

Looking for a new workout? Try aquatic exercise – its fun, low impact, and yet a very effective workout for all levels of fitness! We offer classes in both our warm water instructional pool (89-91 degrees) and our lap pool (81-83 degrees). Members and guests may also work out by swimming, water walking, or through use of a variety of our specialty equipment (water dumbbells, noodles, aqua joggers) during any open swim time. Our aquatic fitness classes take place in the shallow sections of our pools (unless deep water is specifically listed) and do not require any swimming ability.

- Great for All Levels
- FREE for Members
- Motivating Group Atmosphere
- General Public
- No Registration Required
- Included with Day Pass purchase

AQUATIC FITNESS CLASSES

AQUA ZUMBA®

Location: Lap Pool

Also known as Zumba 'pool party', provides low-impact exercise class based on the original Zumba land classes. Integrating the Zumba formula with traditional aqua fitness disciplines, the class blends it all together into a safe, challenging, water-based workout. Participants will work on aerobic endurance, muscular resistance, flexibility, joint mobility and body-toning all at the same time, without feeling like you're 'working out'.

Participants: Min. 4, Max 25

Tuesdays	7:00-8:00pm
Wednesdays	8:45-9:45am
Thursdays	12:15-1:15pm
Fridays	9:00-10:00am

SILVERSNEAKERS® SPLASH

Location: Lap Pool

Activate your aqua exercise urge for variety! This class offers LOTS of fun and shallow water moves to improve agility, flexibility, and cardio endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance, and coordination.

Participants: Min. 4, Max 25

Mondays	9:00-10:00am
Tuesdays	9:00-10:00am
Wednesdays	10:00-11:00am
Thursdays	8:30-9:30am
Thursdays	9:30-10:30am

WATERinMOTION®

Location: Lap Pool

WATERinMOTION is the newest aqua exercise workout that provides a low impact, high-energy challenge for participants of all ages, skills and fitness levels. Jump in and make a splash with this dynamic cardiovascular workout that tones and tapers the entire body. With land equivalent intensity, fantastic sing-along quality music, and dynamic instructors, enjoy the pure fun of this 55-minute water extravaganza. Aqua-phobes will forever become aqua-FANS when they "Catch the Wave"!

Participants: Min. 4, Max 25

Mondays	7:00-8:00am
Mondays	7:30-8:30pm
Wednesdays	7:00-8:00am

FITNESS SWIMMING

Location: Lap Pool

You'll be guided through a variety of drills to improve your technique, speed and endurance. Held in the Lap Pool, this is a great class for all competitive swimmers and triathletes. What to bring: proper swimwear, goggles, cap (women), fins (optional). Participants: Min. 4, Max 12

Wednesdays	5:15-6:15am
Thursdays	6:00-7:00pm

WARM WATER MOVEMENT

AQUA PI-YO-CHI

Location: Warm Water Instructional Pool

Experience the pleasure of a mind-body program in the water. The fusion of Pilates, Yoga, and Tai Chi will help you to build a strong core, improve your balance and breathing, decrease stress, and increase your body's energy flow. It's fluid bliss...

Participants: Min. 4, Max 16

Tuesdays	8:00-8:45am
Thursdays	8:00-9:00am

GENTLE WAVES

Location: Warm Water Instructional Pool

Gentle Waves works to improve your range of motion, flexibility, overall strength, and cardiovascular fitness while decreasing pain and/or discomfort associated with arthritis, fibromyalgia, and/or injury recovery. Enjoy the healing environment of the warm water pool where the water supports your body, leaving you to exercise effectively without pain.

Participants: Min. 4, Max 25

Mondays	9:15-10:15am
Mondays	5:30-6:30pm
Wednesdays	9:15-10:15am
Wednesdays	5:30-6:30pm
Fridays	9:15-10:15am

MOVEMENT & MOBILITY

Location: Warm Water Instructional Pool

Enjoy the safe and supportive environment of our warm water pool during this dedicated time. Participants have the opportunity to swim, water walk, or just enjoy themselves in their uninterrupted space (3' to 4'3" water depth). **No instruction provided; dedicated space with lifeguard on duty.**

Tuesdays	11:30am-1:00pm
Thursdays	11:30am-1:00pm

- Great for All Levels
- Motivating Group Atmosphere
- No Registration Required
 - FREE for Members
 - General Public
 - Included with Day Pass purchase
- Minimum of 5 for any class

Y BUTTS & GUTS - EXPRESS

Challenge your core! Focus on the major muscles of the torso, toning and strengthening your abs, back, and butt. Strong core & butt muscles mean better posture, more balance, healthier back and more confidence. Part: Min. 4, Max. 14

Y COMBO

These fun & challenging workouts are designed for all fitness levels. These classes combine three components of exercise: cardio, toning, and flexibility. You'll get a variety of workouts, a mixture of challenges, all while using an assortment of equipment or none at all. Build endurance, strength, and flexibility.

