

Schedule subject to change • View updates at: <http://www.whitefishwave.com/schedule/> • See back for class descriptions and durations

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	Coach on Deck (A) Staff Sunrise Yoga 1 (Y) (45 min) Gerda BODYPUMP (GE) Camille	Cycling Savannah RIPPED (G) Shay	Coach on Deck (A) Staff BODYATTACK (GE) Bruce *RPM Cycling PJ 14+ (45 min)	Cycling Savannah Rise & Grind (G) John	RIPPED (G) Shay *RPM Cycling Chani 14+ (45 min)		
		Swim Team Dry Land 6:30-7:30 Scott					
7:00	Beginner Yoga Flow (Y) (45 min) Lisa	Yoga I (Y) Ashley	Yoga Stretch (Y) Courtney			Cycling - 7:30-8:30 Savannah	
7:45		*BODYPUMP (GE) Erica		*BODYPUMP (GE) Meg			
8:00	Fit for Life (GE) (45 min) Meg 14+		Fit for Life (GE) (45 min) Meg 14+		Fit for Life (GE) (45 min) Meg 14+ Coach on Deck (A) 8:30-9:30 Staff	BODYSTEP EXP. (GE) (45 Min) Meg	
9:00	Yoga 1 (Y) Kelly Water Aerobics (A) Penny Cycling Scott *BODYATTACK - BODYPUMP (GE) Brit/Meg/Erica	Gentle Yoga (Y) Kelly 14+ Step Sculpt Intervals (GE) Bobbie Cycling - Lynn Water Aerobics (A) Penny *Body Forge (G) Erin	Pilates (Y) Meg Cycling Miriam Water Aerobics (A) Karen BODYATTACK (GE) Brit	Relax & Renew Yoga (Y) David S Step Sculpt Intervals (GE) Bobbie Cycling Lynn Water Aerobics (A) Karen *BOGAFIT (A) Nancy	Yoga 1 (Y) Erica R Body Forge (G) Erin Cycling Scott Water Aerobics (A) Laurie	Saturday Vinyasa (Y) Jenna 14+ Pump It Up (GE) Lynn/Mary Water Aerobics (A) JoLynn	Relax & Renew Yoga (Y) David S *Cycling Krista
10:15	Zumba (GE) Kala Pilates Stretch (Y) Vicki	BalleCore (Y) Katie OULA (GE) Nathalie	Gentle Yoga (Y) (75 min) Ingrid 14+ Barre (GE) Carly	BalleCore (Y) Katie OULA POWER (GE) Coco	ZUMBA (GE) Kala Gentle Yoga (Y) (75 min) Claudette 14+	ZUMBA (GE) Yadira Pilates Stretch (Y) Kelly *Family Friendly BOGAFIT (A) Shay/Lynn	
11:30	Top Guns (GE) Mary SilverSneakers®(Y)Vi cki (45 min) 14+	Butts & Guts (GE) Mary	Top Guns (GE) - Mary GENTLE BOGAFIT (A) Carly	Butts & Guts (GE) Mary (45 min) Yoga 1 (Y) Erika P	HIIT Your Limits (GE) Scott (45 min)		
12:10	Cycling Scott (45min)	*Cycling Scott (45 min)		Cycling Mary (45min) *THRILLER Lynn Sept 20th start			
1:00	Senior Strength (L) Carly (Health Screening required prior to attending)	Qigong (Y) Emily 1:10-1:55	Senior Strength (L) Carly (Health Screening required prior to attending) *Qigong (Y) Emily 1:10-1:55	Tai Chi Easy (Y) Emily 1:10-1:55	SENIOR BOGA (A) Carly 14+		
2:00		Senior Strength (L) Rachel (Health Screening required prior to attending)		Senior Strength (L) Rachel (Health Screening required prior to attending)			
4:00		Swim Team Dry Land (GE) 4:15-5:00 Scott					
4:30	*Youth Zone Yoga Chani	*Youth Zone Dodgeball Staff		*Youth Zone Cycling Chani			
5:15		BODYATTACK EXP. (GE) Brit (45 min)	P.A.C.E. (K) Carly	BODYATTACK EXP. (GE) Brit (45 min)			
5:30	Barre (GE) Carly	*Relax and Renew Yoga (Y) David S *Cycling Miriam	OULA (GE) Nathalie	Yoga 1 (Y) Christiane			
6:00				ZUMBA (GE) Yadira			
6:15		*THRILLER Lynn Sept 18th start					

