

# Spinning® Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		5:45 am <b>LES MILLS sprint</b> 30 min. Ben		5:45 am <b>LES MILLS sprint</b> 30 min. Ben	5:45 am <b>SPIN</b> 60 min. Kyle	
8:45 am <b>SPIN</b> 45 min. Rotation		8:30 am <b>SPIN</b> 55 min. Tammy			8:30 am <b>SPIN</b> 45 min. Tammy	9:15 am <b>LES MILLS sprint</b> 30 min. Amanda
5:00 pm <b>SPIN</b> 45 min. Shyla	5:30 pm <b>SPIN</b> 55 min. Ben	5:30 pm <b>SPIN</b> 45 min. Chris		6:00 pm <b>LES MILLS sprint</b> 30 min. Jennifer		

*\*Online registration for spin classes recommended to reserve a bike.*

**SPINNING®** is challenging, fun, and one of the best ways to improve cardiovascular fitness while burning lots of calories.

Because Spinning® is low impact, it is suitable for most people, and our classes can accommodate all ability levels.

The Spinning program incorporates five Energy Training Zones: \*Recovery \*Endurance \*Strength \*Interval \*Race Day

**LES MILLS SPRINT™** is a 30-minute High-Intensity Interval Training (HIIT) work out, using an indoor bike to achieve fast results.

**LES MILLS RPM™** is a fun, low impact ride. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding.

**CYCLUB** is a 45-minute ride featuring your favorite songs from a variety of music genres melded with the pulse pounding excitement of a fully synchronized light show.

- *New participants please arrive 15 min early for proper bike set up with your instructor.*
- *Cycling classes are fun, low impact and open to all ability levels.*
- *A water bottle and towel are strongly recommended.*
- *Cycling or stiff soled shoes, padded shorts and a heart rate monitor are encouraged but not required.*

# Water Fitness & Pool Class Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00 am <i>Power in Motion</i> 50 min.		9:00 am <i>Power in Motion</i> 50 min.	10:00 am <i>Aqua Strength &amp; Endurance</i> 60 min.		9:00 am <i>Aqua Boot Camp</i> 60 min.
1 pm - 3 pm <i>Family Swim</i>	10:00 am <i>Aqua Strength &amp; Endurance</i> 60 min.	6:00 pm <i>Water Power</i> 60 min.	10:00 am <i>Aqua Strength &amp; Endurance</i> 60 min.	6:00 pm <i>Water Power</i> 60 min.	10:00 am <i>Aqua Strength &amp; Endurance</i> 60 min.	10 am - 12 pm <i>Family Swim</i>

**Water Exercise Classes** are lower impact on the joints but offer resistance for muscle toning and cardio conditioning. *Water shoes are strongly recommended but not required.*

**Aqua Boot Camp**-This class is a rigorous cross training workout combining bursts of cardiovascular exercises, water aerobics, modified plyometrics and strength training. It is a great way to improve your fitness level.

**Aqua Strength & Endurance**- This class emphasizes total body conditioning using natural resistance of the water. Participants can vary their own pace to suit their unique goals and needs. We will begin with a 5-minute warm up and stretch followed by 40 minutes of cardio, then 15 minutes of strength training.

**Power in Motion**-An intensive 50-minute class challenging your fitness to the next level. Taking full advantage of the benefits of water resistance by traveling in the pool in various ways. We will use a variety of resistance equipment, High Intensity Interval Training (HIIT) and spurts of Tabata to make you sweat!

**Water Power** - This is a high intensity total body conditioning class. This class includes cardiovascular moves that help strengthen the body by using the properties of the water. Buoyant and resistant equipment is utilized to increase strength, endurance and flexibility.