

# Group Exercise Schedule - Winter 2019

Effective March 3rd

Monday			Wednesday			Friday		
5:15-6:00am	Express Tabata-A	Martha	5:15-6:00am	Cycle 45-C	Kristy	5:15-6:00am	Insanity-A	Jess
5:30-6:30am	Cycle 60-C	Paul	5:30-6:30am	Body Combat-A	Jess	5:15-6:00am	Cycle 45-C	Kristy
8:00-9:00am	Deep Water-L	Paul	6:00-6:30am	CxWorX-Y	Kristy	6:00-6:30am	Pilates-Y	Kristy
8:00-8:45am	Cycle 45-C	Kim	7:45-8:15am	Cycle 30-C	Kim	8:00-9:00am	Deep Water-L	Gayle
9:00-10:00am	Aqua Intervals-L	Paul	8:15-9:15am	Boot Camp-A	Jen	8:15-9:15am	Body Combat-A	Lori
9:30-10:30am	Yoga-Y	Barbara	8:30-9:30am	Gentle Yoga-Y	Kim	8:30-9:30am	Beginner Yoga-Y	Kim
9:30-10:30am	Light N Lively-A	Jen	9:00-10:00am	Deep Water-L	Paul	9:00-10:00am	Aqua Dance-L	Gayle
10:15-11:00am	Aqua Vitality-W	Paul	9:30-10:30am	Light N Lively-A	Megan			
10:45-11:30am	Range of Movement-PT	Debbie	10:15-11:00am	Aqua Vitality-W	Paul	10:15-10:45am	Ai Chi-W	Gayle
10:45-11:45am	Yin Yoga-Y	Barbara	10:45-11:30am	Range of Movement-PT	Debbie	10:45-11:45am	Gentle Yoga-Y	Barbara
12:00-1:15pm	Yoga-Y	Barbara	11:00-12:00pm	Water Walking-L/W	Paul	12:00-1:15pm	Yoga-Y	Barbara
12:00-1:00pm	Aqua Yoga-W	Debbie	12:00-1:00pm	Aqua Yoga-W	Debbie	4:15-5:15pm	Body Pump-A	Ruth
4:15-5:30pm	Yoga-Y	Jim	12:15-12:45pm	Golf Yoga-Y	Paul	5:30-6:00pm	HIIT-A	Theresa
4:30-5:30pm	Body Combat-A	Lori	4:30-5:30pm	Body Pump-A	Jen	<b>Saturday</b>		
5:30-6:00pm	Core 30-Y	Ruth	4:30-5:45pm	Yoga-Y	Barbara	8:15-9:15am	Interval Training-A	Rotation
5:30-6:30pm	Body Pump-A	Kristy	5:30-6:30pm	Body Combat-A	John	8:15-9:15am	Cycle 60-C	Rotation
6:00-7:00pm	Aqua Splash-L	Ruth	5:15-5:45pm	Ai Chi-W	Gayle	8:15-9:30am	Yoga-Y	Rotation
6:15-7:15pm	Gentle Yoga-Y	Megan	6:00-7:15pm	Yoga-Y	Barbara	9:15-10:15am	Body Combat-A	Rotation
<b>Tuesday</b>			6:00-7:00pm	WIM/Splash-L	Gayle	9:15-10:15am	Aqua Splash-L	Rotation
5:30-6:15am	Body Pump-A	Jen	<b>Thursday</b>			9:30-10:30am	Gentle Yoga-Y	Rotation
5:30-6:00am	CxWorX-Y	Ruth	5:15-6:00am	Interval Training-Y	Martha	10:15-11:15am	Body Pump-A	Rotation
8:15-9:15am	Interval Training-A	Mary	5:30-6:30am	Body Pump-A	Jen	<b>Sunday</b>		
8:15-9:00am	Cycle HIIT-C	Paul	8:15-9:15am	Power Hour-A	Mary	8:15-9:30am	Yoga-Y	Kim
9:00-10:00am	WIM-L	Jen	8:30-9:45am	Yoga-Y	Kim	9:15-10:15am	Body Combat-A	Rotation
9:30-10:30am	Gentle Yoga-Y	Paul	9:00-10:00am	WIM-L	Jen	10:15-11:30am	Kundalini Yoga-Y	Leslie
9:30-10:30am	Pump/CxWorX/Fusion-A	Janette	9:30-10:30am	Body Pump-A	Janette	<p><b>Locations</b>  <b>A = Aerobics Studio</b>  <b>C = Cycling Studio</b>  <b>L = Lap Pool</b>  <b>PT = Personal Training Studio</b>  <b>W = Warm Water Pool</b>  <b>Y = Yoga Studio</b></p>		
10:00-11:00am	Water Walking-L/W	Jen	10:00-11:00am	Water Walking-L/W	Kim			
11:15-12:00pm	Aqua Arthritis-W	Paul	11:15-12:00pm	Aqua Arthritis-W	Paul			
12:00-1:15pm	Restore Yoga-Y	Debbie	12:00-1:15pm	Restore Yoga-Y	Debbie			
4:45-5:30pm	Zumba-A	Jackie	4:30-5:30pm	Body Combat-A	Steph			
5:15-5:45pm	Cycle HIIT-C	Tracy	5:15-5:45pm	Cycle HIIT-C	Tracy			
5:30-6:30pm	Combat Fusion-A	Lori	5:30-6:30pm	Zumba-A	Jackie			
6:00-7:00pm	Aqua Intervals-L	Tracy	6:00-7:00pm	Aqua Intervals-L	Tracy			
			6:00-7:00pm	Power Flow-Y	Dawn			