Y FITNESS WALKING

Incorporate this smooth flowing core-focused motion into your walking program for greater fat loss, increased flexibility, improved cardiovascular fitness, and stronger abs and glutes! ALL abilities are welcome. Meet at the front desk. Rain or shine!

Y PILOXING

Celebrity workout to the stars created by Viveca Jensen is sweeping the nation. This intensified workout weaves together both Pilates and Boxing inspired moves. This class leaves no muscle behind while creating a fun and challenging workout that will leave you wanting more. Join Christine & Corrine our Licensed, Certified Piloxing Instructors

Y STEP & TONE

An emphasis on cardio which features the Step! Classes include a variety of impacts and intensities; as well some toning exercises and finishes with a few minutes of stretching. Step will tone your lower body while improving your cardiovascular endurance.

Y WERQ®

WERQ (pronounced "work") is the fiercely fun, and fresh cardio dance fitness workout based on HIP HOP MUSIC with a little pop and rock mixed in. You can expect to sweat and burn about 500-900 calories each class! All dance and fitness abilities welcome!

Y ZUMBA®

Join the Zumba party! This safe and effective total body workout is a fusion of Latin and International music and routines that feature aerobic/interval training. It is a mixture of body sculpting movements with easy to follow dance steps. You'll never have more fun!

ZUMBA GOLD: Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. In this class you will focus on cardiovascular, muscular conditioning, flexibility and balance, so come ready to sweat, and leave empowered and feeling strong!



"GET FIT YOUR WAY™!"

group exercise classes are appropriate for older adults who are fit and active as well as those who are sedentary, intimidated, unfamiliar with exercise, entering post-rehabilitation programs and ALL who enjoy a positive, upbeat social environment.



SILVERSNEAKERS® CLASSIC

In SilverSneakers Classic you'll move to music as you increase muscular strength and flexibility. This multi-level, equipment based class takes you through a variety of exercises using hand-held weights, elastic tubing and a ball. This class is right for you regardless of your fitness level. Start improving your health today!

SILVERSNEAKERS® YOGA

Yoga will move your whole body through a complete series of seated and standing yoga poses; no floor work. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity. Appropriate for everybody every age!

SILVERSNEAKERS® SPLASH

Location: Lap Pool

Activate your aqua exercise urge for variety! This class offers LOTS of fun and shallow water moves to improve agility, flexibility, and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance, and coordination.

Y SENIOR CIRCUIT (formerly SilverSneakers Circuit)

The Circuit class is for students who desire and are ready for an advanced senior workout. The format offers a blend of standing non-impact choreography designed to increase cardiovascular endurance and muscular strength & endurance. Alternated with upper body strength work and hand-held weights, elastic tubing and a ball.

SilverSneakers message line: 262.654.9622 ext. 259

For complete information on Y fitness classes and the SilverSneakers Program, please contact the Health & Wellness Department at: 262.654.9622 ext. 235

SilverSneakers® is a registered trademark of Tivity Health.

