



January Weekly Facility Schedule

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
7:45am Walking & Rocking with Martha	8:00am Spin with Ken	9:00am Aquacize with Kathy	8:15am Yoga with Sean	7:45am Walking & Rocking with Martha	8:30am Spin with Sean	
8:30am Spin With Sean	*SPECIAL* 9:00am Aqua Class With Kathy 5 weeks only Last class 1/5/21	9:00am Zumba with Maureen	9:00am Aqua Splash with Kathy	9:00am Spin with Ken	9:00am-11 Swim Lessons Lanes 1 & 2	
8:45am Posture with John	9:00am Yoga with Sean	10:30am Full Body Strength with Sean	9:00am Zumba Gold with Maureen	9:00am Aqua Splash with Kathy	10:00am Yoga with Sean	
9:00am Aqua Zumba with Sherry	10:30am Full Body Strength with Sean	12:00pm Aqua Zumba with Sherry	10:15am Chair Zumba with Maureen	10:30am Full Body Strength with Sean		
10:00am Yoga with Sean	12:00pm Virtual in club Body Flow	4:30 Zumba with Sindy Beginning 1/13	12:00pm Virtual in club Body Flow			
12:00pm Virtual in club Barre	4:30pm Virtual In club Grit Cardio	5:00pm Yoga With Sean				
4:30pm Virtual in club Body Flow	5:30 Aqua Tabata with Pam Beginning 1/12	5:30 Aqua Zumba with Sindy	4:30pm Virtual in club Grit Cardio			
		6:00pm Teen Training with Sean	5:30 Aqua Tabata with Pam			
		Swim Lessons Lanes 1 & 2 3pm-5pm				

Phone: (603) 527-8370

Club Hours: Mon-Fri 5:00 AM – 8:00 PM Fri 5am-7pm Sat 8:00 AM – 5:00 PM Sun 7am-11am by reservation

Aqua Splash – A 60-minute low impact water aerobics class focusing on muscle toning with light resistance. Held in the shallow end of the pool with flotation belts and noodles. Recommended for injury recovery or arthritis, seniors and non-swimmers.

Aqua Tabata – This class is set to music and done in the water. It has alternating periods of 20 second exercises with 10 seconds of rest. It has a warm up and cool down period.

Aqua Zumba – A 60-minute low-impact, high-energy aquatic exercise using the resistance of water to tone your muscles. Recommended for all levels of fitness.

Aquacize – A 60-minute class held in the water that works on cardio and strength. An excellent all around workout for the entire body.

Chair Fitness – A combination of low-impact exercises designed to improve upper-body strength and cardio wellness, using a chair for support.

Circuit Training – High-intensity aerobics performed in a “circuit” fashion, rotating through exercises that target different parts of the body. Studies show that circuit training is the most efficient way to improve cardiovascular and muscle endurance! Modifications can be made to accommodate all levels of fitness.

Full Body Strength – A 45 to 60 minute full body workout using all major muscle groups. Modification can be made for all exercises.

Kickboxing – Choose your strong. Punch, kick, get your heartrate up, and learn proper technique with this 60 minute kickboxing session. Youth and Adult classes available and all fitness levels welcome. *(coming back soon!)*

Qigong – A centuries-old practice that involves slow-flowing movement, rhythmic breathing, and meditation to achieve a calm state of mind. Qigong is often used in conjunction with martial arts and other forms of exercise to promote self-healing.

Spin (Cycling) – A 45-60 minute high energy cycling class set to great music and motivating instructors. Ride a variety of flats, hills and sprints. A great combination of strength, endurance and speed. Recommended for all levels of fitness.

Walking & Rocking – A 45 minute low impact, easy to follow aerobic dance workout. Lots of fun music. A great way to start your day.

Yoga – A 45 to 60 minute blend of flow and holding positions. Modification can be made for all exercises.

Zumba – A 60-minute dance-party fitness class featuring fun, high-energy beats and easy to follow routines. You don't need to be a great dancer to join in the fun - everyone is welcome to dance and get fit.

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