

# GROUP EXERCISE SCHEDULE



JAN. 2022

## MONDAY

6:00-7:00AM:	BODYPUMP	BECKA
8:15-9:00AM:	BODY BLAST	BECKA
9:00-9:55AM:	AQUA CIRCUIT	DARLENE
9:15-10:15AM:	YOGA 2	NANCY
10:00-10:55AM:	WATER IN MOTION	HANNAH
11:00-11:45AM:	STABLE & STRONG	HANNAH
12:00-1:00PM:	WATER WALKING	LAURA
5:00-5:45PM:	BODYPUMP	MELISSA
6:00-6:30PM:	SCHWINN SPIN*	TIM
6:00-7:00PM:	CARDIO INTERVAL	MARK
6:45-7:45PM:	YOGA 1	MAUREEN

## TUESDAY

5:15-6:00AM:	RPM CYCLE*	MARCY
7:30-8:15AM:	BODY XTREME	KARA
8:30-9:00AM:	SPRINT CYCLE	ANNIE
9:00-9:55AM:	AQUA POWER	DARLENE
9:15-10:00AM:	BODYPUMP	ANNIE
10:00-10:55AM:	WATER WALKING	HANNAH
11:00AM-12PM:	TAI CHI	SHOWEN
4:00-4:45PM:	BODYVIVE/TONE	BECKA
5:00-5:30PM:	AB BLAST	JAMIE
5:45-6:15PM:	FREESTYLE SPIN*	JAMIE
6:00-7:00PM:	FULL BODY AQUA	CLARISSA

## WEDNESDAY

6:00-6:45AM:	BODYPUMP	KELSEY
7:00-7:45AM:	FREESTYLE SPIN	HOLLY
8:15-9:00AM:	BODYBLAST	KELSEY
9:00-9:55AM:	AQUA CIRCUIT	KELSEY
9:15-10:15AM:	YOGA 2	KAT
10:00-10:55AM:	WATER IN MOTION	BECKA
11:00-11:45AM:	STABLE & STRONG	DEANNE
12:00-1:00PM:	WATER WALKING	LAURA
4:00-4:45PM:	BODYVIVE/TONE	BECKA
5:00-5:45PM:	BODYPUMP	MELISSA
6:00-6:30PM:	FREESTYLE SPIN*	MELISSA
6:00-7:00PM:	CARDIO INTERVAL	MARK
6:45-7:45PM:	VINYASA YOGA	CHRISTINE

## THURSDAY

5:15-6:00AM:	RPM CYCLE*	MARCY
6:15-7:00AM:	BODYFLOW	MARCY
7:30-8:15AM:	BODY XTREME	KARA
8:30-9:00AM:	SPRINT CYCLE*	ANNIE
9:00-9:55AM:	AQUA POWER	DARLENE
9:15-10:00AM:	BODYPUMP	ANNIE
10:00-10:55AM:	WATER WALKING	HANNAH
11:00AM-12PM:	TAI CHI	SHOWEN
4:15-5:00PM:	FREESTYLE SPIN*	CHEYANNE
5:00-5:30PM:	AB BLAST	JAMIE
5:30-6:00PM:	CARDIO KICKER	JAMIE
6:00-7:00PM:	FULL BODY AQUA	CLARISSA
6:15-7:00PM:	FREESTYLE SPIN*	HOLLY

## FRIDAY

7:00-7:45AM:	FREESTYLE SPIN*	CHEYANNE
8:15-9:00AM:	BODY BLAST	DEANNE
9:00-9:55AM:	AQUA CIRCUIT	DARLENE
9:15-10:15AM:	YOGA 2	KAT
10:00-10:55AM:	WATER IN MOTION	DEANNE
11:00-11:45AM:	STABLE & STRONG	DEANNE
4:15-5:00PM:	FREESTYLE SPIN*	HOLLY
5:30-6:15PM:	BODYPUMP	MARCY

## SATURDAY

7:15-8:00AM:	RPM CYCLE*	MARCY
8:15-9:00AM:	BODYPUMP	MARCY
9:00-9:55AM:	AQUA COMBO	DARLENE
9:15-10:15AM:	YOGA 2	RAMONA
10:00-10:55AM:	AQUA COMBO	DARLENE
11:00AM-12PM:	CHAIR TAI CHI	SHOWEN

## SUNDAY

8:00-8:45AM:	BODY XTREME	KARA
9:00-10:00AM:	FREESTYLE SPIN*	ANNIE
10:15-11:15AM:	YOGA 1	KAT

\*CHECK THE DEL NORTE APP FOR THE LATEST SCHEDULE & SUBS. ALL SPIN CLASSES REQUIRE A RESERVATION.

