


MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00 AM (Y)	Sunrise Yoga 1** Gerda	5:15 AM (G) ♥	RIPPED Express** Shay	6:00 AM (A) 18+	Coach on Deck Carrie	6:00 AM (GF) ♥	BODYPUMP EXPRESS** Camille	5:15 AM (G) ♥	RIPPED Express** Shay	7:30 AM (C)	Cycling Savannah	7:30 AM (C) ♥	Cycling Krista
6:00 AM (A) 18+ ♥	Coach on Deck Carrie	6:00 AM (C)	Cycling Savannah	6:00 AM (GF)	BODYATTACK Bruce	6:00 AM (C)	Cycling Savannah	6:00 AM (G)	RIPPED Shay	8:30 AM (A) ♥	Hydro Interval Training Carrie	9:00 AM (Y)	Relax & Renew Yoga Dave
7:00 AM (Y)	Beginner Yoga Flow** Lisa	6:00 AM (G)	RIPPED Shay	6:00 AM (C) 14+	RPM Cycling** PJ	7:45 AM (GF)	BODYPUMP Fitness On Demand	8:00 AM (GF) 14+	Fit for Life** Meg	9:00 AM (Y) 14+	Saturday Vinyasa Jenna		
7:15 AM (GF)	CXWORX* Michelle	7:45 AM (GF)	BODYPUMP Fitness On Demand	7:00 AM (Y)	Yoga Stretch Courtney	9:00 AM (Y)	Relax & Renew Yoga Dave	8:30 AM (A) 18+	Coach on Deck Carrie	9:00 AM (GF)	Pump It Up Lynn/Mary		
8:00 AM (GF) 14+	Fit for Life** Meg	9:00 AM (Y) 14+	Gentle Yoga Kelly	7:15 AM (GF)	CXWORX* Michelle	9:00 AM (C)	Cycling Lynn	9:00 AM (Y)	Yoga 1 Claudette	9:00 AM (A)	Water Aerobics JoLynn		
9:00 AM (Y)	Yoga 1 Kelly	9:00 AM (GF) ♥	Barre Cristen	8:00 AM (GF) 14+	Fit for Life** Meg	9:00 AM (GF) ♥	BODYPUMP Erica	9:00 AM (G)	Body Forge Erin	10:15 AM (GF)	ZUMBA Yadira		
9:00 AM (A)	Water Aerobics Joy	9:00 AM (C)	Cycling Scarlet	8:30 AM (A) ♥	Hydro Interval Training Carrie	9:00 AM (A)	Water Aerobics Scarlet	9:00 AM (GF) ♥	Barre Cristen	10:15 AM (Y)	Pilates Stretch Kelly		
9:00 AM (C)	Cycling Scott	9:00 AM (A)	Water Aerobics Lynn	9:00 AM (Y)	Pilates Meg	10:15 AM (GF)	OULA Nathalie	9:00 AM (C)	Cycling Patti	11:30 AM (GF)	CXWORX* Michelle		
9:00 AM (GF)	BODYPUMP Erica	9:00 AM (G)	Body Forge Erin	9:00 AM (C)	Cycling Miriam	10:15 AM (Y)	BalleCore Katie	9:00 AM (A)	Water Aerobics Laurie				
10:15 AM (GF)	Zumba Joy	10:15 AM (Y)	BalleCore Katie	9:00 AM (A)	Water Aerobics Scarlet	11:30 AM (GF)	Butts and Guts* Mary	10:15 AM (GF) ♥	CX/ATTACK Brit				
10:15 AM (Y)	Pilates Core Strength Vicki	10:15 AM (GF)	OULA Coco	9:00 AM (GF) ♥	OULA Power** Coco	11:30 AM (Y)	Yoga 1 Erika	10:15 AM (Y)	Gentle Yoga*** Claudette				
11:30 AM (GF)	Top Guns* Mary	11:30 AM (GF)	Butts & Guts* Mary	10:15 AM (GF) ♥	Zumba Joy	2:00 PM (L)	Senior Strength Rachel (Prior Health Screen Required)	11:30 AM (GF)	HIIT Your Limits** Scott				
11:30 AM (Y) 14+	Silver Sneakers** Vicki	2:00 PM (L)	Senior Strength Rachel (Prior Health Screen Required)	10:15 AM (Y)	Gentle Yoga*** Ingrid	4:30 PM (GF) ♥	Barre Cristen	12:30 PM (L)	Senior Strength Scarlet (Prior Health Screen Required)				
12:10 PM (C)	Cycle Express** Scarlet	4:30 PM (GF)	CXWORX* Erica	11:30 AM (GF)	Top Guns* Mary	5:30 PM (Y)	Hatha Flow*** Christiane						
4:15 PM (GF)	Swim Team Dry Land** Scarlet	5:15 PM (GF)	BODYATTACK EXPRESS** Brit	12:30 PM (L)	Senior Strength Scarlet (Prior Health Screen Required)	5:30 PM (C) ♥	Cycling Patti						
5:15 PM (GF)	CXWORX* Michelle	5:30 PM (Y)	Relax & Renew Yoga Dave	4:30 PM (GF) ♥	BODYATTACK EXPRESS** Brit								
5:30 PM (Y) ♥	Alignment Yoga Chris	5:30 PM (C) ♥	Cycling Miriam	4:30 PM (Y) ♥	Yoga 1 Erica								
6:00 PM (GF)	BODYATTACK Bruce			5:30 PM (GF)	OULA Nathalie								
				6:15 PM (K) ♥	P.A.C.E** Scarlet								



Group Fitness Schedule

Fall 2019

(A) Aquatics

(Y) Mind & Body Studio

(GF) Group Fitness Studio

(C) Cycling Studio

(G) Gymnasium

(L) Lobby

(K) Kinesis Studio

Classes are 60 minutes unless indicated

* Class is 30 Minutes

** Class is 45 Minutes

*** Class is 75 Minutes

14+ = Age 14 & Up

18+ = Age 18 & UP

♥ = NEW CLASS/TIME

Children 10 and older may be accompanied by an adult unless otherwise indicated

Schedule effective 9/3/2019 - 11/23/2019
Monday-Friday 5:00 AM - 10:00 PM
Saturday & Sunday 7:00 AM - 8:00 PM

Schedule subject to change

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

Class Descriptions

ALIGNMENT YOGA: This class addresses our natural alignment promoting freedom of movement and a sense of well-being. (60 minutes, Mind & Body Studio)

BARRE: A dynamic class that combines pilates, yoga, aerobics, and strength training with energizing music, resulting in a fun, challenging, full-body workout. (60 minutes, Group Fitness 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)

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)

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)

FIT FOR LIFE: A fun filled class that will offer options to challenge all ages and fitness levels. Includes cardio, strength training, balance and flexibility. A variety of equipment will be used and classes will vary. An active older adult class. (45 minutes, Group Fitness 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)

HATHA FLOW: Incorporates slow, mindful movement to deepen awareness and align breath, body, and mind through sequences that prepare the body for deeper poses. Intermediate for all levels. (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)

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 and 45 minutes, Group Fitness Studio)

LES MILLS 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)

LES MILLS CX/ATTACK: A combo class that incorporates 30 minutes of CXWORX core training with 30 minutes of athletic body weight cardio training. (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. (60 minutes, 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)

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: 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)

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)

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)

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 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)

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