

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|--|---------------------------------|-------------------------------------|---|--|---|-------------------------------|
| 6:00 AM | BODYPUMP Express** Liz R. | Cycling Erika F. | BODYPUMP Fitness on Demand | Cycling Erika F. | BODYPUMP Cristen |  Group Fitness Schedule Winter 2025 Schedule Effective 1/2/2025 - 3/30/2025 SCHEDULE SUBJECT TO CHANGE View updates on The Wave App | |
| | Coach on Deck 16+ Carrie | | Coach on Deck 16+ Carrie | | | | |
| 7:00 AM | BODYPUMP Express** Jennie | | | BODYPUMP Express** Jennie | | | |
| 7:50 AM | | BODYPUMP Fitness on Demand | | BODYPUMP Fitness on Demand | | | |
| 8:00 AM | Fit For Life** 18+ Lynn | | Fit For Life** 18+ Wendy | | Fit For Life** 18+ Lynn | Sprint 8 Xtreme* Pt 1 Scarlet | |
| | | P.A.C.E. Jennie | P.A.C.E. Express** Jennie | P.A.C.E. Jennie | Coach on Deck 16+ Scarlet | | |
| | Water Aerobics Express** Liz M. | | Water Aerobics Express** Julie | | | | |
| 8:30 AM | | | | | | Sprint 8 Xtreme* Pt 2 Scarlet | |
| 9:00 AM | BODYATTACK Brit | Barre Cristen | BODYPUMP Aimee | Barre ❤️ Coco & Scarlet | BODYPUMP Aimee | | BODYPUMP Aimee |
| | Pilates Christine | Gentle Yoga Kelly | Flow & Restore Yoga Claudette | Pilates Michelle | Vinyasa Yoga Amanda | Vinyasa Yoga Corinne | Stretch & Smile Yoga Dave |
| | Cycling Scarlet | Cycling Scarlet | Cycling Corinne | Cycling Lynn | Cycling Scarlet | | Cycling Erika F. |
| | Water Aerobics Liz M. | Water Aerobics Liz M. | Water Aerobics Scarlet | Water Aerobics Liz M. | Aqua Zumba Yadira | Water Aerobics/Aqua Zumba Liz M./Julie | |
| 9:15 AM | | | | | | Sculpt in 45** Scarlet | |
| 10:15 AM | Zumba Joy | BODYPUMP Jennie | Zumba Joy | Oula Coco & Scarlet | Barre/CORE Fusion ❤️ Aimee | Zumba Leah | CORE* Aimee |
| | Gentle Yoga Corinne | Yin Yoga 18+ Corinne | Gentle Yoga Claudette | Gentle Yoga & Yin Corinne | Gentle Yoga Erica R. | Stretch & Smile Yoga Dave | Vinyasa Yoga*** Nathalie |
| 11:30 AM | Sculpt in 45** Mary | Oula Nathalie | Sculpt in 45** Joy | | HIIT Your Limits** Scott | | |
| 12:00 PM | | Deep Water Aerobics Liz M. | Yoga Strength Nathalie | Deep Water Aerobics Liz M. | | | |
| 1:00 PM | SilverSneakers Stability** 18+ Leah | Qigong/Tai Chi Emily | SilverSneakers Circuit 18+ Wendy | | SilverSneakers Circuit 18+ Miriam | | |
| 2:00 PM | | Senior Strength (OA) Scarlet | | Senior Strength (OA) Scarlet | | | |
| 4:15 PM | | Vinyasa Yoga Corinne | Cycling Express** Erika F. | Yin Yoga 18+ Corinne | | | Restorative Yoga*** Shawna |
| 4:30 PM | | CORE* Erica | | CORE* Brit | | | |
| 5:00 PM | Oula Angie | Sprint 8 Xtreme Pt 1* Wendy | Oula Coco | Sprint 8 Xtreme Pt 1* Scarlet | Oula Scarlet | | Intro to Oula Emily/Hilary |
| 5:15 PM | Vinyasa Yoga Ingrid | BODYPUMP Express** Jennie | Slow Flow Yoga Erika P. | BODYATTACK Express** Brit | | | |
| 5:30 PM | | Sprint 8 Xtreme Pt 2* Wendy | | Sprint 8 Xtreme Pt 2* Scarlet | <div> Aquatics Mind & Body Studio Group Fitness Studio Cycling Studio Upper Fitness Floor Weight Floor Turf </div> <div> Those 14 & up may take classes unless otherwise indicated. Children 10 - 13 must be accompanied by an adult unless otherwise indicated. </div> | | |
| | | Heated Vin Yin Yoga Amanda 🔥 | | Vinyasa Yoga Christiane | | | |
| 6:00 PM | Cycling Express** Wendy | | | | | | |
| 6:15 PM | BODYPUMP Erica R. | Barre ❤️ Erica R. | BODYPUMP Erica R. | Barre ❤️ Erica R. | | | |
| 6:30 PM | Heated Strong Vinyasa Nathalie 🔥 | | Heated Strong Vinyasa Nathalie 🔥 | | | | |
| 6:45 PM | | Restorative Yoga/Yoga Kara | | Restorative Yoga/Yoga Nidra Christiane | | | |
| | | | | | | Classes are 60 minutes unless indicated *Class is 30 minutes **Class is 45 minutes *** Class is 75 minutes ❤️ = New class/time 🔥 = Heated class 16+ = Ages 16 & up 18+ = Ages 18 & up OA= Class for older adults | |

