

FALL POOL CLASS SCHEDULE AND DESCRIPTIONS

<https://wellspring.antis.us/v2/>

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------|---|--|---|--|---|
| 7:30-8:15AM | Aqua Fit Sandy | Aqua Fit Sarah | Aqua Fit Brendan | Aqua Fit Sandy | |
| 9:00-9:45AM | Aqua Splash Paul | Aqua Fit Sarah | Aqua Splash Paul | Aqua Fit Sarah | |
| 10:00-10:45AM | | Arthritis Water Exercise Brendan | OPEN POOL No Instruction Members Only! | Arthritis Water Exercise Brendan | |
| 11:00-11:45AM | | Arthritis Water Exercise Paul | | Arthritis Water Exercise Paul | Arthritis Water Exercise Rotating Instructors (FRI ONLY) |
| 12:00-12:45PM | Arthritis Water Exercise Brendan | Aqua Splash Andrew | Arthritis Water Exercise Sarah | Aqua Splash Andrew | OPEN POOL No Instruction Members Only! |
| 2:00-2:45PM | OPEN POOL No Instruction Members Only! | | OPEN POOL No Instruction Members Only! | | |
| 4:00-4:45PM | | Aqua Fit Andrew | | Aqua Fit Andrew | |
| 4:30-5:15PM | Aqua Core n' More Sarah | | Aqua Core n' More Sarah | | |

The group fitness schedule and instructors are subject to change due to special events, low staffing, and low participation. Classes which do not meet minimum enrollment requirements will be cancelled prior to the start of the first scheduled class

Arthritis Water Exercise (Level: Beginner)

Non-Members: M/W--\$132, T/TH--\$126 or Friday Only--\$60

Members: M/W--\$66, T/TH--\$63 or Friday Only--\$30

Held in our warm water pool, this class is perfect to soothe achy or stiff joints. With a variety of exercises, it's a great class to strengthen and stretch muscles around joints to improve your day-to-day activities. The buoyancy of the water provides an ideal environment to help posture and balance issues.

Aqua Core n' More (Level: All)

Non-Members: M/W--\$132

Members: M/W--\$66

Put power and stability into your abdominal workout! This class includes exercises that focus on core stabilization along with strength training and cardio moves.

Aqua Fit (Level: Intermediate to Advanced)

Non-Members: M/W--\$132 or T/TH--\$126

Members: M/W--\$66 or T/TH--\$63

This class encourages you to exercise at a moderate or vigorous intensity for a great workout! The instructor leads a wide range of cardiovascular and strengthening exercises that will keep your heart rate up and build muscular strength. Use noodles, water dumbbells or webbed gloves to create the workout of your choice in this interval style class.

Aqua Splash (Level: Intermediate to Advanced)

Non-Members: M/W--\$132 or T/TH--\$126

Members: M/W--\$66 or T/TH--\$63

Splash into fitness and enjoy the resistance of the water against your body in this total body workout. You will build your cardiovascular endurance and muscle tone while enjoying the "splash" of the pool. Come join the fun!

Open Pool (Level: All)

Cost: No cost—Members Only!

Cost for open pool times--\$0 for members of the fitness center. Registration is required each time you would like to participate in open pool.

FALL LAND CLASS SCHEDULE AND DESCRIPTIONS

Dance Fusion (Level: All) Cost: Non-Members: \$66 Members: \$33

This fast-paced dance fitness class will be sprinkled with intervals of strength training. No need to have prior dance training. Routines use easy to follow choreography. Come ready to sweat, raise your heart rate, and have FUN! Transitions to and from the floor will be used.

Fitness Foundations (Level: Beginner) Cost: Non-Members: \$126 Members: \$63

Chairs used in this beginner level class. Class will focus on range of motion, functional movement, strength, balance, and stability. Strength training helps improve bone density; reduce falls and increases your flexibility & strength. Great class to start a strength training program.

Power Pedal (Level: Intermediate to Advanced) Cost: Non-Members: \$99 Members: \$49.50

Join our Spin certified instructor on an indoor cycling journey! This cardiovascular class works various leg muscles and helps to develop strength, endurance, and speed! Modifications are given for new exercisers.

