

	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 Express** Cristen/Liz R.	 Group Fitness Schedule Spring 2025 Schedule Effective 3/31/2025 - 5/26/2025 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	Power 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 Erica R.	Zumba Joy	Oula Coco & Scarlet	Barre/CORE Fusion Aimee	Zumba Leah	Barre/CORE Fusion ❤️ 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	Body Barre**❤️ Nathalie		Yoga Strength Nathalie	Body Barre**❤️ Nathalie			
		Deep Water Aerobics Liz M.		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 Erica R.	Cycling Express** Erika F.				
4:30 PM		CORE* Aimee	CORE*❤️ Brit	CORE* Erica			
5:00 PM	Oula Angie	Sprint 8 Xtreme Pt 1* Wendy		Sprint 8 Xtreme Pt 1* Scarlet	Oula Scarlet		Intro to Oula Emily/Hilary
5:15 PM		BODYPUMP Express** Jennie	BODYATTACK Exp.**❤️ Brit	BODYPUMP Exp.**❤️ Erica			
	Vinyasa Yoga Ingrid		Slow Flow Yoga Erika P.				
5:30 PM		Sprint 8 Xtreme Pt 2* Wendy		Sprint 8 Xtreme Pt 2* Scarlet	Aquatics Mind & Body Studio Group Fitness Studio Cycling Studio Upper Fitness Floor Weight Floor Turf Those 14 & up may take classes unless otherwise indicated. Children 10 - 13 must be accompanied by an adult unless otherwise indicated.		
		Heated Vin Yin Yoga Amanda 🔥		Vinyasa Yoga Christiane			
6:00 PM	Cycling Express** Wendy						
6:15 PM	Barre ❤️ Erica R.		Oula ❤️ Coco	Barre Erica R.			
6:30 PM	Heated Strong Vinyasa Nathalie 🔥		Heated Strong Vinyasa Nathalie 🔥				
6:45 PM		Restorative Yoga/Yoga Nidra 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 & 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 & jumping with strength exercises such as push-ups & squats.

Body Barre: A fusion class combining the toning & strength training of barre with the flexibility & mindfulness of yoga, resulting in a low-impact, full-body workout that improves strength, flexibility, & balance.

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.

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

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. **Class Capacity 12.**

Pilates: Mat-based Pilates class focuses on strength, stability, posture, proper breath control, & 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.

Power Pilates: A faster paced, higher rep, spicier pilates based mat class that is guaranteed to bring your core strength and conditioning to the next level. Modifications available for all ages and fitness levels. This class will leave you feeling strong and addicted to the mat.

Qigong/Tai Chi: Begins with a short Qigong practice, using focused & controlled breaths with synchronized movements to work towards a meditative state of mind. The 2nd half of class moves into Tai Chi easy, practicing the nine postures & deepening the connection of mind, body, breath.

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.

Sprint 8 Xtreme: We have added even more to our Sprint 8 class with a half hour of strength training to enhance the results & increase the caloric after burn!

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 & resilience in the mind. Yoga experience is recommended. Modifications offered. Style & 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: Designed to focus on core, arm strength, balance & mobility to help work towards arm balancing poses & jump through/jump backs that are in a vinyasa class. We'll be working on handstands, other inventions, & 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.