



Oct. Weekly Facility Schedule

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8:00am Walkin and Rockin w/ Martha	8:00am Spin w/ Sean	9:00am Aqasize w/ Kathy	8:15am Yoga w/ Sean	8:00am Walkin and Rockin w/ Martha	8:00am Conscious Breathing w/ Sean	8:00AM Spin w/ Bettie
9:00am Aqua Zumba w/ Sherry	9:00am Zumba Gold w/ Maureen	9:00am Gentle Stretch & Strength w/ Robert	9:00am Zumba Gold w/ Maureen	9:00am Gentle Stretch & Strength w/ Robert	8:00am Gentle Stretch & Strength w/ Robert	9:00am Water Aerobics w/ Bettie
9:00am Strength and stretch w/Robert	10:00am Chair Zumba w/ Maureen	9:00am Spin W/ Bettie	9:00am Aqua Splash w/ Kathy	9:00am Aqua Splash w/ Kathy	9:00am Spin w/ Sean	
9:15 am Conscious Breathing w/ Sean	9:00am Yoga with Sean	10:00-10:30 30 min Cardio w/ Robert	10:00am Chair Zumba w/ Maureen	9:00am Aqua Splash w/ Kathy		
10:15am Yoga w/ Sean	9:00am-10:30pm Swim Lessons Lanes 1 & 2	10:30am Full Body Strength w/ Sean	10:15am-12:15pm Swim Lessons Lanes 1& 2	8:30am Spin W/ Bettie	9:00am-11:00am 11:30a-1:00p Swim Lessons Lanes 1 & 2	
2:45-5:30 swim lessons lanes 1&2		12:00pm Aqua Zumba w/ Sherry	Traditional Martial Arts w/ Vince 5:00pm-7:00pm	9:30 Yoga w/ sean	10:00am Yoga w/ Sean	
	5:00pm Conscious Breathing w/ Sean	3:30pm-5:30pm Swim Lessons Lanes 1 & 2	5:30pm Aqua Tabata w/ Pam	10:00am Aqua Class w/ Kathy		
5:30pm Water Aerobics w/ Bettie	5:30 PM Boot Camp W/ Bettie	5:00pm Yoga w/ Sean	5:30 PM Boot Camp W/ Bettie	10:30am Full Body Strength w/ Sean		
	5:30pm Aqua Tabata w/ Pam	5:30pm Deep Water Aerobics w/ Bettie				

Phone: (603) 527-8370

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

***Please remember to reserve a spot in the class and/or the pool. It is your responsibility to be on time for the class and to know what lane you're assigned to in the pool. Please call the front desk for any cancellations or sign ups!**

Class Description

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.

Teen 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.

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.

Gentle 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.

Boot Camp An energetic class alternating between Cardio and weight training. Using the Cybex machines, treadmills and bikes to achieve the best cardio and physical fitness.

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.

Conscious Breathing A 45-60 Min Class focusing on the Breath, Prana,Air Fulfillment and Spirit Energy which fuels us all throughout the day. Become more conscious of and with each breath,feel the wellness of your being flourishing in ways that are life changing. Improve health in all ways.

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