


GYM & CLASS SCHEDULE

October 30-December 23rd 2023

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---------------------------------------|---|---------------------------------------|---|--|
| 5:00-8:00am Member Open Gym | 5:00-6:00am Member Open Gym | 5:00-9:00am Member Open Gym | 5:00-9:00am Member Open Gym | 5:00-6:00am Member Open Gym | |  |
| | 6:15-7:15am Barre-Lates w/ Arlene | | | 6:15-7:15am Barre-Lates w/ Arlene | | |
| | 7:30-8:45am Member Open Gym | | 6:00-6:45am STUDIO Indoor Cycling w/Donna | 7:30-8:15 am Member Open Gym | 7:00 -7:45am Member Open Gym | |
| 8:15-10:15am Pickle Ball | | | | 8:15-10:15am Pickle Ball | 8:00-9:00am Cardio Fusion w/Arlene | 9:00a -11:45am MEMBER Open Gym |
| 9:00-10:15am STUDIO Yoga | 9:00-10:00am Salsa w/Sue | 9:00-9:45am TBS w/Sue | 9:15-9:45am Gymnastics | 9:00-9:45am STUDIO TBS w/Sue | 8:30-9:30am STUDIO Yoga w/ Annette | |
| 10:15-10:45am UPK Gym Time | 10:15-10:45am UPK Gym Time | 10:00-10:45am Open Gym | 10:00-10:30am UPK Gymnastics | 10:15-10:45am UPK Gym Time | 10:00am-3:45pm MEMBER Open Gym | 12:00pm-3:45pm Rising Stars Youth Basketball |
| 11:00-12:00pm Silver Sneakers Circuit | 11:00-11:30pm Balance | 11:00-12:00pm Silver Sneakers | 10:45-11:45 pm Salsa w/Sue | 11:00-12:00pm Silver Sneakers Yoga | | |
| 12:15-12:45pm UPK Gym Time | 12:15-12:45pm UPK Gym Time | 12:15-2:30pm Member Open Gym | 12:15-12:45pm UPK Gymnastics | 12:15-12:45pm UPK Gym Time | | |
| 1:00-2:30pm Member Open Gym | 1:00-2:30pm Member Open Gym | | 1:00-2:30pm Member Open Gym | 1:00-2:30pm Member Open Gym | Subject to Change **11/10 **11/22 **11/23 **11/24 Contact Front Desk for Details | Children under age 12 MUST be accompanied by an ADULT Non Members UNDER age 18 Are not allowed in the Weight Room No One Under Age 18 Allowed in Adult Locker Rooms OPEN Gym is for MEMBERS ONLY |
| 2:30-6:00pm After School Care | 2:30-5:30pm After School Care | 2:30-5:30pm After School Care | 2:30-6:00pm After School Care | 2:30-6:00pm After School Care | | |
| 5:30-6:30pm STUDIO Indoor Cycling w/Ellen | 5:45-6:45 pm TRX and More w/Tif | 5:30-6:30pm STUDIO Pilates w/Ellen | 5:30-6:45pm STUDIO Yoga | | | |
| 5:45-6:15pm On the Beat Line Dancing w/ Kristal | 7:00-8:45pm Rising Stars Youth Basketball | 5:30-7:45pm Gymnastics | 6:00-7:00pm GYM Adult Boxing | | | |
| 6:30-7:15pm Cookie Crushing Fit and Fun for the Holidays w/Arlene | | | 7:00-8:45pm Rising Stars Youth Basketball | | | |
| 7:30-8:45 18+ Men's Basketball | | | | | | |



