


MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00 AM (A)	Coach on Deck Carrie	6:00 AM (C)	Cycling Savannah	6:00 AM (A)	Coach on Deck Carrie	6:00 AM (C)	Cycling Savannah	6:00 AM (G)	RIPPED Shay	7:30 AM (C)	Cycling Savannah	9:00 AM (Y)	Relax & Renew Yoga Dave
6:00 AM (Y)	Sunrise Yoga 1** Gerda	6:00 AM (G)	RIPPED Shay	6:00 AM (GF)	BODYATTACK Bruce	6:00 AM (G)	Rise & Grind John	7:00 AM (Y)	Yoga Flow Helen	8:00 AM (A)	Hydro Interval Training Carrie	9:00 AM (C)	Cycling Krista
6:00 AM (GF)	BODYPUMP EXPRESS** Camille	9:00 AM (Y) 14+	Gentle Yoga Kelly	6:00 AM (C) 14+	RPM Cycling** PJ	9:00 AM (Y)	Relax & Renew Yoga Dave	8:00 AM (GF) 14+	Fit for Life** Meg	9:00 AM (Y) 14+	Saturday Vinyasa Jenna		
7:00 AM (Y)	Beginner Yoga Flow** Lisa	9:00 AM (GF)	Step Sculpt Intervals Bobbie	7:00 AM (Y)	Yoga Stretch Courtney	9:00 AM (GF)	Step Sculpt Intervals Bobbie	8:00AM (G) ♥	Pilates Express* Nancy	9:00 AM (GF)	Pump It Up Lynn/Mary		
7:15 AM (GF)	CXWORX* Michelle	9:00 AM (C)	Cycling Lynn	7:15 AM (GF)	CXWORX* Maxx	9:00 AM (C)	Cycling Lynn	8:30 AM (A)	Coach on Deck Carrie	9:00 AM (A)	Water Aerobics JoLynn		
8:00 AM (GF) 14+	Fit for Life** Meg	9:00 AM (A)	Water Aerobics Penny	8:00 AM (GF) 14+	Fit for Life** Meg	9:00 AM (A)	Water Aerobics Scarlet	9:00 AM (Y)	Yoga 1 Claudette	10:15 AM (GF)	ZUMBA Joy		
9:00 AM (Y)	Yoga 1 Kelly	9:00 AM (G)	Body Forge Erin	8:00 AM (A)	Hydro Interval Training Carrie	9:00 AM (A)	BOGAFit Nancy	9:00 AM (G)	Body Forge Erin	10:15 AM (Y)	Pilates Stretch Kelly		
9:00 AM (A)	Water Aerobics Karen	10:15 AM (Y)	BalleCore Katie	9:00 AM (Y)	Pilates Meg	10:15 AM (GF) ♥	OULA Coco	9:00 AM (C)	Cycling Scott	11:30 AM (GF)	CXWORX* Michelle		
9:00 AM (C)	Cycling Scott	10:15 AM (GF)	OULA Nathalie	9:00 AM (C)	Cycling Miriam	10:15 AM (Y)	BalleCore Katie	9:00 AM (A)	Water Aerobics Laurie				
9:00 AM (GF)	BODYPUMP Erica	11:30 AM (GF)	Top Guns* Mary	9:00 AM (A)	Water Aerobics Penny	11:30 AM (GF)	Top Guns* Mary	10:15 AM (GF)	Zumba Joy				
10:15 AM (GF)	Zumba Joy	12:10 PM (GF) ♥	CXWORX* Michelle	9:00 AM (GF)	BODYATTACK Brit	11:30 AM (Y)	Yoga 1 Erika	10:15 AM (Y)	Gentle Yoga*** Claudette				
10:15 AM (Y)	Pilates Core Strength Vicki	1:00 PM (GF)	All Aboard Dance* Brit	10:15 AM (GF) ♥	OULA Power** Coco	12:10 PM (GF) ♥	CXWORX* Michelle	11:30 AM (GF)	HIIT Your Limits** Scott				
11:30 AM (GF)	Butts & Guts* Mary	1:10 PM (Y)	Qigong** Emily	10:15 AM (Y)	Gentle Yoga*** Ingrid	1:10 PM (Y)	Tai Chi Easy** Emily	12:30 PM (L)	Senior Strength Rachel (Prior Health Screen Required)				
11:30 AM (Y) 14+	Silver Sneakers** Vicki	2:00 PM (L)	Senior Strength Rachel (Prior Health Screen Required)	11:30 AM (GF)	Butts & Guts* Mary	2:00 PM (L)	Senior Strength Rachel (Prior Health Screen Required)						
12:10 PM (C)	Cycle Express** Scarlet	4:30 PM (G)	Youth Zone Dodgeball* Staff	11:30 AM (A)	Gentle BOGAFit Lynn	4:30 PM (C)	Youth Zone Cycling* Chani						
2:00 PM (GF)	All Aboard Dance* Brit	4:30 PM (GF)	CXWORX* Erica	12:10 PM (C) ♥	Cycle Express** Mary	4:30 PM (GF)	CXWORX* Brit						
4:15 PM (GF)	Swim Team Dry Land** Scarlet	5:15 PM (GF)	BODYATTACK EXPRESS** Glenna	12:30 PM (L)	Senior Strength Jenna (Prior Health Screen Required)	5:15 PM (GF)	BODYATTACK EXPRESS** Brit						
4:30 PM (Y)	Youth Zone Yoga* Chani	5:30 PM (Y)	Relax & Renew Yoga Dave	1:10 PM (Y)	Qigong** Emily	5:30PM (Y)	Yoga 1 Christiane						
5:15 PM (GF)	CXWORX* Maxx	5:30 PM (C)	Cycling Miriam	4:15 PM (GF)	BODYPUMP Erica	5:30PM (C) 14+	RPM Cycling** Chani						
5:30 PM (Y)	Ashtanga Yoga Allison			4:15 PM (G)	Swim Team Dry Land** Scarlet	6:00 PM (GF)	ZUMBA Joy						
6:00 PM (GF)	BODYATTACK Bruce			5:30 PM (K)	P.A.C.E. Maxx								
				5:30 PM (GF)	OULA Nathalie								
				7:00 PM (Y) 14+	Hot Flow*** Jenna								