DROP-IN FITNESS CLASS SCHEDULE

◆ Indicates Aquatic Fitness, class descriptions on page 23

DAY	CLASS	TIME	INSTRUCTOR	LOCATION	MIN/MAX*
MONDAYS	Y COMBO	5:15-6:05am	Annette	Studio C	5 / 40
	SILVERSNEAKERS® CLASSIC	8:15-9:00am	Nancy	Studio C	5 / 40
	Y STEP & TONE	9:00-9:50am	Ann	Studio A	5 / 18
	◆ SILVERSNEAKERS® SPLASH	9:00-10:00am	Corrine	Lap Pool	4 / 25
	SILVERSNEAKERS® CLASSIC	9:15-10:00am	Judy	Studio C	5 / 40
	Y BUTTS & GUTS - EXPRESS	10:00-10:30am	Ann	Studio A	5 / 20
	SILVERSNEAKERS® CLASSIC	10:15-11:00am	Corrine	Studio C	5 / 40
	SILVERSNEAKERS® YOGA	11:15am-12:00pm	Corrine	Studio C	5 / 40
	Y WERQ	4:30-5:30pm	Tenille	Studio C	5 / 40
	Y ZUMBA	5:30-6:20pm	Bryan	Studio B	5 / 20
	Y PILOXING	5:30-6:20pm	Christine	Studio C	5 / 40
TUESDAYS	Y COMBO	9:00-9:50am	Cathie	Studio C	5 / 40
	Y ZUMBA	9:00-9:50am	Corrine	Studio A	5 / 20
	◆ SILVERSNEAKERS® SPLASH	9:00-10:00am	Angel	Lap Pool	4 / 25
	Y ZUMBA GOLD	10:00-10:45am	Corrine	Studio B	5 / 40
	Y SENIOR CIRCUIT	10:15-11:00am	Cathie	Studio C	5 / 40
	◆ Y MOVEMENT & MOBILITY	11:30am-1:00pm	No Instruction	Instructional Pool	NA
	Y COMBO	5:00-5:50pm	Tammy	Studio C	5 / 40
	Y FITNESS WALKING	5:30-6:15pm	Deb	Meet @ Front Desk	5 / 20
	WEDNESDAYS	Y COMBO	5:15-6:05am	Annette	Studio C
SILVERSNEAKERS® CLASSIC		8:15-9:00am	Nancy	Studio C	5 / 40
Y ZUMBA		9:00-9:55am	Judy	Studio A	5 / 20
SILVERSNEAKERS® CLASSIC		9:15-10:00am	Judy	Studio C	5 / 40
◆ SILVERSNEAKERS® SPLASH		10:00-11:00am	Angel	Lap Pool	4 / 25
SILVERSNEAKERS® CLASSIC		10:15-11:00am	Judy	Studio C	5 / 40
SILVERSNEAKERS® YOGA		11:15am-12:00pm	Nancy	Studio C	5 / 40
Y BUTTS & GUTS - EXPRESS		5:30-6:00pm	Amanda	Studio B	5 / 20
Y ZUMBA		6:45-7:45pm	Stephannie	Studio C	5 / 40
THURSDAYS	◆ SILVERSNEAKERS® SPLASH	8:30-9:30am	Corrine	Lap Pool	4 / 25
	Y COMBO	9:00-9:50am	Cathie	Studio C	5 / 40
	◆ SILVERSNEAKERS® SPLASH	9:30-10:30am	Tammy	Lap Pool	4 / 25
	Y SENIOR CIRCUIT	10:15-11:00am	Cathie	Studio C	5 / 40
	Y WERQ	11:30am-12:30pm	Tenille	Studio C	5 / 40
	◆ Y MOVEMENT & MOBILITY	11:30am-1:00pm	No Instruction	Instructional Pool	NA
	Y PILOXING	5:00-5:50pm	Christine	Studio C	5 / 40
FRIDAYS	Y ZUMBA GOLD	8:15-9:00am	Corrine	Studio C	5 / 40
	Y STEP & TONE	9:00-9:50am	Ann	Studio A	5 / 18
	SILVERSNEAKERS® CLASSIC	9:15-10:00am	Tammy	Studio C	5 / 40
	Y BUTTS & GUTS - EXPRESS	10:00-10:30am	Ann	Studio A	5 / 20
	SILVERSNEAKERS® CLASSIC	10:15-11:00am	Tammy	Studio C	5 / 40
	SILVERSNEAKERS® YOGA	11:15am-12:00pm	Nancy	Studio C	5 / 40
SATURDAYS	Y ZUMBA	8:00-8:50am	Kristina	Studio C	5 / 40
	Y STEP & TONE	8:30-9:20am	Ann	Studio A	5 / 18
	Y BUTTS & GUTS - EXPRESS	9:15-9:45am	Amanda	Studio C	5 / 40
	Y WERQ	10:00-11:00am	Tenille	Studio C	5 / 40

SENIOR DAY!

PRESENTED BY: HOSPICE ALLIANCE

All area seniors are invited to come and enjoy the facilities FREE of charge on the Third Tuesday of every month!



FEE: General Public, classes included with purchase of a day pass.

All classes are on a first-come, first-served basis.

