

May Fitness Schedule



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|---|---|--|--|---|
| Aerial Silks Sequences 8:30 - 9:30 AM Bill Gugerty Gymnastics Studio | Summer Conditioning 6:30 - 7:30 AM Thor Knutson HIIT Studio No Class 5/5 | | Summer Conditioning 6:30 - 7:30 AM Thor Knutson HIIT Studio No Class 5/7 | | | |
| Power Sculpt 7:45 - 8:45 AM Deanne Bugos Group Exercise 1 | Power Vinyasa 7:45AM - 8:45AM Stacy Kempfer Group Exercise 2 | Power Hour 7:45 - 8:45 AM Katie Hardie Group Exercise 1 | Spin & Sculpt 7:45 - 8:45 AM Deanne Bugos Group Exercise 1 No Class 5/28 | Yoga Fusion 8:00 AM - 9:00 AM Christina Russell Group Exercise 1 | | |
| Silver Sneakers Splash 9:00 - 10:00 AM Susan Meddick Pool | Slow Flow Yoga 9:00 AM - 10:00 AM Dallas Franklin Group Exercise 1 NO CLASS 5/25 | Silver Sneakers Splash 9:00 - 10:00 AM Susan Meddick Pool | | Silver Sneakers Splash 9:00 - 10:00 AM Leslie Januez Pool | | |
| SS Yoga 10:15 - 11:15 AM Dallas Franklin Group Exercise 1 NO CLASS 5/25 | Silver Sneakers Classic 10:15 - 11:15 AM Mary Wagner Group Exercise 1 | Silver Sneakers Circuit 10:15 - 11:15 AM Kristen Hessler Group Exercise 1 | SS Yoga 10:15 - 11:15 AM Kristen Hessler Group Exercise 1 | Silver Sneakers Classic 10:15 - 11:15 AM Mary Wagner Group Exercise 1 | Aerial Yoga 10:30AM - 11:30AM Giuliana Sheldon Group Exercise 2 No Class 5/23 or 5/30 | Power Vinyasa 10:30AM - 11:30AM Stacy Kempfer Group Exercise 2 No Class 5/31 |
| | | | | Aerial Conditioning 11:00AM - 12:00PM Giuliana Sheldon Group Exercise 2 No Class 5/28 | | Power Vinyasa 12:00PM - 1:00PM Stacy Kempfer Group Exercise 2 No Class 5/31 |
| Jiu-Jitsu: Youth 6-9 4:30 - 5:20 PM Raoni Orlandi Group Exercise 1 | | L1 Aerial Arts: 6+ 3:45 - 5:00 PM Giuliana Sheldon Group Exercise 2 | Jiu-Jitsu: Youth 6-9 4:30 - 5:20 PM Raoni Orlandi Group Exercise 1 | | | |
| Jiu-Jitsu: Youth 10+ 5:30 - 6:20 PM Raoni Orlandi Group Exercise 1 | Align & Flow Yoga 5:30 - 6:30 PM Megan Beener Group Exercise 2 No Class 5/25 | Olympic Weightlifting 5:30 - 6:30 PM Nico Rithner HIIT Studio | L2/3 Aerial Arts: 8+ 5:15 - 6:15 PM Giuliana Sheldon Group Exercise 2 | Align & Flow Yoga 5:30 - 6:30 PM Megan Beener Group Exercise 2 | | |
| Jiu-Jitsu: Adult 6:30 - 7:30 PM Raoni Orlandi Group Exercise 1 | | | Jiu-Jitsu: Youth 10+ 5:30 - 6:20 PM Raoni Orlandi Group Exercise 1 | Olympic Weightlifting 5:30 - 6:30 PM Nico Rithner HIIT Studio | | |
| | | | Jiu-Jitsu: Adult 6:30 - 7:30 PM Raoni Orlandi Group Exercise 1 | | Aerial Fabrics 6:30 - 7:30 PM Giuliana Sheldon Gymnastics Studio No Class 5/1 or 5/22 | |

Classes at a Glance

- Aerial Fitness
- Strength Training Focus
- Active Aging
- Cardiovascular Focus
- Mind/Body
- Class Series
- Other

REGISTRATION
Registration begins 1 week prior to the next month of classes. You must register online, by app or with the help of Guest Services before attending class. Cancellations within 24 hours of the start of class result in a \$5 fee. No refunds after the start of class will be issued.