Group Fitness Schedule Spring 2019

Schedule Effective 4/1/2019 - 5/26/2019

Monday-Friday 5:00 AM - 10:00 PM
Saturday & Sunday 7:00 AM-8:00 PM

Classes are 60 minutes unless indicated

* Class is 30 Minutes

** Class is 45 Minutes

*** Class is 75 Minutes

14+ = Age 14 & Up

♥ = NEW CLASS/TIME

(A) Aquatics

(Y) Mind & Body Studio

(GF) Group Fitness Studio

(C) Cycling Studio

(G) Gymnasium

(L) Lobby

(K) Kinesis Studio

Schedule subject to change

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

Class Descriptions

ASHTANGA YOGA - A set sequence of postures linking breath and movement. Suggested for those wanting athletic flow and increased strength, flexibility, concentration, and stamina. We will practice a short form of the primary series. (60 minutes, Mind & Body Studio)

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 & Body 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, Gymnasium)

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 minutes, Lap pool)

BUTTS & GUTS: Non-stop, hit it hard below the belt exercises to tone and strengthen the lower body. (30 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)

CXWORX: Exercises muscles around the core, CXWORX™ provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favorite sports - it's the glue that holds everything together. (30 minutes, Group Fitness Studio)

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, Cycling Studio)

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. (60 and 75 minutes, Mind & 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)

HOT FLOW: A power flow in an 85-90 degree room. All the athletic grace and challenge of a power flow, mixed w/all the health benefits of a heated room: better circulation, detoxification, increased range of motion. Please remember to drink water and listen to your body. Experienced beginners and up. Not recommended for under 16yrs old (75 minutes, Mind & Body Studio)

HYDRO INTERVAL TRAINING (HIT): A full body, zero impact, track style workout in deep water designed for anyone looking to increase their athletic performance, regardless of level. Promotes increased body awareness, core stability, coordination, and balance. (60 minutes, Lap Pool)

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 minutes, 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 RPM: A cycling class that combines hit music with the motivational power of an inspiring Instructor leading you on a journey of hill climbs, sprints and flat riding. (45 minutes, Cycling Studio)

OULA: A motivating hour of high energy exercise to great music where participants are free to let it all out, and dance free of judgement. By integrating the mind, body and heart, our focus is on full-being health and wellness in a fun and community-centered atmosphere. OULA is not just an exercise class, it is an experience. OULA is Dancemania for the soul. (60 minutes, Group Fitness Studio)

OULA POWER: Warrior, Superhero, Powerhouse! A 45-minute conditioning class that begins with an empowering warm up, followed some high-energy cardio tracks to get the heart pumping, and then transitions into a series of conditioning tracks that focus on strengthening and toning using just your own body weight. (45 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 CORE STRENGTH: Strengthen your core, hips, and legs tone your abs, and improve posture and flexibility in this functional class setting. (30 and 60 minutes, Pilates Express in Gymnasium, Pilates & Core Strength in Mind & Body Studio)

PILATES STRETCH: Pilates with yoga influence 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 & 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 & 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)

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 & Body Studio)

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

SATURDAY VINYASA: Not for beginners - This athletic version of yoga is fast and flowing with moments of long holds and emphasis on core stability 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 & 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. (60 minutes, Meet in the Lobby)

SILVERSNEAKERS: 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 & 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 & Body Studio)

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)

WATER AEROBICS: This class uses a variety of equipment to strengthen and stretch your body while increasing agility, range of motion, cardio health, balance and coordination. Suitable for all fitness levels. (60 minutes, Warm Pool)

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 FLOW: Balance playfulness and deep concentration as we practice a sequence of asanas that prepare you for challenging asanas including arm balance preps and vinyasa drills that deepen your understanding of the poses, but lead you to be adventurous and curious in your practice. (45 and 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 & Body Studio)

YOUTH ZONE: Group Fitness Classes modified and designed to get kids moving and have fun too. Ages 10 to 13. (30 minutes)

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