



September Weekly Facility Schedule

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
7:45am Walkin and Rockin with Martha	8:00am Spin with Ken	9:00am Aquacize with Kathy	8:15am Yoga with Sean	7:45am Walkin and Rockin with Martha	8 am Gentle Stretch & Strength with Robert	8am Traditional Chinese Martial Arts with Vince beginning 9/19
8:45am Posture with John	9:00am Yoga with Sean	8am Zumba Gold with Maureen	9:00am Aqua Splash with Kathy	9:00am Gentle Stretch & Strength with Robert	9:00am Spin with Sean	
9:00am Aqua Zumba with Sherry	9-12:30 Swim Lessons Lanes 1 & 2	9:15am Chair Zumba with Maureen	9:00am Zumba with Maureen	9:00am Aqua Splash with Kathy	9:00am-11:45 Swim Lessons Lanes 1 & 2	9am Deep Water Aerobics with Bettie
10:00am Yoga with Sean	9:15 am Chair Yoga with Kara	10:30am Full Body Strength with Sean	10:00- 1:45 Swim Lessons	10:00am Aqua Class with Kathey	10:00am Yoga with Sean	
	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	12:00pm-2:45pm Swim Lessons Lanes 1 & 2	
	5:30 Aqua Tabata with Pam	5:00pm Yoga With Sean	11:30 am Yoga with Kara			
		6:00 Aqua Zumba with Sindy	4:00pm Traditional Chinese Martial Arts with Vince	3:30pm-5:30pm Swim Lessons		
		6:00pm Teen Training with Sean	5:30 Aqua Tabata with Pam			
		Swim Lessons Lanes 1 &2 3pm-5:30pm				

Phone: (603) 527-8370

Club Hours: Mon-Thurs 5:AM – 8:PM Fri 5am-7pm Sat 7:00 AM – 4:00 PM Sun 7am-12pm

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!)*

Plyoga - 45-60 minutes of full body exercises using body weight and/or free weights with a rest period in between each exercise that includes a yoga pose as the rest period. The session is composed of a dynamic warm-up, core strength bout, and finished with more of a flexibility and relaxation sequence.

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.

Phone: (603) 527-8370

Club Hours: Mon-Thurs 5:AM – 8:PM Fri 5am-7pm Sat 7:00 AM – 4:00 PM Sun 7am-12pm