Class Descriptions (Pre-Registration on The Wave App is Recommended)

Barre: A dynamic class that combines pilates, yoga, aerobics and strength training with energizing music, resulting in a fun, challenging, full-body workout.

BODYATTACK by Les Mills: A high energy class combining athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

BODYPUMP by Les Mills: A total body strength workout that will shape and tone all major muscle groups, increase core strength, improve bone health and leave you feeling strong. Uses light to moderate weights with lots of repetition. With scientifically proven move and techniques, tons of encouragement, motivation and great music, you will achieve much more than on your own.

Coach on Deck: For swimmers 16 and over who are fitness swimmers, competitors and triathletes. Certified coaches will lead you through a workout helping with technique and improving your stroke. (60 minutes, Lap Pool) **Class Capacity 20.**

CORE by Les Mills: Exercises muscles around the core, this format provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favorite sports - it's the glue that holds everything together.

Cycling: Group indoor cycling class suitable for all fitness levels. Classes vary slightly with each individual instructor. **Class Capacity 20.**

Deep Water Aerobics: This class appeals to all fitness levels as we work out in the deep water using flotation belts that keep us suspended and our bodies below the water. The natural resistance of the water offers a chance to have a full body, non impact workout with emphasis on core strengthening, flexibility, cardiovascular fitness and range of motion. **Class capacity 12.**

Fit For Life: A fun filled class that will offer options to challenge all fitness levels. Includes cardio, strength training, balance and flexibility. A variety of equipment will be used and classes will vary. **Ages 18 and up.**

Flow & Restore Yoga: This yoga class begins with 'Vinyasa' flow which links breath to movement to build strength and flexibility. Then transitions into 'Restorative' yoga, a therapeutic and fully supportive practice that takes you to a deep relaxed state with mindful stillness, where the body completely relaxes, heals and releases stress.

Gentle Yoga: Combines gentle yoga poses, with breathing and stretching. This class is designed for all levels who enjoy a relaxed pace. Good place to start your yoga practice.

Gentle Yoga & Yin: A combination of our Gentle Yoga with Yin Yoga.

HIIT Your Limits: High Intensity Interval Training; features short bursts of high intensity exercises followed by short periods of lower intensity activity or rest breaks. Uses bands, balls, and body weight.

