

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	BODYPUMP Express** <i>Fitness on Demand</i>		BODYPUMP Express ** <i>Cristen</i>		BODYPUMP Express** <i>Cristen</i>	 THE WAVE Group Fitness Schedule Fall 2026 <u>Schedule Effective 10/4/2026 - 1/1/2027</u> SCHEDULE SUBJECT TO CHANGE Use the App for the most up to date info	
	Coach on Deck 16+ <i>Carrie</i>	Cycling <i>Erika F.</i>	Coach on Deck 16+ <i>Carrie</i>	Cycling <i>Erika F.</i>			
7:00 AM	BODYPUMP Express** <i>Jennie</i>			BODYPUMP Express** <i>Jennie</i>			
	Vinyasa Yoga Express** <i>Gerda</i>		Vinyasa Yoga Express** <i>Gerda</i>				
7:50 AM		BODYPUMP <i>Fitness on Demand</i>		BODYPUMP <i>Fitness on Demand</i>			
8:00 AM	Fit For Life** 18+ <i>Lynn</i>		Fit For Life** 18+ <i>Wendy</i>		Fit For Life** 18+ <i>Lynn</i>		
		P.A.C.E. <i>Jennie</i>	P.A.C.E. <i>Jennie</i>	P.A.C.E. <i>Jennie</i>	Coach on Deck 16+ <i>Scarlet</i>		
	Water Aerobics Express** <i>Michelle S.</i>		Water Aerobics Express** <i>Julie</i>				
9:00 AM	Build & Burn <i>Carly</i>	Barre <i>Cristen</i>	BODYPUMP <i>Aimee</i>	Barre <i>Coco</i>	BODYPUMP <i>Aimee</i>		BODYPUMP Heavy <i>Aimee</i> ❤️
	Vinyasa Yoga <i>Corinne</i>	Gentle Yoga <i>Kelly</i>	Flow & Restore Yoga <i>Claudette</i>	Gentle Vinyasa <i>Corinne</i>	Vinyasa Yoga <i>Amanda</i>	Vinyasa Yoga <i>Nathalie/Sophie</i>	
	Cycling <i>Scarlet</i>	Cycling <i>Scarlet</i>	Cycling <i>Corinne</i>	Cycling <i>Krista</i>	Cycling <i>Scarlet</i>		
	Advanced Water Aerobics <i>Michelle S.</i>	Water Aerobics <i>Liz M.</i>	Water Aerobics <i>Scarlet</i>	Water Aerobics <i>Liz M.</i>	Aqua Zumba <i>Lea</i>	Water Aerobics/Aqua Zumba <i>Liz M./Julie</i>	
10:15 AM	Zumba <i>Leah</i>	BODYPUMP Heavy <i>Jessica</i> ❤️	Zumba <i>Joy</i>	WARRIOR Combat Express** <i>Coco</i>	CORE ** ❤️ <i>Aimee</i>	Zumba <i>Leah</i>	CORE ** <i>Aimee</i>
	Gentle Yoga <i>Corinne</i>	Inferno Hot Pilates <i>Michelle M.</i> 🔥	Gentle Yoga <i>Claudette</i>	Inferno Hot Pilates <i>Michelle M.</i> 🔥	Gentle Yoga <i>Amanda</i>	Gentle Yoga <i>Nathalie/Sophie</i>	
11:30 AM	Sculpt in 45** <i>Mary</i>	Oula Dance <i>Hilary</i>	Sculpt in 45** <i>Joy</i>		Oula Dance <i>Scarlet</i>		
		Qigong/Tai Chi <i>Emily</i>					
12:00 PM	Body Barre <i>Nathalie</i>		Yoga Drills <i>Nathalie</i>	Body Barre <i>Nathalie</i>			
		Deep Water Aerobics <i>Liz M.</i>		Deep Water Aerobics <i>Liz M.</i>			
12:15 PM							
1:00 PM	SilverSneakers Stability 18+ <i>Miriam</i>		SilverSneakers Circuit 18+ <i>Miriam</i>		SilverSneakers Circuit 18+ <i>Miriam</i>		
2:00 PM		Senior Strength (OA) <i>Scarlet</i>		Senior Strength (OA) <i>Scarlet</i>			
4:15 PM		Yin Yoga 18+ <i>Corinne</i>		Gentle Yoga <i>Gerda</i>			
4:30 PM		CORE* <i>Aimee</i>		CORE* <i>Brit</i>			
5:00 PM	Oula Dance <i>Angie</i>	Sprint 8 Xtreme Pt 1* <i>Wendy</i>	WARRIOR Combat <i>Coco/Scarlet</i>	Sprint 8 Xtreme Pt 1* <i>Scarlet</i>	Oula Dance <i>Scarlet</i>		
5:15 PM		BODYPUMP <i>Jennie</i>			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 <i>Ingrid</i>						
5:30 PM	Cycling Express** <i>Wendy</i> ❤️	Sprint 8 Xtreme Pt 2* <i>Wendy</i>	WARRIOR Revolution** <i>Ava</i>	Sprint 8 Xtreme Pt 2* <i>Scarlet</i>			
		Heated Vin Yin Yoga <i>Amanda/Gerda</i> 🔥		Vinyasa Yoga <i>Christiane</i>			
6:30 PM	Heated Strong Vinyasa <i>Nathalie</i> 🔥		Heated Strong Vinyasa <i>Nathalie</i> 🔥❤️				
6:45 PM				Flow & Restore Yoga*** <i>Sophie</i>			

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)

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.

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.

BODYPUMP Heavy by Les Mills: Drawing on traditional lifting techniques, BODYPUMP HEAVY challenges strength, builds lean muscle, and drives measurable performance gains. It features foundational lifts, a slow tempo, and lots of recovery periods, allows for expert coaching, so you master form and technique and can lift heavier.

Build & Burn: Build strength & cardiovascular endurance with functional, full-body movements using weights. Throughout the class, you'll work through 3–4 HIIT intervals designed to challenge & improve cardiovascular fitness. All fitness levels are welcome, with modifications provided to meet you where you are.

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 Vinyasa: A stepping stone between Gentle Yoga and Vinyasa. We will break down the poses and go in slowly with proper alignment. Build strength and flexibility, gently and mindfully, while learning the postures of Vinyasa.

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.

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

Vinyasa Yoga: 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!