

MONDAY

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|---------------|----------------------------|---------|----------|
| 8:00-8:45am | Total Body Fit | Emma | Studio 1 |
| 9:00-10:00am | Shallow Water | Team | Pool |
| 10:40-11:05am | Stretch and Roll | Clayton | Studio 1 |
| 10:45-11:45am | Functional Movement | John | Jade |
| 12:00-12:45pm | LIIT | Lena | Studio 2 |
| 1:00-1:55pm | Pilates Mat 1-3 | Julie | Studio 2 |
| 7:30-8:30pm | Yin | Gregory | Jade |

TUESDAY

| | | | |
|---------------|---------------------------|---------|----------|
| 8:15-8:45am | Mindful Breathwork | Ariella | Jade |
| 9:00-10:00am | Deep Water | Crystal | Pool |
| 9:00-10:00am | Hatha | Malissa | Jade |
| 10:30-11:30am | Tai Chi | Marek | Jade |
| 5:00-6:00pm | Zumba® | Tonya L | Studio 1 |

WEDNESDAY

| | | | |
|---------------|------------------------|---------|----------|
| 8:00-8:45am | Total Body Fit | Emma | Studio 1 |
| 9:00-10:00am | Shallow Water | Marlene | Pool |
| 10:00-10:55am | Pilates Mat 1-3 | Tyra | Studio 2 |
| 10:45-11:45am | Yoga Basics | Reema | Jade |
| 12:00-12:45pm | LIIT | Judy | Studio 2 |
| 7:00-8:00pm | Somatic Yoga | Priya | Jade |

THURSDAY

| | | | |
|--------------|-------------------|---------|----------|
| 9:00-10:00am | Deep Water | Crystal | Pool |
| 9:00-10:00am | Hatha | Venus | Jade |
| 5:00-6:00pm | Zumba® | Tonya L | Studio 1 |
| 7:30-8:30pm | Yin | Gregory | Jade |

FRIDAY

| | | | |
|---------------|-------------------------|------------|----------|
| 9:00-10:00am | Deep Water | Team | Pool |
| 9:00-10:00am | Tai Chi | Marek | Opal |
| 10:40-11:05am | Stretch and Roll | Tracy | Studio 1 |
| 10:45-11:45am | Yoga Basics | Carrie | Jade |
| 12:00-12:45pm | LIIT | Libby | Studio 2 |
| 4:30-5:45pm | Yin/Nidra | Brianne | Jade |
| 5:30-6:30pm | Cardio Dance | Melissa B. | Studio 1 |

SATURDAY

| | | | |
|-----------------|------------------------|-------|----------|
| 8:00-8:55am | Pilates Mat 1-3 | Kerry | Studio 2 |
| 11:05am-12:05pm | Yin | Julia | Jade |

SUNDAY

| | | | |
|-----------------|-------------------------|-------|----------|
| 9:00-10:15am | Hatha | Lena | Opal |
| 11:30am-12:30pm | Cardio Dance | Kathy | Studio 1 |
| 1:00-2:00pm | Restorative Yoga | Team | Jade |

Level One

COMPLIMENTARY
EFFECTIVE 4/1/26

UPDATED 3.24.26

Level 1 Classes are suitable for beginners, mature adults, those with restricted movements and those recovering from injuries.

If you are recovering from an injury or have a special need please inform the instructor prior to class, as it will help to better coach you.

COLORED LIGHTS USED

LIVESTREAM CLASSES



SCAN FOR INFO

Level One Classes

Deep Water

A great cardiovascular workout including intervals, circuits, balance challenges and strength training.

Pilates Mat

Strengthen and realign through a series of functional movements for the entire body.

Shallow Water

Total body strength conditioning and cardio class in shallow water. May include hand buoys, noodles or steps.

Total Body Fit

This 45-minute class combines cardio, strength and balance work for the perfect total body workout.

ZUMBA®

Latin style rhythms with interval training for calorie burning in an easy-to-follow one-of-a-kind fitness party format!

LIIT

Low Intensity/Low Impact Training- This class is for everyone wanting a good combination of cardio, strength, balance and flexibility without the impact on your joints. Designed to work your whole body using light weights, resistance tubing and body weight exercises.

Hatha

This classic style of yoga is designed for all levels and abilities with an emphasis on alignment, breath, strength, flexibility and mindfulness.

Yin/Nidra

This 75-minute class begins with yin yoga, a series of passive, longer-held postures to nourish the connective tissues within the body and prepare the body and mind for the stillness. Yoga Nidra is a guided meditation practice often referred to as yogic sleep. Students enter a state between sleep and wakefulness, intended to offer deep rest.

Yin

Yin Yoga focuses more on the connective tissues than the muscles. This 60-minute class consists of deep holds to increase flexibility and circulation and renew the body's flow of energy along the meridians, promoting deep relaxation and recovery.

Yoga Basics

With an emphasis on stretching and releasing the body of stress, anxiety and tension, this class offers a more therapeutic approach to supporting and nourishing your whole being. Learn basic yoga postures, breath awareness and mindfulness in this practice which is suitable for all levels.

Restorative Yoga

This calming practice is intended to align your physical and mental being with a series of gentle poses supported by bolsters, blankets, yoga blocks and straps. Leave feeling relaxed, calm and at peace from the inside out. Ideal for all levels.

Tai Chi

Tai chi is a series of slow, gentle standing postures, or forms. Each form flows into the next without pause, ensuring that your body is in constant motion. Tai chi is sometimes described as moving meditation, as it promotes peace and calm through movement and breathwork, connecting the mind and body.

Functional Movement

This class is designed to enhance joint mobility, flexibility and overall body movement. Through a series of dynamic stretches and functional poses, we aim to improve range of motion, reduce stiffness and promote fluid, natural movement patterns. Ideal for all levels, it helps to build strength and stability while increasing mobility for everyday activities and athletic performance.

Mindful Breathwork

Experience the transformative power of conscious breathing in this guided 30-minute class.

Cardio Dance

A cardio dance-based workout set to music that'll inspire you to move! Short and simple steps with reputation. Diverse music spanning the decades includes pop, Latin, hip hop beats and more, followed by a core strength section. All levels welcome.

Somatic Yoga

This is a gentle somatic yoga class designed to help you decompress and reconnect with your body. Focuses on breath-based practices and meditative movements to promote relaxation and awareness. Release tension, enhance flexibility, and cultivate a sense of inner peace. Slow down, breathe deeply and embrace the present moment. All levels welcome.