

# Group Exercise Schedule

*Schedule subject to change*

| Monday                                                 | Tuesday                                                 | Wednesday                                             | Thursday                                                | Friday                                                 |
|--------------------------------------------------------|---------------------------------------------------------|-------------------------------------------------------|---------------------------------------------------------|--------------------------------------------------------|
| <b>WATER AEROBICS</b><br>9:30 am – 10:30 am<br>W/ Tim  | <b>WATER AEROBICS</b><br>9:30 am – 10:00 am<br>W/ Dylan | <b>WATER AEROBICS</b><br>9:30 am – 10:30 am<br>W/ Tim | <b>WATER AEROBICS</b><br>9:30 am – 10:00 am<br>W/ Dylan | <b>WATER AEROBICS</b><br>9:30 am – 10:00 am<br>W/ Tim  |
|                                                        | <b>BOOT CAMP</b><br>12:30 pm – 1:15 pm<br>W/ Tim        |                                                       | <b>BOOT CAMP</b><br>12:30 pm – 1:15 pm<br>W/ Tim        |                                                        |
| <b>CORE:</b><br>2:30 pm – 3:00 pm<br>W/ Tim            | <b>Stretch</b><br>1:30 pm – 2:00 pm<br>W/ Dylan         | <b>CORE:</b><br>2:30 pm – 3:00 pm<br>W/ Dylan         | <b>Stretch</b><br>1:30 pm – 2:00 pm<br>W/ Dylan         | <b>CORE:</b><br>2:30 pm – 3:00 pm<br>W/ Tim            |
| <b>WATER AEROBICS</b><br>3:15 pm – 3:45 pm<br>W/ Dylan |                                                         | <b>WATER AEROBICS</b><br>3:15 pm – 3:45 pm<br>W/ Tim  |                                                         | <b>WATER AEROBICS</b><br>3:15 pm – 3:45 pm<br>W/ Dylan |
|                                                        |                                                         |                                                       |                                                         |                                                        |
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## **WATER AEROBICS:**

Experience a high-energy, low-impact workout that uses the natural resistance of water to tone muscles and boost cardio.

## **CORE:**

Move beyond the basic crunch to target your abs, obliques, and lower back using a mix of stability exercises and functional movements. **(Yoga mat recommended)**

## **Stretch:**

Restore your body and calm your mind: this class focuses on deep stretching and mobility exercises designed to release muscle tension, improve flexibility, and increase your range of motion. **(Yoga mat recommended)**

## **BOOT CAMP**

Work at your own pace and ability level with a mixture of strength exercises and cardio conditioning targetting your whole body.