

## November 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	7:15-8:45 Long Ride Spin with Bettie	8am Spin with Ken
8:45am Posture with John <b>Last class 11/15</b>	9:00am Yoga with Sean	8am Zumba Gold with Maureen	9:00am Aqua Splash with Kathy	9:00am Gentle Stretch & Strength with Robert	8 am Gentle Stretch & Strength with Robert	9am Deep Water Aerobics with Bettie
9:00am Aqua Zumba with Sherry	9-12:30  Swim Lessons Lanes 1 & 2	9:15am Chair Zumba with Maureen	9:00am Zumba Gold with Maureen	9:00am Aqua Splash with Kathy	9:00am-11:45 Swim Lessons Lanes 1 & 2	
10:00am Yoga with Sean	9:30am Chair Yoga with Kara	10:30am Full Body Strength with Sean	10:00- 1:45 Swim Lessons	10:00am Aqua Class with Kathy	10:00am Yoga with Sean	
4:30pm Spin With Bettie	6:00pm Beginner	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	
5:30pm Water Aerobics with Bettie	7:00pm Advanced	5:00pm Yoga With Sean	11:00 am Yoga with Kara			
	Traditional Martial Arts with Vince	5:30pm Water Aerobics with Bettie	4:00pm Beginner			
		6:00pm Teen Training with Sean	5:00pm Advanced			
	5:30 Aqua Tabata with Pam	Swim Lessons Lanes 1 & 2 3pm-5:30pm	Traditional Martial Arts with Vince	3:30pm-5:30pm Swim Lessons		
			5:30 Aqua Tabata with Pam			

Phone: (603) 527-8370

**Club Hours:** Mon-Fri 5:00AM – 8:00PM 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.

**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.

**Stretch and Strength**-This class is 45 minutes in duration and is tailor made for those individuals interested in beginning a fitness class or maintaining a level of flexibility and strength. We begin with a gentle warm up period followed by resistance band and light hand weight exercises. Our movements are done both standing and sitting.

**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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