

GROUP FITNESS WATER SCHEDULE & CLASS DESCRIPTIONS

Revised 10/12/2011	9:30am	10:00am	11:00am	12:00pm	1:00pm	6:00pm	7:00pm
Monday		Shallow H2O Cardio Alexis		Arthritis Fibromyalgia Evelyn		Sharks & Minnows	
Tuesday			Wave Runners Rayann				
				WaterWorks 4 EveryBODY Rayann		Sharks & Minnows	
Wednesday	Aquatic Fitness Challenge Julie			Arthritis Fibromyalgia Julie		Sharks & Minnows	
						WaterWorks 4 EveryBODY Julie/Marcia	
Thursday			Wave Runners Rayann			Sharks & Minnows	
				WaterWorks 4 EveryBODY Julie/Rayann			
Friday				Arthritis Fibromyalgia Julie H		Sharks & Minnows	



LES MILLS BODYATTACK is a high energy cardio conditioning workout inspired by sports training. Expect running, lateral movements, plyometrics, push-ups and core work throughout the class.



LES MILLS BODYCOMBAT combines the moves and stances developed from a range of self-defense disciplines such as karate, boxing, Tai Chi, and kick-boxing. It's a fierce energetic experience taught in a safe and simplistic manner. It's a great cardiovascular workout that's all about fun.



LES MILLS BODYFLOW is an athletic fitness-to-music program that leaves you feeling relaxed and renewed. It combines the disciplines of yoga, tai chi, and Pilates and will make you stronger and more flexible.



LES MILLS BODYJAM is a 55minute dance-inspired workout that moves with the latest music and greatest dance moves. It's cardio fun at its best for those with a passion for movement and dance.



LES MILLS BODYPUMP is a simple, athletic based workout that strengthens, tones and defines every major muscle group in your body...ideal for beginners right through to experienced exercisers. The revolutionary new weight-training workout in a group fitness setting using barbells with adjustable weights, set to motivating music.



LES MILLS BODYSTEP is a simple, athletic workout with high intensity intervals followed by muscle conditioning tracks that will shape and tone your entire lower body and push your fat burning systems into high gear. BODYSTEP is a great cardio workout that will get you back on your step and right into shape!



LES MILLS BODYVIVE is the low-impact group fitness workout that lets YOU choose just how hard you work. Using the Vive balls and tubes you're talked step-by-step through the entire class by a skilled instructor, all the while listening to uplifting and inspiring music. Best of all, you finish feeling thoroughly rejuvenated – and FIZZING WITH ENERGY.



LES MILLS RPM 50-60 minute indoor cycling work out where you ride to the rhythm of powerful music to a calorie-burning high.



LES MILLS EXWORX really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.



LES MILLS SH'BAM Featuring simple but seriously hot dance moves, SH'BAM is the perfect way to shape up and let out your inner star – even if you're dance challenged. 45 minutes of chart-topping popular hits, dance music that is heard in the hottest nightclubs around the world, familiar classics remixed, and modernized Latin beats.

Learn the moves at www.lesmills.com

Arthritis/Fibromyalgia- This class is designed for people diagnosed with Fibromyalgia or arthritis. This class concentrates on flexibility, range of motion, pain relief, and social support. It takes place in the Warm Therapy Pool. Supplemental oxygen is allowed in the pool area. *jets may be turned off during class

Aquatic Fitness Challenge- A non-impact workout to challenge your cardio-respiratory system and strengthen your muscles. This deep water class utilizes a variety of equipment and can be modified for any fitness level. Lap Pool.

Cycle- A 60 min. heart pumping ride for the ultimate workout! Something for everyone of all ages.

Gentle Yoga- This *yoga* class is designed for beginners. Find your inner-outer equilibrium while incorporating skills such as balance, coordination, relaxation and breathing.

Latin Grooves- An energizing, low impact, cardiovascular workout to Latin music. Learn a new fun way to move to music!

WaterWorks 4 EveryBODY- This class is a deep h2o conditioning and strengthening class that kicks it up a notch! Prepare to increase your heart rate, burn some calories and boost your metabolism! Appropriate for men, women, pre-natal, post-partum, physical therapy patients, athletes, and more! Have no fear of what lurks in the DEEP...Water belts are used!

Shallow H2O Cardio - this class will involve high intensity, low-impact conditioning with strength-training and stretching too! Challenge your core which involves 38 muscles using a variety of equipment and the water's resistance! Lap Pool.

Sharks and Minnows – These are “fee” based classes. For more information call 407-699-1992. Or got to www.sharksandminnows.com All classes held at The Fitness Centre.

Wave Runners- Held in the warm therapy pool, this class is a low-impact class using equipment for the benefit of strength training, flexibility, and will help you increase your range of motion.

Yoga- This “traditional” yoga class will give you a nice balance between strength, flexibility, and relaxation.

Yogalates (Core & Abs)- Formatted using the movement concepts of core strengthening of Pilates Mat Work combined with movement concepts of HathaYoga. This class enhances balance, breathing, posture and overall stamina. A great pilates challenge with a touch of yoga.



ZUMBA fitness is a “feel happy” fun dance-fitness workout that combines high energy and motivating Latin music with easy-to-follow dance moves and combinations. Before you know it you're getting fit and your energy level is soaring.