

# Spring #1

## FITNESS CLASSES

Mar 9<sup>th</sup> – May 3<sup>rd</sup>, 2026

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
9AM		Deep H2O		Deep H2O		Supersweat	RIPPED
9:30AM	Morning Mix	<i>*Strong Moms (10am)</i>	Morning Mix		Morning Mix		
10:30AM		Hatha Yoga		Vinyasa Flow		Spin	
11:15AM	Arthritics	<i>*Strong Moms</i>	Arthritics		Arthritics		
12:10PM	Strength & Sculpt Fit-Swim	Short Circuit	Cardio Core Fit-Swim	SHRED	Pylata		
5:30PM	Escape Circuit	Zumba	Spin & Tone	RIPPED			
6:30PM		Yin Yoga		Fit-Swim (6pm)	FITNESS HOURS		
7PM			Aquacise		Mon-Fri: 6:00am-8:00pm Sat-Sun: 7:00am-4:00pm		

### LEGEND

**\*Aqua Classes: Competition & Leisure Pools**

**\*MPR Classes: MPR Aerobic Studio.**

**\*Fit-Swim: Competition Pool.**

**\*Speciality Classes (Require Registration)**



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## STRENGTH / RESISTANCE TRAINING / CARDIO

<b>CARDIO CORE (40M)</b>	A high-energy workout designed to burn calories and strengthen the abs, hips, and back. Combining high-intensity cardio intervals with targeted core exercises to improve endurance, stability, and posture.
<b>Escape Circuit (45M)</b>	A circuit style class focusing on sports based movements to challenge your cardio and endurance. This class has something for all levels and can be scaled up or down depending on your level of fitness.
<b>Morning Mix (60M)</b>	1 full hour of toning, cardio, core strengthening, balance and stretching. Something for every level and a great way to meet new friends and challenge your limits.
<b>Pilata (40 M)</b>	A combination of Yoga and Pilates exercises combined with strength training and core stability.
<b>RIPPE D (40M/60M)</b>	Work head-to-toe using simple equipment a weighted bar, dumbbells, and a step, tackling various speeds, positions, and rhythms.
<b>Short Circuit (40M)</b>	Focusing on a series of strength and conditioning exercises, often using bodyweight, dumbbells, or bands with short rest periods to get the blood pumping, boosting both muscle conditioning and cardiovascular health.
<b>SHRED (40M)</b>	Shred is a high intensity endurance based workout, utilizing a 3-2-1 interval approach: 3 minutes of strength, 2 minutes of cardio, 1 minute of abs.
<b>Strength &amp; Sculpt (40M)</b>	Combines resistance training exercises with bodyweight movements to build muscle strength, improve muscle tone, and enhance overall fitness.
<b>Spin (40M)</b>	Performed on indoor cycles, combines basic cycling moves with motivational music and coaching to give you a unique exercise experience.
<b>Spin &amp; Tone (60M)</b>	A combination of traditional spin for 30 mins followed by muscular toning and core exercises off the bike, 30 min complimented with a cooldown and stretch to help facilitate recovery and limit muscular fatigue.
<b>Supersweat (60M)</b>	A full body workout while maintaining a hi-tempo with fun and fast-paced cardio component. This class changes weekly along with the instructor to keep your body and mind fresh week to week.
<b>ZUMBA (45M)</b>	Zumba combines Latin and international music with dance moves. Zumba routines incorporate interval training alternating fast and slow rhythms to help improve cardiovascular fitness.

## AQUATIC FITNESS

<b>Arthritics (45M)</b>	Designed to help those with joint pain and mobility conditions maintain good posture, ROM, general strength and cardiovascular stamina. Performed in our warm leisure pool which helps soothe sore joints and bones.
<b>Aquacise (40M)</b>	Designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back.
<b>Deep H2O (40M)</b>	This low impact class is designed for all levels and abilities. Come to enjoy the suspended nature of our deep-water class and get a great workout without any impact.
<b>Fit-Swim (40/60M)</b>	Coached workouts designed to improve speed and swimming skills, for all levels. Not a lesson based class.

## MIND & BODY CLASSES

<b>Hatha Yoga (45/60M)</b>	Postures are practiced to align, strengthen and promote flexibility in the body. You can expect an emphasis on simplicity, repetition, and ease of movement.
<b>Vinyasa Flow (60M)</b>	A dynamic style of yoga that links breath with fluid, sequential movements, creating a continuous flow.
<b>Yin Yoga (45M)</b>	Yin Yoga is a gentle and relaxing all-level class that works deeply into the connective tissues and joints of the hips, pelvis, and lower spine and is suitable to all levels of students through extended holds.



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