

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Open 5:30am-10pm 1	Open 5:30am-10pm 2 8-9am Yoga 9-9:45am Zumba in the Circuit 4:30-5:30pm Yoga 5:30-6:15pm Zumba Toning	Open 5:30am-10pm 3 5:45-6:30am Suspension 8-9am Yoga 10:15-11am Senior Fitness 11:30-12pm Cycling 5:30-6:15pm Barre	Open 5:30am-9pm 4 8:00-8:45am Barre 8:45-9:30am Zumba Toning	Open 7am-6pm 5 8:30-9:30am Step/Bosu 9:30-10:15am Barre 10:15-11am Pilates
6 Open 9am-6pm 9:15-10:15am Cycling	Open 5:30am-10pm 7 8-8:45am Pilates 8:45-9:30am Zumba Gold 5:15-6pm Step/Bosu 6-6:45pm Zumba	Open 5:30am-10pm 8 5:45-6:30am Suspension 8-9am Yoga 10:15-11am Senior Fitness 11:30-12pm Cycling	Open 5:30am-10pm 9 8-9am Yoga 9-9:45am Zumba in the Circuit 4:30-5:30pm Yoga 5:30-6:15pm Zumba Toning	Open 5:30am-10pm 10 5:45-6:30am Suspension 8-9am Yoga 10:15-11am Senior Fitness 11:30-12pm Cycling	Open 5:30am-9pm 11 8:45-9:30am Zumba Toning	Open 7am-6pm 12 8:30-9:30am Step/Bosu
13 Open 9am-6pm	Open 5:30am-10pm 14 8:45-9:30am Zumba Gold 5:15-6pm Step/Bosu 6-6:45pm Zumba	Open 5:30am-10pm 15 5:45-6:30am Suspension 8-9am Yoga 10:15-11am Senior Fitness 11:30-12pm Cycling	Open 5:30am-10pm 16 8-9am Yoga 9-9:45am Zumba in the Circuit 4:30-5:30pm Deep Stretch 5:30-6:15pm Zumba Toning	Open 5:30am-10pm 17 5:45-6:30am Suspension 8-9am Yoga 10:15-11am Senior Fitness 11:30-12pm Cycling 5:30-6:15pm Barre	Open 5:30am-9pm 18 8:00-8:45am Barre 8:45-9:30am Zumba Toning	Open 7am-6pm 19 8:30-9:30am Step/Bosu 9:30-10:15am Barre 10:15-11am Pilates
20 Open 9am-6pm	Open 5:30am-10pm 21 8-8:45am Pilates 8:45-9:30am Zumba Gold 5:15-6pm Step/Bosu 6-6:45pm Zumba	Open 5:30am-10pm 22 5:45-6:30am Suspension 8-9am Yoga 10:15-11am Senior Fitness 11:30-12pm Cycling 5:30-6:15pm Pilates	Open 5:30am-10pm 23 8-9am Yoga 9-9:45am Zumba in the Circuit 4:30-5:30pm Yoga 5:30-6:15pm Zumba Toning	Open 5:30am-10pm 24 5:45-6:30am Suspension 8-9am Yoga 10:15-11am Senior Fitness 11:30-12pm Cycling 5:30-6:15pm Barre	Open 5:30am-9pm 25 8:00-8:45am Barre 8:45-9:30am Zumba Toning	Open 7am-6pm 26 8:30-9:30am Zumba 9:30-10:15am Barre 10:15-11am Pilates
27 Open 9am-6pm 9:15-10:15am Cycling	Open 5:30am-10pm 28 8-8:45am Pilates 8:45-9:30am Zumba Gold 5:15-6pm Step/Bosu 6-6:45pm Zumba	Open 5:30am-10pm 29 5:45-6:30am Suspension 8-9am Yoga 10:15-11am Senior Fitness 11:30-12pm Cycling 5:30-6:15pm Pilates	Open 5:30am-10pm 30 8-9am Yoga 9-9:45am Zumba in the Circuit 4:30-5:30pm Yoga 5:30-6:15pm Zumba Toning	Open 5:30am-10pm 31 5:45-6:30am Suspension 8-9am Yoga 10:15-11am Senior Fitness 11:30-12pm Cycling 5:30-6:15pm Barre		

Whitewater Aquatic & Fitness Center

Land Class Descriptions

Barre: A ballet-inspired fitness class, you don't need to know anything about ballet to join us! **Instructor:** Brenda

Pilates: improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance. **Instructor:** Brenda

Deep Stretch: Total body stretching from head to toe. Class begins standing for the first half focusing on balance and flexibility and will work you down to the floor on a yoga mat. **Instructor:** Lynnette

Ryan's Boot Camp: A fast paced, high energy class built to enhance muscular strength and toning, cardiovascular capabilities, and overall physical wellness through the use of one's own body weight, bands, and dumb bells. **Instructor:** Ryan

Senior Fitness: Slow moving class that uses flexibility and balance. This class is designed for individuals with muscle or joint restrictions.

Instructor: Lorelei

Step/Bosu: This is a fast moving class that is taught on an elevated platform while incorporating the bosu ball which is a balancing piece of equipment.

Instructor: Shirley

Yoga (mixed levels): A little bit of everything. Some flow, some holds, definitely working on the basics. There will always be an option to take it easy, and an option to challenge yourself. ***Beginner friendly*** **Instructor:** Lorelei

Zumba: Perfect for everybody and every body! We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. **Instructor:** Lynnette

Zumba Gold: Geared toward beginners, older active adults, and anyone with two left feet, this is a slower and lower impact version of Zumba that is just as fun! **Instructor:** Lynnette

Zumba Toning: The challenge of adding resistance by using Zumba® Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged! **Instructor:** Lynnette