

JUANITA BAY GROUP EXERCISE CLASS SCHEDULE

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|--|---|---|--|--|---|--------------------------------------|
| 6:00 AM | | | Cycle Express 6:00-6:45 Bre | | Cycle Express 6:00-6:45 Genevieve | | |
| 7:00 AM | | | | | | Express Splash 7:00-7:45 Tracy | |
| 8:00 AM | Full Body Fit 8:15-9:15 Joleen | Cardio H2O 8:00-9:00 Felipe | Zumba Toning 8:15-9:15 Tracy | Hydro Health: Gentle Moves 8:00-9:00 Felipe | Strength to Flow 8:15-9:15 Bre | Zumba 8:15-9:15 Tracy | Group Power 8:15-9:15 JoAnne |
| | | HIIT Cycle + Core 8:15-9:15 Bre | | Gentle Flow Yoga 8:15-9:15 Gaerda | | | |
| 9:00 AM | Aqua Zumba 9:00-10:00 Tracy | Gentle Flow Yoga 8:15-9:15 Gaerda | Cardio H2O 9:00-10:00 Felipe | | Hydro Health 9:00-10:00 Lauren | Cycle Express 9:00-9:45 Eva | Cycling 9:00-10:00 Bruce |
| | Cycle Express 9:45-10:30 Erin | Perfect 10 9:30-10:30 Linda | Barre Fusion 9:30-10:30 Caroline | Zumba Toning 9:30-10:30 Tracy | HIGH Fitness 9:30-10:30 Christin W. | | |
| | HIGH Fitness 9:30-10:30 Caroline | | Cycle Express 9:45-10:30 Eva | HIIT Cycle + Arms 9:45-10:45 Bre | Cycle Express 9:45-10:30 Erin | Sweat & Strength Sesh 9:30-10:30 Christin W. | |
| 10:00 AM | | | | | | | |
| 11:00 AM | Zumba Gold 10:45-11:45 Tracy | Young at Heart 10:45-11:45 Tracy | Gentle Flow Yoga 10:45-11:45 Lauren | Aqua Zumba 11:00-12:00 Tracy | Fusion Flow 10:45-11:45 Lauren | Yoga Flow 10:45-11:45 Yvonne/Serena | |
| | | | | | | | |
| 12:00 PM | | | | | | | |
| 2:00 PM | | | | | | | |
| 4:00 PM | | | | | IMPACT Teen 4:00-6:00 Coach Sam <small>(\$ fee based program)</small> | | Yin Yoga 4:30-5:45 Rita/Serena |
| 5:00 PM | Group Power 5:30-6:30 JoAnne | Zumba 5:30-6:30 Mara | Group Power 5:30-6:30 Mary | Mat Pilates 5:30-6:30 Staci | | | |
| 6:00 PM | Cycling 6:00-7:00 Bruce | Yoga Flow 6:45-8:00 Rita | Cycling 6:00-7:00 Bruce | Yoga Flow 6:45-8:00 Serena | | | |
| 7:00 PM | Yin Yang 6:45-8:00 Serena | | Yin Yoga 6:45-8:00 Yvonne | | | | |



JUANITA BAY GROUP EXERCISE CLASS DESCRIPTIONS

Aqua Zumba

Known as the Zumba “pool party,” Aqua Zumba blends music and movement into a safe, challenging, water-based workout. It’s cardio-conditioning, body-toning, and most of all, fun!

Barre Fusion

Barre Fusion is a hybrid workout class combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training. This class will incorporate a ballet barre and uses classic dance moves such as plies, alongside static stretches. Barre Fusion will also focus on high reps of small range movements, leaving you as fit as a dancer!

Cardio H2O

Just as its name would indicate, you can expect a workout that will elevate your heart rate with cardio moves, exercises and drills! We use water and buoyant equipment as resistance to take your water workout next level!

Cycling

Follow your instructor through a variety of drills such as intervals, speed, and hill climbs on our Stages SC3 cycle bikes. This class is a great cardio workout and a lot of fun. New participants should arrive 10 minutes early for proper bike set up!

Full Body Fit

This full body blast of a class combines strength, cardio and conditioning. Heavy step work along with some dumbbells, resistance bands and even more for a tip to toe burn! Finish with core work and stretching for a complete workout!

Fusion Flow

Fusion Flow is the best of all the yoga worlds; a little Hatha, Flow and Yin! Each class will focus on alignment and different targets of the body. This class is meant to make you feel good and leave you pain-free!

