

MONDAY

8:00-8:45am	Total Body Fit	Emma	Studio 1
9:00-10:00am	Shallow Water	Team	Pool
10:35-10:55am	Stretch and Roll ▶	Geraldine	Studio 1
10:45-11:45am	Functional Movement	John	Jade
12:00-12:45pm	LIIT	Lena	Studio 2
12:30-1:30pm	Classical Yoga	Breanne	Jade
1:00-1:55pm	Pilates Mat 1-3	Julie	Studio 2
7:15-8:15pm	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
6:35-7:30pm	Cardio Dance	Samantha	Studio 1
7:00-8:00pm	Mindful Movement	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

FRIDAY

9:00-10:00am	Deep Water	Team	Pool
9:00-10:00am	Tai Chi	Marek	Opal
10:35-10:55am	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	Anthony	Studio 1

SATURDAY

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

SUNDAY

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

Level One

COMPLIMENTARY
EFFECTIVE 8/1/25

UPDATED 7.29.25

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.

NEW 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.

Classical Yoga

Cultivate greater calm, clarity and balance through this introspective class that honors the traditional roots of yoga. Explore somatics, subtle energetics, reflective self-study, Ayurveda and philosophy through asana, pranayama, yoga Nidra and meditation.

Mindful Breathwork

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