



July Weekly Facility Schedule

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8:00am Walkin and Rockin w/ Martha	8:00am Spin w/ Sean	9:00am Aquasize w/ Kathy	8:15am Yoga w/ Sean	8:00am Walkin and Rockin w/ Martha	8:00 am Qigong Energy Cultivation /W Sean	
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	9:00am Yoga with Sean		9:00am Aqua Splash w/ Kathy	9:00am Gentle Stretch & Strength w/ Robert	Tai-Chi with Chris	Pool Tai-Chi W/ Chris
10:15am Yoga w/ Sean	10:15 am Chair Zumba w/ Maureen	10:00 am Aqua Zumba w/ Sherry	10:15am Chair Zumba w/ Maureen	9:00am Aqua Splash w/ Kathy	9:00am Spin w/ Sean	
5:00 pm Qigong Energy Cultivation /W Sean	9:15am-10:30pm Swim Lessons Lanes 1 & 2	10:30am Full Body Strength w/ Sean	Traditional Martial Arts w/ Vince 5:00pm-7:00pm	9:30am Yoga w/ sean	9:00am-11:00am 11:30a-1:00p Swim Lessons Lanes 1 & 2	
5:30pm Water Aerobics w/ Bettie	5:00 pm Qigong Energy Cultivation /W Sean	3:30pm-5:30pm Swim Lessons Lanes 1 & 2	5:30pm Aqua Tabata W/ Pam	10:00am Aqua Class w/ Kathy	10:00am Yoga w/ Sean	
	5:30pm Aqua Tabata W/ Pam	5:00pm Yoga w/ Sean	5:30 PM Boot Camp W/ Bettie	11:00 am Aqua Zumba W/Sherry		
	5:30 PM Boot Camp W/ Bettie	5:30pm Deep Water Aerobics w/ Bettie		10:30am Full Body Strength w/ Sean		
				3:45 pm-6 pm Swim lessons Lanes		

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 pool and to know what lane you're assigned to in the pool. Please call the front desk for any cancellations or sign ups! \$15 pool no show/call fee

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.

Qigong Energy Cultivation A combination of energy cultivation from a series of Mudras and practice of proper breathing for optimal wellness and fitness.

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