Gentle Flow Yoga

Gentle Flow Yoga is a great place to take it slower, and still experience all the benefits of yoga. Classes focus on releasing tension, connecting with the breath and helping students gain strength and flexibility.

Group Power

This 60-minute barbell program will strengthen all your major muscles in a motivating group environment with simple, athletic movements such as squats, lunges, presses and curls.

HIGH Fitness

Aerobics is back! This hardcore, fun class incorporates interval training with pop music and intense, but easy-to-follow fitness choreography. HIGH Fitness produces a high caloric burn and full-body toning through its carefully formulated choreography that alternates between intense cardio peaks and toning tracks. Bigger, better, higher!

HIIT Cycle + Core or Arms

A high intensity 30 minute ride will leave you feeling accomplished and energized! This class finishes with 10 to 15 minutes of core or arm work.

Hydro Health

A rehabilitative class which focuses on range of motion while allowing the joints to be stress free. This class is great for stretching, toning and fun! An excellent choice for those rehabbing or with limitations, modifications are provided if need be.

Mat Pilates

Mat Pilates focuses on strengthening muscles in the lower back, pelvic floor, hips, glutes, and abdominals through a series of exercises. These exercises strengthen the trunk muscles, which are the most important muscles for preventing injury and pain. The instructor will use small equipment to guide you through the series at a thoughtful pace and educate you on the muscles you’re using to improve your posture and strength and the benefits of each exercise.

Muscle Blast

Get a total body workout with this high intensity interval style class that mixes cardio step with strength training!

Perfect 10

Athletic cardio drills, total body strength and targeted core work divided into 10 minute intervals to keep you perfectly challenged.

Pilates Fusion

Strengthen your core, increase flexibility, and improve alignment with Pilates Fusion! Pilates Fusion will primarily be exercises performed on a mat and will incorporate some yoga poses, enhancing the mind-body connection.

Saturday Splash

Cardiovascular exercises combined with core and strength-building segments using buoyant equipment and the water’s natural resistance for optimal training. Work up a good sweat in a weightless environment without getting overheated or putting pressure on your joints.

Strength to Flow

Use a variety of equipment like hand weights, sliding discs, bands and body bars to strengthen your entire body then take it to the mat to lengthen those hard earned muscles with a yoga flow.

Sweat & Strength Sesh

As advertised, this class provides bursts of cardiovascular work to leave you sweaty and strength to focus on building those muscles, all wrapped up in an hour “sesh”!

Vinyasa Yoga

Energetically flow from one pose to the next while connecting breath with movement. Build strength, flexibility and concentration in this powerful yoga class.

Work-It Circuit

A class where participants move from one station to another so you are never bored! Work on strength, cardio endurance, mobility and stability using various tools, equipment and body resistance. The circuit will be designed for you to choose how tough you want to workout, choose how heavy you want to lift weights and choose impact based on what you need to accomplish your fitness goals!

Yin Yang

The first half of the practice, you will move slowly from one pose to the next with mindfulness, gentle movement, and breath to build strength. Then move to a yin practice in the second half holding poses for extended periods of time focusing on your connective tissues. The balance between both yin and yang to support your mobility, flexibility, strength and nourishing your mind and body.

Yin Yoga

Yin Yoga Yin yoga is a slow, passive practice that works into the deep connective tissues of the body. Using props, postures are held for several minutes allowing the ligaments, joints and fascia to slowly soften. This is an all levels class designed for beginners to advanced practitioners.

Yoga Flow

An active style of yoga linking one movement into the next with breath. This class includes standing postures, core work, hip openers, relaxation and more! Modifications and options are given to make this appropriate for all levels.

Young at Heart

Bring back that happy feeling as you exercise to music and surround yourself with inspiring company! Work hard or work more gently – the workout is up to YOU! Wake up those tired muscles, hone in on your balance skills, find proper form for functional everyday movement.

Zumba

Take the ‘work’ out of your workout and join in on a fun, rhythmic Latin inspired fitness class! Zumba combines simple dance moves like Cha Cha, Salsa, Rumba and more for an energetic and effective aerobic workout! This workout is perfect for ‘everybody and every body’!

Zumba Gold

Zumba Gold is an easy-to-follow, lower impact program that lets you move to the beat at your own speed. Zumba Gold feels like a party while it revitalizes your mind and body! Class is perfect beginner and active older adults!

Zumba Toning

The Zumba you know and love, but with a twist! Zumba Toning adds small hand weights to tracks throughout your workout to really burn out those muscles and leave you feeling strong!