Live life to the fittest!

## Mind Body

♥**Ai Chi:** Emphasizes balance, and slow flowing movements in warm water.

♥**Aqua Yoga:** Yoga postures for mind/body balance & stretch in warm water.

♥**Beginner Yoga:** Learn the basics of yoga, sun salutations, relaxation, meditation & breathing.

♥**Gentle Yoga:** Strengthens, stretches, and will help you gain mind/body awareness.

**Golf Yoga:** Flexibility, range of motion, and honing mental concentration are covered.

**Kundalini Yoga:** Use breath, chants, poses and dynamic movements.

**Restorative Yoga:** Utilizes support of chairs and props to allow full relaxation in poses and stretches.

♥**Yin Yoga:** Incorporates held seated/reclined poses designed to target connective tissues to improve circulation.

**Yoga:** Combines postures and deep breathing techniques for flexibility, strength, and calm.

## Strength

♥**Aqua Arthritis:** Uses range of motion in warm water to help reduce pain/stiffness caused by arthritis.

**Aqua Vitality:** Range of movement, core, flexibility, and fun in the warm water!

**Core 30:** 30 min. core workout that uses a variety of techniques to gain strength.

**Les Mills BODYPUMP:** A weighted bar class to sculpt your entire body.

**Les Mills CXWORX:** 30 min. core workout scientifically proven to improve functional strength.

**Pilates:** Improve the core powerhouse for overall better strength & posture.

**Power Hour:** Build lean muscle for all the major muscle groups. Uses a variety of techniques and equipment.

## Cardio

**Aqua Dance:** Enjoy dancing in the water and moving to the music!

**Aqua Splash:** Uses fun, simple aqua cardio routines to improve coordination and strength.

**Cycle 60, 45, 30, HIIT:** Use outdoor cycling techniques w/great music. Try 60, 45, 30 minute or intervals classes.

**HIIT:** 30 min. of High Intensity Interval Training to shred calories.

**Les Mills BODYCOMBAT:** Inspired by a variety of martial arts disciplines set to fun music.

**WIM (Water in Motion):** A shallow workout to strengthen/tone the whole body.

**Zumba:** An aerobic fitness program performed to energetic music. Merengue, salsa, samba and hip hop, plus more. Come join the party!

## Cardio & Strength

**Combat Fusion:** 30-40 min. BodyCombat followed by core/strength movements.

**Aqua Intervals:** Incorporates cardio/strength aqua intervals to improve total fitness.

**Boot Camp:** Uses circuits and intervals that will train your whole body.

**Interval Training:** Timed combinations of high/low-intensity exercises proven to boost the “after burn” effect.

♥**Light n’ Lively:** Low impact cardio/strength that uses many elements from dance to agility intervals.

**Deep Water:** This suspended class uses aqua belts, intervals, and basic movements.

♥**Range of Movement:** Practices balance, stability, and flexibility for basic mobility using mostly seated exercises.

**Step N Sculpt:** This cardio/strength class uses basic step choreography and other techniques for total body fitness.

**Tabata:** High-intensity interval training that will give you a sweat-drenching workout!

**Water Walking:** Burn twice the calories of land walking and get strength/cardio all in one.

♥ **Indicates classes designed with low intensity and low impact. Great for beginners or participants with special conditions.**

### Studio Etiquette:

#### Please and Thank You!

- Arrive ~5 min. early for set up.
- Set up of equipment should be no more than 15 min. prior to class.
- Respect instructors by keeping personal conversations to a minimum during class.
- Avoid entering a class more than 5 min. past scheduled start.
- Be considerate of others’ exercise space.
- Use of cell phones is not permitted in our studios.
- Appropriate exercise attire must be worn.
- Water must be in an enclosed, unbreakable container.
- Reserving places is not permitted.
- Clean and return all equipment to the proper storage area.
- Most of our classes are for all levels. Please see class descriptions for more information.

**Download the NorthPointe Wellness App or visit our website [northpointewellness.org](http://northpointewellness.org) for the most up-to-date schedule and facility information.**