<b>AB BLAST</b>	STRENGTH	ALL LEVELS	This Class is designed to focus on your core! You will tone your abs and develop core strength using a variety of exercises such as planks, sit-ups and more! <i>30 Mins.</i>
<b>LES MILLS BODY PUMP</b>	STRENGTH	ALL LEVELS	Considered the "fastest way to get in shape!", this is a resistance-based or weight-training fitness class utilizing barbells, hand weights, & bands to strengthen and tone your entire body! Adjustable for all levels. <i>45 Minutes</i>
<b>BODY BLAST</b>	CARDIO/ STRENGTH	ALL LEVELS	A cardio charged & high energy workout! This is a HIIT class that incorporates cardio segments, resistance training, plyometrics & intense core work. Uses diverse fitness equipment to blast your body into shape fast. <i>45 Mins.</i>
<b>BODY XTREME</b>	CARDIO/ STRENGTH	ALL LEVELS	This circuit class will use weights, floor exercises, plyometrics, and standing movements that work all major muscle groups of the body. Cardio, strength, & toning are incorporated with timed stations & shorter rest periods. <i>45 Mins.</i>
<b>LES MILLS BODY FLOW</b>	MIND/BODY	ALL LEVELS	A new generation yoga class that will improve your mind, body, & life. You can expect to bend & stretch through a series of simple yoga moves, elements of Tai Chi, & Pilates. Expect to sweat! <i>45 Mins.</i>
<b>CARDIO KICKER</b>	CARDIO/ STRENGTH	ALL LEVELS	Tone your muscles, lose body fat and increase your cardio endurance in this short 30 minute class. Cardio Kicker incorporates high-energy and intense exercises to get you in and out the door quickly! (modify as needed) <i>30 Mins.</i>
<b>CHAIR TAI CHI</b>	MIND/BODY	ALL LEVELS	Improves balance & reduces fall risk. This class consists of making slow, graceful movements while breathing deeply. It's easy to follow & the movements are done slowly. Perfect for those with limited mobility. <i>45 Mins.</i>
<b>FREESTYLE SPIN</b>	CARDIO/ STRENGTH	ALL LEVELS	An energizing, engaging, cardio spin class suitable for everybody. Freestyle Spin will keep you guessing with everything from interval sprints to flat rides and hill climbs. Class times vary.
<b>HIIT</b>	CARDIO/ STRENGTH	ALL LEVELS	This class includes quick, intense bursts of exercise followed by short, active, recovery periods. Get and keep your heart rate up, which builds muscle, sheds fat, & increases overall cardiovascular endurance. <i>45 Mins.</i>
<b>LES MILLS RPM®</b>	CARDIO/ STRENGTH	ALL LEVELS	Group indoor cycling workout where you control the intensity. It's fun and low impact. Find your rhythm in the music and control your resistance and speed, so you can build up your fitness level over time. <i>45 Mins.</i>
<b>LES MILLS SPRINT</b>	CARDIO/ STRENGTH	ALL LEVELS	Short, intense, style of training. The thrill & motivation comes from pushing your physical & mental limits. Sprint is proven to return rapid results & keeps your body in calorie burning mode for hours after the class ends. <i>30 Mins.</i>
<b>STABLE &amp; STRONG</b>	STRENGTH	ALL LEVELS	Overall strength & balance workout. Includes use of chairs & is designed specifically for the needs of senior exercisers. <i>45 Mins.</i>
<b>TAI CHI</b>	MIND/BODY	ALL LEVELS	Ancient martial art conditioning class focusing on concentration, strength, coordination, relaxation, balance, & flexibility. <i>45 Mins.</i>
<b>LES MILLS tone / LES MILLS BODYVIVE</b>	CARDIO/ STRENGTH	ALL LEVELS	A low-impact aerobic exercise that will burn calories & improve your strength. Helps with agility, balance, core strength, flexibility, heart & lung health! This class is a great way to get in shape at a steady pace without having a high-impact workout routine. <i>45 Mins.</i>
<b>VINYASA YOGA</b>	MIND/BODY	MODERATE/ ADVANCED	Link movement of the body to the movement of the breath. This dynamic, flowing practice leads you through a balanced series of postures to strengthen and build flexibility and promote physical stamina. <i>45 Mins.</i>
<b>YOGA</b>	MIND/BODY	ALL LEVELS	Refresh mind and body using easy-to-follow poses and combinations. Helps increase flexibility, concentration, and relaxation. Yoga 1 is great for beginners, while Yoga 2 has moderate/advanced instruction. <i>45 Mins.</i>
<b>AQUA CIRUIT</b>	AQUA	ALL LEVELS	An effective & fun design for an aqua fitness class. Combine cycles of cardio and cycles of muscle strengthening with the use of a variety of equipment. This is truly a workout for everyone! *Includes jumping and treading. <i>55 Mins.</i>
<b>AQUA COMBO</b>	AQUA	ALL LEVELS	A variety of styles, intensities, and equipment designed to provide a great workout every time. <i>55 Mins.</i>
<b>AQUA POWER</b>	AQUA	ALL LEVELS	Learn how to add power to basic water moves and burn calories in the large muscles. Focusing on whole body strengthening in the water and finishing with a series of stretches. <i>55 Mins.</i>
<b>CARDIO INTERVAL</b>	AQUA	ALL LEVELS	Work your muscles, increase metabolism, burn fat, assist with weight loss & improve cardio respiratory fitness. This aqua class incorporates an interval training method with short periods of higher intensity exercise followed by recovery periods. <i>55 mins.</i>
<b>FULL BODY AQUA</b>	AQUA	ALL LEVELS	Use the noodles to learn transitions and holds to maximize core workout. Varying intensities to regulate cardio/core training. Includes range of motion exercises to increase flexibility. <i>55 Mins.</i>
	AQUA	ALL LEVELS	Our newest aqua exercise workout that provides a low impact, high-energy challenge. Jump in and make a splash with this dynamic cardiovascular workout that tones and tapers the entire body. <i>55 Mins.</i>
<b>WATER WALKING</b>	AQUA	ALL LEVELS	An active class using different travel patterns to maximize the resistance of the water. A good class for training at any level. <i>55 Mins.</i>