- **Great for All Levels**
- **Motivating Group Atmosphere**
- **Smaller Class Sizes**
- **Special Equipment**
- **No Registration Required**
 - **FREE for Members**
 - **General Public**
 - **Included with Day Pass purchase**
- **Minimum of 5 for any class**

BODYPUMP®: A fast way to shape up and lose body fat. This toning and conditioning class uses weights and is for just about everybody who wants to add strength training to their workout. The simplicity of BODYPUMP makes it a great starting point to develop strength and confidence. Hot sounds and compelling choreography keep you going through each workout. You'll use a step platform, a bar and a set of weights.

BODYPUMP Benefits

- Burn up to 600 calories per class for fat loss
- Improve your strength
- Improve your general fitness
- Shape and tone your muscles

FITNESS RUNNING: Walking, but want to run? Seasoned runner? Marathon runner? This class is designed for runners of all levels and abilities. Learn to improve your form and efficiency with a focus on endurance and speed; plus meet people with similar goals. Included is toning and training to prepare for a race or to stay in shape for the next season. Outdoors weather permitting.

FITNESS SWIMMING: You'll be guided through a variety of drills to improve your technique, speed and endurance. Held in the Lap Pool, this is a great class for all competitive swimmers and triathletes. Bring: proper swimwear, goggles, cap (women), fins (optional).

HARD TARGET BLAST: This fun, challenging class combines resistance training of the upper body and lower body major muscle groups with small blasts of high impact cardio (such as burpees, box jumps, mountain climbers, knee tuck jumps, etc). Bring your muscles to fatigue, burn some fat, and have some fun!

HIIT: HIIT is interval training that combines short intervals of maximum intensity exercise separated by longer intervals of recovery or low to moderate intensity exercise. This high-impact, heart pumping workout will push you past your limits to get you in the shape you've always wanted to be!

SENIORS ON WEIGHTS: It's important for seniors to be strong in order to maintain healthy bones and remain independent. This class is for our members who are 55 and better, and who are either new to strength training, or looking to challenge themselves more by learning new exercises.

STRONG by ZUMBA®: This class combines high intensity interval training (HIIT) with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.

TAI CHI: Feel more invigorated, energized and balanced with this easy style of the Yang Short Form Tai Chi and random style of Chi Gong breathing exercises. Learn a fluid movement routine helping you to control slow movements and balance while also building strength. No equipment, experience, or shoes necessary.

YOGA: This class will create a pleasant feeling, rejuvenate your spirit, mind and body as well as improve flexibility, strength, vitality and energy. Some poses will be held momentarily to integrate breath work and self-awareness and some poses will flow one-to-another with the breath. Poses can be shown and modified for a variety of levels. You may bring your own yoga mat, if you have one.

YOGA PLUS: Build strength, improve flexibility and de-stress. This class will be primarily yoga with a little tai-chi and pilates added in the mix.

CYCLE CLASSES

SPINERGY: Boost your energy levels with SPINergy! This awesome, non-impact workout is for everyone. Come sweat, have fun, and enjoy upbeat music while you challenge yourself with lots of calorie-burning racing!

SPINLATES: SPIN+PILATES = SPINLATES! We'll start in the Cycle Studio with 30-minutes of spin to burn calories, then move to Studio A for 30-minutes of Pilates to stretch and strengthen the muscles throughout the body. All levels are welcome!

CYCLE COMPLETE: A full-body workout! Class will include strength training and 30-minutes of cycling.

SPECIALTY CLASSES

TRX® SUSPENSION TRAINING: Want a fast, effective total-body workout? TRX Suspension Training leverages gravity and your own body weight along with the TRX Suspension Trainer™ to challenge your whole body while working in every plane of motion. Build a solid core, increase muscular endurance and strength, as well as improve flexibility and balance. Experience this device in Studio B and My Fitness Studio sessions.

TRX® for SENIORS: This TRX class is appropriate for those who are intimidated, unfamiliar with TRX, more sedentary or older adults who are active and want to increase strength. Participants: Min. 4, Max 9

