL VINYASA 60 minutes		Youth Center
5:30p	CARDIO DANCE 60 minutes	BOOTCAMP 45 minutes	CARDIO DANCE 60 minutes	BOOTCAMP 45 minutes		Middle Gym East Gym
	5:45p Y PUMP 60 minutes	CYCLING 45 minutes	5:45p Y PUMP 60 minutes	CYCLING 45 minutes		Dance Studio B (downstairs) Dance Studio A (upstairs)
6:15p	MINDFUL VINYASA 60 minutes					
7:00p			SLOW VINYASA 60 minutes			
7:30p	YIN W/ A DASH OF YANG 60 minutes					

OLSON POOL SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:00a	OLSON POOL OPENS @ 5:30a							
6:00a	5:45 - 6:30a AQUACISE	OPEN SWIM	5:45 - 6:30a AQUACISE	OPEN SWIM	5:45 - 6:30a AQUACISE	POOL OPENS @ 6:30a		
7:00a	OPEN SWIM	LAP SWIM	OPEN SWIM	LAP SWIM	OPEN SWIM	LAP SWIM		
8:00a	7:45 - 8:30a AQUACISE	7:45 - 8:30a AQUACISE	7:45 - 8:30a AQUACISE	7:45 - 8:30a AQUACISE	7:45 - 8:30a AQUACISE	6:30 - 8:30a LAP SWIM ONLY		
9:00a	8:30 - 9:30a HYDRO POWER	8:45 - 9:30a AQUA ZUMBA	8:30 - 9:30a HYDRO POWER	8:45 - 9:30a AQUA ZUMBA	8:30 - 9:30a HYDRO POWER	LAP SWIM		
	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM		
11:30a	11:30 - 1:00p LAP SWIM ONLY							
NOON						POOL OPENS @ 1:00p		
1:00p	OPEN SWIM	OPEN SWIM	1:00 - 3:30p SPECIALTY SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM		
4:00p	3:45 - 8:30p Swim Lessons & Swim Team (Adult Lap Swim from 6:30 - 8:30p)					OPEN SWIM		
5:00p					4:00 - 5:30p SWIM TEAM (No Lap Swim)	OPEN SWIM		LAP SWIM
6:00p						OPEN SWIM		LAP SWIM
7:00p			OPEN SWIM 7:30-8:30			POOL CLOSURES		
					POOL CLOSURES @ 5:30p	POOL CLOSURES @ 5:00p	POOL CLOSURES @ 5:00p	
	OLSON POOL CLOSSES AT 8:30p							

ADULT FITNESS CLASSES

Core Express – Improve the strength of your mid-section in a minimal amount of time with this 30 minute class. Instructors will help you train your abdominals and back, as well as all the other core muscles.

Boot Camp – Become one of the few, the proud, the conditioned! This class will include jogging, push-ups, circuit training and more in an easy to follow format. Intermediate to advanced level.

Parkinson's in Motion – Focuses on balance, strength and cognitive components to assist people with Parkinson's. Class also includes exercises to improve gait, rigidity, handwriting skills and posture.

Lite Combo – This group fitness class incorporates kickboxing, step and free aerobics. Get your heart rate up while having fun learning new low-impact exercises.

Pilates, Barre & Yoga – Focus on core elements of pilates, ballet & yoga, as well as strength training. Specializes in low impact movement and poses that safely tone, life and transform.

Cycling – This class will get your heart pumping while cycling on indoor stationary bikes. Cycling is a great workout that people of all fitness levels can enjoy with the freedom to make the workout as challenging as you want. The use of a hand towel and water bottle is highly recommended.

Sr. Strength & Cardio – Implements effective, research-driven physical activity programs that are scientifically proven to improve health and performance in older adults. Incorporates a cardiovascular and strength training segment using hand & ankle weights.

Slow Vinyasa – This is a vinyasa practice that still offers both strength and flexibility, but at a more relaxed pace. The Wednesday evening class will end with a 15 minute meditation. A wonderful opportunity to slow down, tune in and take care of yourself. Your mind and body will thank you!

Mindful Vinyasa – Vinyasa is a series of poses linked together to create a flow. This vinyasa class is meant to bring awareness to each moment using mindfulness practices along side the poses. In this way the mindfulness we cultivate in class might start becoming more of a habit throughout our day.

Yin with a Dash of Yang – Traditional Yin is a grounded, slow, opening and meditative practice, where poses are held for some time (from 2 to 6 minutes) and are meant to be passive. This variation on Yin is still grounded, slow, opening and meditative but we will hold poses with slight engagement, so as to protect the body. Each pose is an opportunity to sit in sensation, to breathe with the sensation and to release tension around the sensation as you are able.

Gentle Flow – In this yoga practice the goal is to work gently with strengthening and opening poses. The pace is meant to be more accessible, as are the poses. A great option for those just beginning the practice of yoga.

Yoga Flow – This class will use elements of vinyasa yoga and at times, Pilates, to help break down tense and tight areas so there might be more fluidity in movement. As we age our fascia tends to become more cement-like. This class will help counteract those effects so we might be more free in our bodies.

Yoga – Practices the fundamentals of Hatha through stretching, strengthening and proper breathing. This invigorating practice results in improved circulation, a strong body and a calm mind.

Y Pump – Pump up the volume and transform your body. You will be pumping barbells and plates to pulse pounding music for every major muscle group.

Zumba Gold – A low impact but high energy class set to motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries.

Aquacise – A moderate aerobic workout in shallow water that includes a strength training segment.

Aqua Zumba – Zumba dance and aqua fitness together in a challenging, water based workout that includes cardio conditioning & body toning.

Hydro Power – A deep water class that raises the heart rate and works all major muscle groups.

Aqua Joints – This class offers traditional range of motion exercises at a slower pace.

Water Walking – This is a very basic, low-impact, light intensity workout using the natural resistance of the water to strengthen the core, increase balance, coordination and flexibility.

THERAPY POOL SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15a	8:00 - 8:30a WATER WALKING	8:00 - 8:30a AQUA JOINTS	8:00 - 8:30a WATER WALKING	8:00 - 8:30a AQUA JOINTS		
8:45a	8:30 - 10:00a OPEN SWIM					10:00 - 10:30a Water Babies
10:20a	11:05 - 11:45a SWIM LESSONS	1:15 - 1:55p SWIM LESSONS	11:05 - 11:45a SWIM LESSONS	1:15 - 1:55p SWIM LESSONS		10:30-12:00a OPEN SWIM
4:00p	4:00 - 5:25p SWIM LESSONS	4:00 - 6:10p SWIM LESSONS	4:00 - 5:25p SWIM LESSONS	4:00 - 6:10p SWIM LESSONS		
5:45p	5:45 - 6:30p AQUA ZUMBA		5:45 - 6:30p AQUA ZUMBA			

FREE CHILDWATCH

while parent/guardian uses the facility

Ages: 6 weeks - 3rd grade

MONDAY - FRIDAY

8:20 - 10:20a

MONDAY - THURSDAY

5:00 - 7:00p

SATURDAY

8:00a - Noon