FITNESS CLASS SIGN IN
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PLEASE NOTE:

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Slow Flow Yoga:

This Slow Flow yoga practice moves at a gentler pace to build strength, improve flexibility, and promote inner calm. By moving mindfully with the breath, this class focuses on physical alignment and body awareness, linking poses together thoughtfully for smoother transitions. It's a great option for beginners or anyone seeking a less intense but still challenging and restorative practice.

Align & Flow Yoga:

Align & Flow blends the mindful, foundational alignment focus of Hatha with the breath-linked, dynamic movement of Vinyasa, creating a balanced practice that emphasizes correct form within a flowing sequence. This practice is both mindful and athletic, emphasizing breath-synchronized sequences, proper body positioning for stability/injury prevention, and builds strength/flexibility with slower transitions or longer holds to deepen awareness.

Mat Pilates:

Pilates is a method of physical movement designed to stretch, strengthen and balance the body. The focus of Mat Pilates is strengthening the core, incorporating the whole body for postural symmetry, flexibility, joint mobility and muscular strength. Using props and the classic Joseph Pilates exercises, you will leave this class feeling stronger, leaner, longer and energized. All levels.

Vinyasa Flow Yoga:

A yoga class for all skill levels. Intentional movements paired with breath to increase strength, flexibility, balance, and cardiovascular fitness levels.

Yoga Fusion:

Yoga Fusion blends traditional yoga postures with other low impact exercises such as Pilates and toning. This class will work towards improving balance, strength, and flexibility. It is a dynamic class which allows time for stillness, breathing, body awareness and hands on adjustments from the instructor. Props such as blocks, blankets, bolsters and straps are available to support and enhance the poses. All levels welcome as modifications are given as needed.

Power Vinyasa:

An upbeat spin on traditional Vinyasa Yoga with options for challenges. Class involves pairing our breathe to movement to help build flexibility, strength, balance and awareness of our body and mind. Expect a nice warm up, energetic series of yoga poses in multiple flows, and a nice cool down & stretch. All levels welcome.

Power Sculpt:

This is a high energy, short duration interval and circuit class that will combine power movements and strength training to define all major muscle groups of the body. Be prepared to work at a higher level of cardiovascular endurance and push yourself to the next level. Each class is different and uses a variety of equipment and weights. The class starts with a warm up and short stretch, and ends with a core workout, stretch, and cool down. Please wear good gym shoes and bring a water bottle.

Spin & Sculpt

This is a combo class format which can utilize many types of equipment, body weight, in addition to the indoor spin bikes. The class will either be split in two sections or be a combination of circuits. While on the bike, we will work on cardio conditioning. When off the bike we will incorporate a variety of exercises as well as hand weights and other props around the gym. It is designed to work on strength and toning targeting all muscle groups. The class will end with an AB workout, stretch, and cooldown. If wearing cycle shoes, bring gym shoes for other half of class. This class is for all levels.

Power Hour:

Full-body strength and HIIT class that will help increase strength, power, functional movement, and anaerobic endurance through the use of weights, medicine balls, balance drills, and plyometrics.

Summer Conditioning:

This class utilizes metabolic resistance training to burn calories, build muscle and elevate metabolism - all with the goal of improving performance in winter sports! Expect to learn exercises with a wide variety of equipment including TRX, kettlebells, barbells, medicine balls, balance trainers, and more.

Olympic Weightlifting - All Levels:

8-week series! Olympic style weightlifting is the go to for professional and olympic sport for strength development. In most sports acceleration and dynamic expression of strength is what matters most, and olympic weightlifting excels at providing that. No matter your level of knowledge or athletic ability you can benefit from learning and training the Olympic lifts.

Brazilian Jiu-Jitsu:

A 16-week program of Jiu-Jitsu fundamentals. Our professors are Brazilian Black Belts and have extensive coaching experience, are certified and have won numerous tournaments at all levels of Brazilian Jiu-Jitsu. Jiu-jitsu is one of two martial arts that are defensive. There is no striking and the main goal in Jiu-Jitsu is to level the field by taking the opponent to the ground to get a submission. Brazilian Jiu-Jitsu is one of the most effective self-defense martial arts, where real life self-defense situations are explored at the beginning of every class.

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.

Silver Sneakers® Classic:

This workout includes fall prevention drills and exercises to improve strength and endurance. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills.