Oula: Oula merges high intensity cardio with easy to follow choreography, mindfulness practices and a culture of inclusivity all to an energetic pop soundtrack. Every class empowers participants to challenge their bodies and process their emotions through music, movement and most importantly, a community connection. **Intro to Oula:** A great way to begin your Oula journey. We will give you an overview of the fundamentals and break down the moves at a slower pace. This intro class is ideal for those new to the format or who want to take it at a slower pace.

P.A.C.E. Progressive Aerobic Circuit Exercise; A series of exercises incorporating stations for cardio, balance and core strengthening and specific strength training. (45 & 60 minutes, Upper Fitness Floor) **Class Capacity 12.**

Pilates: Mat-based Pilates class focuses on strength, stability, posture, proper breath control, and flexibility. Each class will work to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement. Classes will be taught using slow, controlled movements.

Qigong/Tai Chi: Class begins with a short Qigong practice, using focused and controlled breaths with synchronized movements to work towards a meditative state of mind. The second half of class moves into Tai Chi easy, practicing the nine postures and deepening the connection of mind, body, breath.

Restorative Yoga: A therapeutic and fully supportive practice that takes you to a deep relaxed state with mindful stillness, where the body completely relaxes, heals and releases stress.

Restorative Yoga/Yoga Nidra: Unwind after a long day with restorative yoga to relax and release the body, followed by a guided yoga nidra session. During yoga nidra we lay down, let go of tension, and melt while being led through a guided meditation that takes you into a deeply relaxed state between wake and sleep. This class will help to restore the body, rest the nervous system, and recover from stress.

Sculpt in 45: Got 45 minutes? This powerful class will give you the perfect exercises to work the full body and core!

Senior Strength: Group strength training class designed for older adults. Focuses on increasing muscular strength, bone density, flexibility and improving balance. We use free weights, bands & occasionally use sliders/exercise balls. Please check with the instructor if you are new to the class and provide a brief overview of your health history, including any limitations or recommendations from doctors or therapists. ***Prior health screen required!**

SilverSneakers: Circuit - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement to aid in activities for daily living. **For ages 18 & up. Stability-** Get stronger and improve your balance through exercises that strengthen the ankle, knee and hip joints all in a fun and social setting. Designed for fall prevention. **For ages 18 & up.**

Slow Flow Yoga: Vinyasa style class that is at a slower pace with more simplified movements.

Sprint 8: Burn fat, build muscle, increase energy, decrease bad cholesterol, improve memory performance and delay the effects of aging, all in this scientifically proven Sprint Intensity Interval Training workout! This is a step above HIIT training for results! You will take on eight 30 second, full out -100% effort, sprints each with a 90 second active recovery.

Stretch & Smile Yoga: Join us for a fun and unique stretch class taught by our most senior yoga teacher, Dave! This gentle paced class will leave you with a smile on your face!

Strong Vinyasa Yoga: A challenging class to build strength in the body and resilience in the mind. Yoga experience is recommended. Modifications offered. Style and intensity will vary by instructor.

Vin Yin Yoga: Combination of Vinyasa Yoga with Yin Yoga.

Vinyasa Yoga: Vinyasa yoga is a creative form of yoga where poses are linked together with the breath in a flowing sequence. The beauty of Vinyasa yoga is the variety. There is no standard sequence in Vinyasa yoga, so the style, pace and intensity will all vary depending on the teacher. Yoga experience recommended but not necessary.

Water Aerobics: This class uses a variety of equipment to strengthen your body while increasing agility, range of motion, cardio health, balance and coordination. Suitable for all fitness levels. **Class Capacity 20**

Yin Yoga: Yin is a slow grounded practice that consists of a series of long-held deep stretches. It gently releases the muscles and stretches the body's connective tissues. Great for after any sports or activities! **For ages 18 & up.**

Yoga Strength: This class is designed to focus on core and arm strength, as well as balance and mobility to help work towards arm balancing poses and jump through & jump backs that are in a vinyasa class. We will be working on handstands and other inventions as well as calisthenics drills to help build overall strength in your body.

Zumba: A fusion of Latin and International music and dance themes that create a dynamic, exciting, effective fitness system.