POOL SCHEDULE

October 30-December 23rd 2023

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|--|--|--|---|
| 5:45-8:30am Lap Swim | 5:45-8:30am Lap Swim | 5:45-8:30am Lap Swim | 5:45-8:30am Lap Swim | 5:45-8:30am Lap Swim | | |
| 8:30-10:00am ½ Lap & ½ Open | 8:30-10:00am ½ Lap & ½ Open | 8:30-9:00am ½ Lap & ½ Open | 8:30-10:00am ½ Lap & ½ Open | 8:30-10:00am ½ Lap & ½ Open | 7:00-11:30 am Lap Swim | 9:00-12:45pm Lap Swim |
| | | 9:15-9:45am UPK Swim- HT Closed | | | | |
| 10:00 -10:50am Deep Water w Marcia | 10:00-10:50am Aqua HIIT w Tracy | 10:00-10:50am Aqua Zumba w Kristal | 10:00-10:50am Aqua HIIT w Tracy | 10:00 -10:50am Deep Water w Marcia | | |
| 11:00-1:00pm Lap Swim | 11:00-1:00pm Lap Swim | 11:00-1:00pm Lap Swim | 11:00-1:00pm Lap Swim | 11:00-1:00pm Lap Swim | 11:45-3:45pm Open Swim Children Under age 12 must be supervised. Children in bubbles must be accompanied by a parent in the pool ONE Lap Lane Available | 1:00-3:45pm Open Swim Children Under age 12 must be supervised. Children in bubbles must be accompanied by a parent in the pool ONE Lap Lane Available |
| 1:15-4:15pm Open Swim One Lap Lane Available | 1:15-3:30pm Open Swim One Lap Lane Available | 1:15-1:45pm UPK Swim- HT Closed | 1:15-3:30pm Open Swim One Lap Lane Available | 1:15-4:15pm Open Swim One Lap Lane Available | | |
| | | CLOSED for Cleaning | | | | |
| | | 2:30-3:45pm Dundee Swim Hot Tub Closed Starts 9/25 Open until Then | | | | |
| 4:30-5:30pm Swim Team Hot Tub Closed | 3:45-4:45pm After School Kids Hot Tub Closed | 4:30-5:30pm Swim Team Hot Tub Closed | 3:45-4:45pm After School Kids Hot Tub Closed | 4:30-6:30pm Swim Team Hot Tub Closed | | |
| 5:30-6:30 Aqua HIIT w Tracy | 5:00-7pm Swim Lessons Hot Tub Closed | 5:30-6:30 Aqua HIIT w Tracy | 5:00-7pm Swim Lessons Hot Tub Closed | | Subject to Change **11/10 **11/22 **11/23 **11/24 | |
| 6:30-8:45pm ½ Lap & ½ Open | 7:30-8:45pm ½ Lap & ½ Open | 6:30-8:45pm ½ Lap & ½ Open | 7:30-8:45pm ½ Lap & ½ Open | | | |

GROUP EXERCISE CLASS DESCRIPTIONS

Salsa w/ Sue

An energizing dance fitness class featuring Latin and International music. Exercise in disguise! You'll burn lots of calories and have a great time doing it!

TRX & More

TRX is a class that allows you to use your own body weight, and gravity for a great strength workout that helps you build strength, coordination, flexibility, balance and joint stability. In addition Tiff will include some of her Ex-cellerate favorites each week!

Cardio Fusion

This class has a little bit of everything...kickboxing, cardio, ball, step, body sculpting and stretching.

Barre-Lattes

A low impact strength workout that enhances your muscle tone, posture, flexibility and confidence in a class that blends ballet, dance, functional strength and mind-body inspired movement.

H.I.I.T.

High intensity interval training (HIIT) involves short bursts of intense exercise alternated with recovery periods. Join us & take your cardio workout to another level, as you push your pace out of your comfort zone.

Yoga

Offering an alignment-oriented practice that emphasizes the forms and actions within yoga postures. Traditional asanas are held in accurate alignment. Emphasis is placed on core strength, flexibility and balance as well as concentration and breath control. This class is based on physical postures (asanas), deep breathing, mindfulness and listening to the body.

Indoor Cycling

Sometimes referred to as 'spinning', Indoor Cycling is a fitness class that is performed on stationary bikes to music. Instructors will guide you through an entire biking adventure that will challenge the most fit, but is very modifiable for those that are just starting their fitness journey. You'll have a ton of fun while enjoying a great ride time after time, not to mention burning an enormous amount of calories.

Boxing

Classes include a variety of calisthenics, shadow boxing, footwork, and basic self-defense. Students will also go through a variety of core, cardio, and strength exercises.

TBS (Total Body Strength)

This class is designed to increase strength and promote lean muscle gain, giving you a full body workout.. Perfect for beginner and experienced weight lifters.

Silver Sneakers

A class consisting of standing non-impact choreography alternated with standing upper bodywork with hand held weights, elastic tubing with handles and the Silver Sneakers ball. Designed to increase cardiovascular and muscular endurance. Ends with stretching in the chair.

Silver Sneakers Balance

Movements taught in this class focus on exercises that will help improve joint mobility and flexibility while increasing strength and muscle tone.

Silver Sneakers Yoga

Move through seated and standing yoga poses to increase flexibility, balance and range of motion. A chair is used to meet a variety of fitness levels.

Pickleball

Pickleball is a paddleball / racket sport that combines elements of badminton, ping-pong, and tennis. Two or four players use paddles to hit a perforated ball, much like a wiffle ball, over a tennis-type net on a Badminton-sized court.