

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6:00 AM	BODYPUMP Express** Fitness on Demand	Cycling Erika F.	BODYPUMP Express ** Cristen	Cycling Erika F.	BODYPUMP Express** Liz R.	 THE WAVE Group Fitness Schedule Spring 2026 Schedule Effective 3/30/2026 - 5/24/2026 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. Jennie	P.A.C.E. Jennie	Coach on Deck 16+ Scarlet			
	Water Aerobics Express** Michelle S.		Water Aerobics Express** Julie					
8:30 AM						Sprint 8 Xtreme* Pt 2 Scarlet		
9:00 AM	BODYATTACK Brit	Barre Cristen	BODYPUMP Aimee	Barre Coco	BODYPUMP Aimee		BODYPUMP Aimee	
	Vinyasa Yoga ❤️ Corinne	Gentle Yoga Kelly	Flow & Restore Yoga Claudette	Gentle Yoga Corinne	Vinyasa Yoga Amanda	Vinyasa Yoga Corinne/Nathalie		
	Cycling Scarlet	Cycling Scarlet	Cycling Corinne	WARRIOR Revolution Krista	Cycling Scarlet		Cycling Erika F.	
	Advanced Water Aerobics Michelle S.	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 Leah	BODYPUMP Aimee	Zumba Joy	Oula Dance Coco	WARRIOR Combat Aimee	Zumba Leah/Yadira	Barre/CORE Fusion Aimee	
	Gentle Yoga Corinne	Yin Yoga 18+ Corinne	Gentle Yoga Claudette	Inferno Hot Pilates Michelle M. 🔥	Gentle Yoga Corinne	Gentle Yoga Corinne/Nathalie		
11:30 AM	Sculpt in 45** Mary	Oula Dance Hilary	Sculpt in 45** Joy					
		Qigong/Tai Chi Emily						
12:00 PM	Body Barre Nathalie		Yoga Drills Nathalie	Body Barre Nathalie				
		Deep Water Aerobics Liz M.		Deep Water Aerobics Liz M.				
12:15 PM								
1:00 PM	SilverSneakers Stability 18+ Miriam		SilverSneakers Circuit 18+ Miriam		SilverSneakers Circuit 18+ Miriam			
2:00 PM		Senior Strength (OA) Scarlet		Senior Strength (OA) Scarlet				
4:00 PM			Tween Zumba** ❤️ Julie					
4:15 PM		Gentle Yoga Corinne		Yin Yoga 18+ Corinne				
4:30 PM		CORE* Aimee		CORE* ❤️ Starts April 9th				
5:00 PM	Oula Dance Angie	Sprint 8 Xtreme Pt 1* Wendy	WARRIOR Combat Coco/Scarlet	Sprint 8 Xtreme Pt 1* Scarlet	Oula Dance Scarlet		Oula Dance Hilary/Emily	
5:15 PM		BODYPUMP Jennie		BODYATTACK Exp.** ❤️ Starts April 9th	Aquatics Mind & Body Studio Group Fitness Studio Cycling Studio Private Training Studio Functional Training Nook Those 14 & up may take classes unless otherwise indicated. Children 10 - 13 must be accompanied by an adult unless otherwise indicated.			
	Vinyasa Yoga Ingrid		Flow & Restore Yoga Kara					
5:30 PM	Cycling Express** Wendy	Sprint 8 Xtreme Pt 2* Wendy	WARRIOR Revolution** Ava ❤️	Sprint 8 Xtreme Pt 2* Scarlet				
		Heated Vin Yin Yoga Amanda 🔥		Vinyasa Yoga Christiane				
6:30 PM	Heated Strong Vinyasa Nathalie 🔥		Heated Strong Vinyasa Nathalie 🔥					
6:45 PM		Vinyasa Yoga Sophie		Flow & Restore Yoga*** Sophie				

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
 Tween Classes: Ages 9 - 13

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

Advanced Water Aerobics: Boost strength, endurance, & mental edge using water resistance & pool equipment in this invigorating Level II/III aqua class. Enjoy a medley of timed intervals, martial arts, plyometrics, suspension, power dance &/or core strength followed by mindful stretching. **Class Capacity 16**

Aqua Zumba: Add a low-impact, high-energy aquatic exercise to your fitness routine. There is less impact on your joints so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles. **Class Capacity 20.**

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. **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 19.**

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.

Inferno Hot Pilates: A faster paced, higher rep, spicier Pilates based HIIT 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.

Oula Dance: Oula Dance 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.

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 15.**

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

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 & 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.**

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. **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.**

Sprint 8: Burn fat, build muscle, increase energy, decrease bad cholesterol, and improve memory performance, all in this scientifically proven Sprint Intensity Interval Training workout! You will take on eight 30 second, full out -100% effort, sprints each with a 90 second active recovery. **Class capacity 19.**

Sprint 8 Xtreme: We have added even more to this class with a half hour of strength training to enhance the results.

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.

Tween Classes: Classes available for children ages 9 - 13 years.

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 is the variety. There is no standard sequence, so the style, pace and intensity will all vary depending on the teacher. Yoga experience recommended but not necessary.

WARRIOR Combat: WARRIOR Combat is boxing inspired, powerful, and fierce. It is for everybody and every BODY. WARRIOR Combat has two 30-minute sections. These sections are distinguished by timed intervals and moves synchronized to music. Both include boxing combinations, HIIT training, total body strength and aerobic conditioning. Have a set of dumbbells handy and get ready to feel like a confident rockstar.

WARRIOR Revolution: Experience the ultimate expression of music and cycling! WARRIOR Revolution features diverse playlists, intelligent programming, and dance undertones WARRIOR Revolution is perfect for newbies and seasoned riders looking for an edgier experience. Your ride awaits! Join the revolution!

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 Drills: 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.

Zumba: Turn your workout into a party! Zumba blends Latin and global rhythms, such as salsa, reggaeton, hip-hop, pop, bachata, merengue, and Afro beats into a high energy, joy-filled dance class. All moves and all levels welcome!