SMALL GROUP FITNESS CLASS SCHEDULE

🔹 Indicates Aquatic Fitness, class descriptions on page 23

DAY	CLASS	TIME	INSTRUCTOR	LOCATION	MIN/MAX*
MONDAYS	🔹 WATERinMOTION®	7:00-8:00am	Nicole	Lap Pool	4 / 25
	YOGA	7:00-7:50am	Jennifer	Studio B	5 / 15
	TAI CHI	9:15-10:05am	Nancy	Studio B	5 / 14
	🔹 GENTLE WAVES	9:15-10:15am	Jeanne	Instructional Pool	4 / 25
	SENIORS ON WEIGHTS	10:15-11:05am	Cathie	Studio B	5 / 15
	BODY PUMP®	12:15-1:15pm	Nancy	Studio C	5 / 14
	🔹 GENTLE WAVES	5:30-6:30pm	Dot	Instructional Pool	4 / 25
	YOGA	6:30-7:20pm	Debbie Z.	Studio B	5 / 15
	BODY PUMP®	6:45-7:45pm	Bryan	Studio C	5 / 14
TUESDAYS	🔹 WATERinMOTION®	7:30-8:30pm	Sheryl	Lap Pool	4 / 25
	HIIT	5:15-6:05am	Annette	Studio B	5 / 14
	SPINERGY	7:00-8:00am	Amanda	Cycle Studio	5 / 14
	🔹 AQUA PI-YO CHI	8:00-8:45am	Corrine	Instructional Pool	4 / 16
	YOGA	8:30-9:20am	Tammy	Studio B	5 / 15
	SPINLATES	9:30-10:30am	Angie	Cycle Studio & A	5 / 14
	CYCLE COMPLETE	5:30-6:30pm	Jeanne	Cycle Studio	5 / 14
	FITNESS RUNNING	6:00-7:00pm	Tammy	Indoor Track	5 / 14
	STRONG BY ZUMBA	6:00-7:00pm	Bryan	Studio B	5 / 14
	🔹 AQUA ZUMBA	7:00-8:00pm	Kristina	Lap Pool	4 / 25
	WEDNESDAYS	🔹 FITNESS SWIMMING	5:15-6:15am	Beth	Lap Pool
🔹 WATERinMOTION®		7:00-8:00am	Bryan	Lap Pool	4 / 25
YOGA		7:00-7:50am	Jennifer	Studio B	5 / 15
🔹 AQUA ZUMBA		8:45-9:45am	Angel	Lap Pool	4 / 25
HARD TARGET BLAST		9:15-10:05am	Cathie	Studio B	5 / 9
🔹 GENTLE WAVES		9:15-10:15am	Jeanne	Instructional Pool	4 / 25
YOGA PLUS		10:15-11:05am	Nancy	Studio A	5 / 14
SPECIALTY ⇨ TRX® for SENIORS		10:15-11:05am	Cathie	Studio B	\$25/\$50
SPINERGY		11:30am-12:30pm	Tenille	Cycle Studio	5 / 14
BODY PUMP®		5:30-6:30pm	Kelly	Studio C	5 / 14
THURSDAYS	🔹 GENTLE WAVES	5:30-6:30pm	Dot	Instructional Pool	4 / 25
	YOGA	6:30-7:20pm	Debbie Z.	Studio B	5 / 15
	HIIT	5:15-6:05am	Annette	Studio B	5 / 14
	SPINERGY	7:00-8:00am	Amanda	Cycle Studio	5 / 14
	🔹 AQUA PI-YO CHI	8:00-9:00am	Nancy	Instructional Pool	4 / 16
	YOGA	8:30-9:20am	Tammy	Studio B	5 / 15
	🔹 AQUA ZUMBA	12:15-1:15pm	Kristina	Lap Pool	4 / 25
	CYCLE COMPLETE	5:30-6:30pm	Jeanne	Cycle Studio	5 / 14
	🔹 FITNESS SWIMMING	6:00-7:00pm	Chera	Lap Pool	4 / 12
	FRIDAYS	BODY PUMP®	5:15-6:15am	Annette	Studio C
SPECIALTY ⇨ TRX® for SENIORS		9:15-10:05am	Cathie	Studio B	\$25/\$50
🔹 GENTLE WAVES		9:15-10:15am	Jeanne	Instructional Pool	4 / 25
🔹 AQUA ZUMBA		9:00-10:00am	Angel	Lap Pool	4 / 25
SPECIALTY ⇨ TRX® for SENIORS		10:15-11:05am	Cathie	Studio B	\$25/\$50
SATURDAYS	BODY PUMP®	12:15-1:15pm	Nancy	Studio C	5 / 14
	BODY PUMP®	6:15-7:15am	Annette/Kelly	Studio C	5 / 14
	YOGA	7:00-7:50am	Jennifer	Studio A	5 / 15

**FEE: General Public, classes included with purchase of a day pass.
All classes are on a first-come, first-served basis.**