Silver Sneakers® Splash:

Activate your aqua exercise urge for variety! This class offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a kickboard is used to develop strength, balance and coordination.

Silver Sneakers® Circuit:

Circuit class includes resistance exercises that improve upper body conditioning, intermixed with cardio and balance challenges. You'll move through blocks of exercises that focus on different muscle groups. The focus of this class is on toning muscles and building overall strength.

Aerial Silks Sequences:

Experience a fitness journey tailored to your skill level from absolute beginner to intermediate. This program uses a tailored sequence training model to provide the repetition and refinement necessary for muscle memory and skill development. Develop physical mastery through dynamic upper body, grip, and core strength while improving full-body flexibility, balance, and endurance—all key factors that support long and vital lives. Enhance mental resilience through challenging yourself to heighten body awareness, overcome natural fear responses, and break through mental blocks in sport performance. Join us to build strength, confidence, and grace in the air and on the ground!

Aerial Yoga:

A beginner friendly class that uses aerial hammock to discover flow, flexibility, and strength. Please wear long pants without zippers, and take off jewelry before the start of class. Class flows will include mat work as well as aerial practice. Max class size is 5, preregistration recommended.

Aerial Conditioning & Flow:

Conditioning and mobility circuits on a variety of aerial apparatus including hoop, silks, sling and flying pole! Learn flows one move at a time, and explore different shapes that can be translated across different apparatuses!

Classes at a Glance

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- Strength Training Focus
- Active Aging
- Cardiovascular Focus
- Mind/Body
- Class Series
- Other

Drop-In Kayak Hours:

For paddlers of all levels! Come practice your strokes and rolls in our lap pool with the help of instructors. We will have two lanes open for your use. Upon arrival, check in at the front desk and pay the entry fee. You can skip this step by paying online or by phone. You can park at the back of the building and bring your boat in through the back gate (you will walk up the back driveway until you see a playground surrounded by a black fence and gate. This is the entrance to the pool patio area.) Hose your boat and gear off on the pool patio, then come on over to the lap pool! Kayak gear provided for your use on a limited basis.

Power Lunch:

Make the most of your day with this circuit-based class. Increase endurance while toning and conditioning the whole body. This class is designed with busy working individuals in mind. This class includes short rest periods between circuits. Anyone who has limited time can leave early between circuits if needed. Please let your instructor know if this is the case!

Sunrise Circuits:

This early-bird special is a nonstop athletic style class to challenge the whole body. It combines short bursts of cardiovascular work with longer intervals of strength training. This will trigger fat burn and muscle building for the rest of your day!

Intro to Strength Training:

Strength is the foundation of longevity and one of the most effective ways to stay injury-free in an active life. Whether you're hiking, biking, or skiing, strength helps you move better, recover faster, and enjoy the mountains longer.

This 8-week class meets twice a week and focuses on two essential training days: one lower body (squat + hinge) and one upper body (pressing). You'll be coached on your technique to help prevent injury and follow a progressive strength program that's been tested and refined.

We train hard but keep it fun. All levels are welcome, from teens to active seniors. You won't "bulk up," but you will build strength that supports your everyday life and outdoor pursuits.

Friday Night Spin:

After a solid warm up, get your bike motivating tunes with Sam as you boost cardiovascular endurance, and boost yourself to a Friday night spin to stay long. Class includes a cooldown. T-shirt recommended.

Zumba® Fit

Meet Barbara

Creative Dance

Unleash your inner rhythm and ignite your creativity with hula hoops, silk fans and more! Whether you're a beginner or an experienced dancer, you'll improve your creative side through playful sequences. Expect a blend of dance and mindful movement that keeps you grooving. Props vary from hula hoops to silk fans. Come spin and smile! *All props provided or you may bring your own.*

is in gear! Spin to
burn calories, increase your
mood. Treat
yourself to a
y in cycling shape all Winter
long. Includes
bowl and water bottle

tra Klontz, BS, BSN, RN, ZIN™—proof that science, medicine, and dance all belong on the same playlist and bri

our spirit by dancing creatively
whether you're a total beginner
or a pro. Tap into
your coordination and tap into
rhythms and mesmerizing flows.
Movement — all set to music
from single hoop, double hoop,
hoop. *Levels welcome. Props*

nging a brand-new Zumba® class that will kick off this January! Zumba® Fitness is a combination of Latin and ir

ternation music 70% cardio and 30% tradition fitness. Barb can't wait to dance with you! No experience require

d, just an open heart; because if you can walk, you can have fun in a Zumba® class.