*NEW CLASSES
LES MILLS CLASS

(A)=Aquatics • (G)=Gymnasium • (GE)=Group Exercise Studio • (K)=Kinesis Studio • (L)=In Lobby • (Y)=Mind & Body Studio

CLASS DESCRIPTIONS:

BALLECORE: If you love Pilates or Barre classes this class is for you. Using standing barre work, BalleCore focuses on core strength, stretching and balance. It will leave you feeling stronger with leaner, longer muscles and solid posture. For all fitness levels. (60 minutes, mind and body studio)

BARRE: Designed to strengthen, tighten, and tone, this barre workout flows through high-powered sequences that specifically target the arms, legs, and core, with the goal of a long and lean physique. No dance experience required (60 minutes, group fitness studio)

BODY FORGE: This class includes toning and cardio intervals. Get sculpted abs and glutes, strong arms and lean legs with this fun and innovative workout. (60 minutes, group fitness studio)

BOGAFIT: A unique workout on water utilizing traditional gym moves like burpees, pushups, sit ups, etc.. As well as incorporating Yoga and Pilates principles with unique adaptations created by our instructors. Come 15 minutes early; shorts or capri pants required. (60 min, Lap pool) **FAMILY FRIENDLY BOGA** Kids 10 - 13 welcome with an adult!

BUTTS AND GUTS: 25 minutes of non-stop, hit it hard below the belt exercises to tone and strengthen the lower body. (25 minutes, group fitness studio)

COACH ON DECK: For swimmers 18 and over who are fitness swimmers, competitors and triathletes. Certified coaches will lead you through a workout helping with technique and improving your stroke. (60 minutes Mondays, Wednesdays & Fridays (Lap pool)

CYCLING: Group indoor cycling class suitable for all fitness levels. Classes vary slightly with each individual instructor. (60 minutes, cycling studio) **CYCLE EXPRESS** (45 minutes).

GENTLE YOGA: Combines gentle and restorative yoga poses, breathing and deep stretching. This class is designed for students who enjoy moving at a relaxed pace. (75 minutes, mind and body studio)

RELAX & RENEW YOGA: Designed to introduce men to the benefits of yoga. Explore physical poses for balance and core strength, breathing exercises, and relaxation techniques to help with daily stresses and demands of your life. Be ready for untraditional play. (60 minutes, mind and body studio)

HIIT YOUR LIMITS: High Intensity Interval Training; short bursts of athletic movement separated by intervals of rest using bands, balls, and body weight. (45 minutes, group fitness studio)

LES MILLS BODYATTACK™ A high-energy class combining athletic movements like running, lunging and jumping with strength exercisers such as push-ups and squats. (60 and 45 min, group fitness studio).

LES MILLS BODYPUMP™ A barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition. With scientifically proven moves and techniques tons of encouragement, motivation and great music you will achieve much more than on your own! (60 minutes, group fitness studio.)

LES MILLS BODYPUMP™ Full body cardio workout with attitude that challenges both physical and mental fitness. Upbeat music keeps you moving while strengthens you butt and thighs. Modifications make this class a workout for everyone! (50 minutes, group fitness studio).