Tai Chi 24 Forms (Level: Beginner to Intermediate)

M/W Non-member: \$132 Members: \$66

Tai Chi is a low impact, gentle exercise routine that improves balance, reduces falls, builds strength and flexibility, improves mental well-being, and relieves pain. The class members learn a set of movements called “forms”. These can be done free-standing, with a chair-back, or sitting for stability concerns.

Total Body Conditioning (Level: Intermediate to Advanced) Cost: Non-Members: \$66 Members: \$33

Join this energetic class for a chance to gain strength, work on your cardiovascular fitness, and build your core. Be prepared to exercise using a variety of equipment and come to class ready to work hard and have fun! Participants may utilize push-ups, planks, squats, lunges, rows, and press movements and must be able to work in different planes of movement, including transitions to and from the floor.

TRX Circuits (Level: Intermediate to Advanced) Cost: Non-Members: \$88 Members: \$44

This interval style class combines TRX suspension training and cardio drills. Participants may utilize push-ups, planks, squats, lunges, rows, and press movements. Variations of these movements will be done using TRX, bands, weights, and bodyweight exercises. Different planes of movement will also be explored, including walls, lateral movement, rotation, and floors. Build overall strength, balance, and flexibility with this total-body conditioning program.

TRX Foundations (Level: Beginner) Cost: Non-Members: \$80 Members: \$40

A class combining the TRX and Fitness Foundations. Chairs may be used to assist with some movements. This class will focus on range of motion, functional movement, strength, balance, and stability.

Sunrise Ultimate Body Sculpt (Level: Intermediate to Advanced) Cost: Non-Members: \$66 Members: \$33

Join us for a fun, new challenge! Participants may utilize push-ups, planks, squats, lunges, rows, and press movements and must be able to work in different planes of movement, including transitions to and from the floor.

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------|---|--|--|--|---|
| 5:30-6:15AM | Total Body Conditioning Brendan/Katie (MON ONLY) | Yoga Hannah (TUES ONLY) | Power Pedal Brendan (WEDS ONLY) | Sunrise Ultimate Body Sculpt Brendan (THURS ONLY) | |
| 8:30-9:15AM | Total Body Conditioning Katie (MON ONLY) | Yoga Yin 8:30-9:30am Kristin E. (TUES ONLY) Studio A. Starts 10/24 | Dance Fusion Katie (WEDS ONLY) | Yoga Slow Flow 8:30-9:30am Katie (THURS ONLY) | Yoga 8:30-9:30am Kristin E. (FRI ONLY) Studio A. Starts 10/27 |
| 9:30-10:15AM | Tai Chi 24 Forms Peg | | Tai Chi 24 Forms Peg | | |
| 10:15-11:00AM | | Fitness Foundations Katie | | Fitness Foundations Sarah | |
| 2:00-2:45PM | | | | TRX Foundations Sarah/Andrew (THURS ONLY) | |
| 5:30-6:15PM | | TRX Circuits Paul (TUES ONLY) | Ultimate Body Sculpt Andrew (WEDS ONLY) | | |

Yoga (Level: All) Cost: 45-minute class: Non-Members: \$85.25 Members: \$42.62 or 1-hour: Non-Members: \$66.50 Members: \$33.25 (Friday 1-hour class starts 10/27)

This class incorporates a blend of floor, seated and standing poses while emphasizing the connection between movement and breath. Each Yoga posture creates internal heat allowing the body to open while developing strength, flexibility, and stamina simultaneously.

Yoga Slow Flow (Level: All) Cost: Non-Members: \$104.50 Members: \$52.25

Slow Flow Yoga can help you find the space between poses while still retaining the gentle rhythm of a Yoga class. In this class you can experience the more meditative and calming effects of a Yin class, while continuing to reap the benefits of improved strength and flexibility. Join us for this meditation in motion.

Yoga Yin (Level: All) Cost: Non-Members: \$76 Members: \$38 (Starts 10/24)

Yin is a gratifying, restorative and body changing form of Yoga. We'll move slowly and deeply into each pose—and hold for several minutes. This allows for deep opening of the connective tissue and breakthroughs in your practice. Yin is beneficial for anyone seeking to increase their range of motion, find greater openness and mobility in their hips, and practice a more steady, balanced breath.