



Adult and Youth Fitness Specialty Group Exercise

Pre-registration is required for all paid classes!

Next Session Starts July 17th 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	AM	AM	AM	AM	AM
	9:00-10:00 Rocket Runners (Youth) Jessica	9:30-10:00 miniWERQ (Youth) Angela	9:00-10:00 Rocket Runners (Youth) Jessica		
			9:15-10:00 TRX HIIT Jackie		
		10:15-11:00 Equip: Strength and Sculpt Jackie	10:15-11:00 Aqua Barre Machele		
		11:30-12:00 Fit-N-Fun (Youth) Michelle			
PM	PM	PM	PM	PM	PM
	4:00-4:45 Speed and Agility (Youth) Ty		4:00-4:45 Speed and Agility (Youth) Ty		
		5:30-6:15 Core Circuit Jodi	6:15-7:00 TRX HIIT Liz H.		
6:45-7:30 TRX HIIT Liz H.	6:30-7:15 Equip: Strength and sculpt Jackie	6:30-7:15 Pound Jodi	7:00-7:45 TRX Teen (Youth) Liz H.		

SPECIALTY GROUP EXERCISE CLASS DESCRIPTIONS

Small Group

This is an affordable way to take advantage of a trainer's

	expertise, creativity and motivation at a lower cost. Trainings are for 4-8 participants, creating smaller, intimate classes with more individualized attention.
Aqua Pilates	Pilates in the pool! Participants will use pool noodles, water weights, and the pool wall and floor for assistance. This class will challenge stability and core strength.
Aqua Barre	Participants will use pool noodles as a ballet barre for stability. Learn how ballet-inspired movements and gentle resistance can strengthen arms, legs and especially core. Experience isometric movements that will tone every muscle in the body. Explore long lever movements to lengthen, strengthen and improve your range of motion. Aqua Barre workouts appropriate for all levels of fitness.
Pound	Using lightly weighted drumsticks, Pound transforms drumming into an effective way of working out. This class is designed for all levels. It's the perfect atmosphere for letting loose, getting energized, toning up and rockin out!
Equip	This small group training includes cardio bursts, resistance training, and focuses on strength and agility using but not limited to TRX, Bosu Balls, Sliders, Bikes and Stability Balls.
Core Circuit	Strength training taught by women for women. This class teaches you to train effectively with weights. Promoting a decrease in body fat and an increase in strength, health and fitness. No weight room experience necessary.
TRX HIIT	A small group training class that includes body weight resistance training, core strengthening, and cardio bursts. The TRX Suspension System, Bosu Balls and Stability Balls will be used.
TRX Pilates	This is a new class that combines TRX suspension, Pilates, Yoga and Barre movements. It's a challenging blend of isometric exercises and flexibility focusing on your CORE, all while using the aid of the TRX Suspension Straps.
TRX Teen	This is a full-body workout in a small group setting that incorporates the TRX Suspension Training System as well as other equipment. Teens will benefit from the camaraderie of group training as well as the individualized attention of a trainer.
Rocket Runners	Children will run their way into fitness through traditional running drills as well as games, special activities and challenges. All running abilities are welcome.
miniWERQ	Kids will have a blast with Kids' WERQ, the fiercely fun dance fitness workout class based on kid-friendly versions of pop, rock, and hip-hop taught by Certified WERQ instructors and designed just for kids.
Speed and Agility	This class is for any skill level looking to improve their current athletic performance. Exercises are designed to improve overall quickness, strength and coordination.