OULA: is a high-energy, easy to follow, calorie burning, crazy-fun dance workout to Top 40 hits for people of all abilities. Find sweat, joy, and total inspiration. OULA is dancemania for your soul. (60 minutes, group fitness studio)

OULA POWER: Conditioning class with a warm up, followed by cardio tracks to heat up the body and raise the heart rate, and then transitioning to a series of conditioning tracks that focus on strengthening and toning using just our own body weight. (60 minutes, group fitness studio)

P.A.C.E. Progressive Aerobic Circuit Exercise; a series of exercises incorporating the Kinesis Wall, cardio stations, balance and core strengthening stations and specific strength training stations. (60 minutes, Kinesis studio)

PILATES /PILATES STRETCH: While Pilates centers on core stabilization movements and emphasizes toning, the influence of yoga helps increase flexibility. “Mindful movement” will keep the mind totally focused on what the body is doing while relaxing, relieving stress and increasing strength and balance. (60 minutes, mind and body studio)

PUMP IT UP! Try a new type of strength training...one that uses music in a group setting. This class works your entire body with weighted body bars and hand weights. (60 minutes, group fitness studio)

QIGONG: Qigong is moving meditation exercise that involves certain movements correlated with deep breathing. It has been an internal health care system used in Asian culture for thousands of years. (45 minutes, mind and body studio)

RIPPED: Join us for this “one stop body shock”. Tone up through a series of intense exercises including Resistance, Intervals, Plyometrics, Power, and Endurance. (60 minutes, gymnasium)

RISE AND GRIND: High intensity Workout! Includes plyometrics, calisthenics, cardio, strengthening and burpees! (60 minutes, gymnasium)

SATURDAY VINYASA: A series of yoga poses that flow from one to the next, with moments of long holds and emphasis on core movements and breathing. Vinyasa will allow you to get all the relaxing benefits of yoga, while incorporating strength and power into your movements. (60 minutes, mind and body studio)

SENIOR STRENGTH: Group strength training designed for seniors utilizing weight machines and some free weights. This class promotes bone density, increases muscular strength and balance. Ages 62+ *to ensure proper muscle recovery and safety, class participation is limited to twice a week; students must also perform a health history screen w/trainer prior to attending class.

SILVERSNEAKERS® -CLASSIC : Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. (45 minutes, mind body studio)

STEP SCULPT INTERVALS: Using the step and various strengthening tools this class provides a cardiovascular and muscular workout to promote increased metabolism and a firmer body. (60 minutes, group fitness studio)

SUNRISE YOGA: An energetic flow to start your day right off! This class accepts yogis of all levels from beginner to experienced to join this flow-style class based on Ashtanga Yoga. (45 minutes, mind and body studio)

TAI CHI EASY: Rejuvenate, refresh and distress your entire being with a smile on your face and a laugh or two. Enjoy this very low impact, balance improving and much more ancient martial art. (45 minutes, mind and body studio)

Thriller: Learn the dance “Thriller” gradually over the course of about 4-6 weeks. Then dress up as a “zombie” and go downtown to “flash mob” Whitefish. You will never hear that song again without dancing! Starting September 18

TOP GUNS: A challenging 30-minute workout that targets shoulders, arms, back and chest. Variety is the key using various types of equipment or no equipment and different exercises in each class. (30 minutes, group fitness studio).

YOGA I & SUNRISE YOGA I: This moderately paced class will build on the basic postures and breathing. Recommended for students with some previous experience in Yoga. (60 minutes, mind body studio)

YOGA STRETCH: Designed for the tight, non-limber and lifelong athlete who needs a little stretch and opening to support their exercise routine. All levels welcome. (60 minutes, mind and body studio)

YOUTH ZONE: Group Fitness Classes/Activities modified and designed to get kids moving and have fun too. Ages 10 to 13.

ZUMBA: A fusion of Latin and International music and dance themes that create a dynamic, exciting, effective fitness system! (60 minutes, aerobics studio)

Monday-Friday 5:00am – 9:00pm

Saturday 7:00 am - 8:00 pm

Sunday 7:00 am - 8:00 pm

Last Edited 08/28/2018