May Fitness Schedule - Group Exercise #1 Only

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|--|
| | | | | |
| Power Sculpt 7:45 - 8:45 AM Deanne Bugos <i>Group Exercise 1</i> | | Power Hour 7:45 - 8:45 AM Katie Hardie <i>Group Exercise 1</i> | Spin & Sculpt 7:45 - 8:45 AM Deanne Bugos <i>Group Exercise 1</i> No Class 5/28 | Yoga Fusion 8:00 AM - 9:00 AM Christina Russell <i>Group Exercise 1</i> |
| Slow Flow Yoga 9:00 - 10:00 AM Dallas Franklin <i>Group Exercise 1</i> | | | | |
| SS Yoga 10:15 - 11:15 AM Dallas Franklin <i>Group Exercise 1</i> | Silver Sneakers Classic 10:15 - 11:15 AM Mary Wagner <i>Group Exercise 1</i> | Silver Sneakers Circuit 10:15 - 11:15 AM Kristen Hessler <i>Group Exercise 1</i> | SS Yoga 10:15 - 11:15 AM Kristen Hessler <i>Group Exercise 1</i> | Silver Sneakers Classic 10:15 - 11:15 AM Mary Wagner <i>Group Exercise 1</i> |
| | | | | |
| Jiu-Jitsu: Youth 6-9 4:30 - 5:20 PM Raoni Orlandi <i>Group Exercise 1</i> | | Jiu-Jitsu: Youth 6-9 4:30 - 5:20 PM Raoni Orlandi <i>Group Exercise 1</i> | | |
| Jiu-Jitsu: Youth 10+ 5:30 - 6:20 PM Raoni Orlandi <i>Group Exercise 1</i> | | Jiu-Jitsu: Youth 10+ 5:30 - 6:20 PM Raoni Orlandi <i>Group Exercise 1</i> | | |
| Jiu-Jitsu: Adult 6:30 - 7:30 PM Raoni Orlandi <i>Group Exercise 1</i> | | Jiu-Jitsu: Adult 6:30 - 7:30 PM Raoni Orlandi <i>Group Exercise 1</i> | | |

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May Fitness Schedule - Group Exercise #2 Only

| Monday | TUESDAY | Wednesday | Thursday | SATURDAY | SUNDAY |
|---|--|--|---|--|---|
| | Power Vinyasa 7:45AM - 8:45AM Stacy Kempfer Group Exercise 2 | | | | |
| | | | Aerial Conditioning & Flow 11:00AM - 12:00PM Giuliana Sheldon Group Exercise 2 No Class 5/28 | Aerial Yoga 10:30AM - 11:30AM Giuliana Sheldon Group Exercise 2 No Class 5/23 or 5/30 | Power Vinyasa 10:30AM - 11:30AM Stacy Kempfer Group Exercise 2 No Class 5/31 |
| | | L1 Aerial Arts: 6-8 3:45 - 5:00 PM Giuliana Sheldon Group Exercise 2 | | | Power Vinyasa 12:00PM - 1:00PM Stacy Kempfer Group Exercise 2 No Class 5/31 |
| | | L1 Aerial Arts 8+ 5:15 - 6:15 PM Giuliana Sheldon Group Exercise 2 | Align & Flow Yoga 5:30 - 6:30 PM Megan Beener Group Exercise 2 | | |
| Align & Flow Yoga 5:30 - 6:30 PM Megan Beener Group Exercise 2 No Class 5/25 | | | | | |

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- Aerial Fitness
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- Other

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May Fitness Schedule - HIIT STUDIO Only



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|--------|--|-----------|--|
| | <p>Summer Conditioning 6:30 - 7:30 AM Thor Knutson <i>HIIT Studio</i> No Class 5/5</p> | | <p>Summer Conditioning 6:30 - 7:30 AM Thor Knutson <i>HIIT Studio</i> No Class 5/7</p> |
| | | | |
| | <p>Olympic Weightlifting - All Levels 5:30 - 6:30 PM Nico Rithner <i>HIIT Studio</i></p> | | <p>Olympic Weightlifting - All Levels 5:30 - 6:30 PM Nico Rithner <i>HIIT Studio</i></p> |
| | | | |

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