


MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00 AM (C) ♥	Cycling Erika	6:00 AM (C)	Cycling Savannah	6:00 AM (GF) ♥	BODYPUMP Express** Fitness On Demand	6:00 AM (C)	Cycling Savannah	6:00 AM (C)	Cycling Erika	7:30 AM (C)	Cycling Savannah	9:00 AM (Y) 14+	Gentle Yoga Dave
6:00 AM (A) 18+	Coach on Deck Carrie	7:45 AM (GF)	BODYPUMP Fitness On Demand	6:00 AM (A) 18+	Coach on Deck Carrie	7:45 AM (GF)	BODYPUMP Fitness On Demand	7:00 AM (Y) ♥	Barre Express** Gerda	9:00 AM (A)	Water Aerobics Liz	9:00 AM (GF)	BODYCOMBAT Express** Scarlet
6:00 AM (GF)	BODYPUMP Fitness On Demand	8:00 AM (K)	P.A.C.E. Jennie	7:00 AM (Y)	Intermediate Yoga** Gerda	8:00 AM (K)	P.A.C.E. Jennie	8:00 AM (A) 18+ ♥	Coach on Deck Scarlet	9:00 AM (Y)	Intermediate Yoga Corinne		
7:00 AM (Y)	Intermediate Yoga** Gerda	9:00 AM (C)	Cycling Scarlet	8:00 AM (GF) 14+	Fit for Life** Meg	9:00 AM (C)	Cycling Lynn	8:00 AM (GF) 14+ ♥	Fit for Life** Meg	10:15 AM (GF) ♥	Zumba Yadira		
7:30 AM (C) ♥	Cycling Lynn	9:00 AM (A)	Water Aerobics Liz	9:00 AM (A)	Water Aerobics Scarlet	9:00 AM (A)	Water Aerobics Scarlet	9:00 AM (A)	Water Aerobics Yadira	10:15 AM (Y) 14+	Gentle Yoga Dave		
8:00 AM (GF) 14+	Fit for Life** Meg	9:00 AM (GF)	Barre Cristen	9:00 AM (GF)	BODYATTACK Brit	9:00 AM (GF)	BODYPUMP Erica	9:00 AM (GF) ♥	BODYCOMBAT Express** Scarlet				
9:00 AM (C)	Cycling Scarlet	9:00 AM (Y) 14+	Gentle Yoga Kelly	9:00 AM (C)	Cycling Miriam	9:00 AM (Y) 14+	Gentle Yoga Dave	9:00 AM (C) ♥	Cycling Lynn				
9:00 AM (Y)	Intermediate Yoga Ingrid	10:15 AM (GF)	Oula Nathalie	9:00 AM (Y) ♥	Core 360 Joy	10:15 AM (GF)	Oula Angie	9:00 AM (Y)	Intermediate Yoga Claudette				
9:00 AM (GF)	BODYPUMP Fitness On Demand	11:30 AM (GF)	HIIT Your Limits** Scarlet	10:15 AM (GF)	Zumba Joy	10:15 AM (Y)	BODYBALANCE Brit	10:15 AM (GF) ♥	Zumba Mayra				
9:00 AM (A)	Water Aerobics Joy	12:00 PM (A)	Deep Water Aerobics Liz	11:30 AM (GF) ♥	Sculpt in 45** Torie	11:30 AM (GF)	Sculpt in 45** Scarlet	10:15 AM (Y) 14+	Gentle Yoga Claudette				
10:15 AM (GF)	Zumba Joy	1:00 PM (Y)	Tai Chi Easy** Emily	4:30 PM (Y) ♥	Intermediate Yoga Erika	12:00 PM (A)	Deep Water Aerobics Liz	11:30 AM (GF)	HIIT Your Limits** Scott				
10:15 AM (Y) 14+	Gentle Yoga Ingrid	2:00 PM (GF)	Senior Strength Scarlet (Prior Health Screen Required)	5:00 PM (GF)	Oula Angie	2:00 PM (GF)	Senior Strength Scarlet (Prior Health Screen Required)	5:00 PM (GF) ♥	Oula Scarlet				
11:30 AM (GF)	Sculpt in 45** Mary	4:30 PM (GF)	LES MILLS CORE* Brit	6:15 PM (Y) ♥	Intermediate Yoga Corinne	4:30 PM (GF)	LES MILLS CORE* Michelle						
4:30 PM (Y) ♥	Intermediate Yoga Ashley	5:00 PM (K)	P.A.C.E. Scarlet	6:15 PM (GF) ♥	CORE/PUMP Erica	5:00 PM (K)	P.A.C.E. Scarlet						
5:00 PM (GF)	Oula Angie	5:15 PM (GF)	BODYATTACK Express** Brit			5:15 PM (GF) ♥	Zumba Mayra						
6:15 PM (GF) ♥	BODYPUMP Erica	5:30 PM (Y)	Intermediate Yoga Amanda			5:30 PM (Y)	Intermediate Yoga Christiane						
		6:15 PM (GF) ♥	Zumba Mayra										



## Group Fitness Schedule

### Fall 2022

Monday-Friday 5:00 AM - 9:00 PM  
Saturday & Sunday 7:00 AM - 8:00 PM

Schedule Effective 9/6/2022 - 1/1/2023

**SCHEDULE SUBJECT TO CHANGE**

**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

(A) Aquatics

(Y) Mind & Body Studio

(GF) Group Fitness Studio

(C) Cycling Studio

(K) Kinesis Studio

Join "The Wave Group Fitness Info" Group on the Wave App to immediately stay up to date with any schedule changes.

View updates at:  
<http://www.whitefishwave.com/schedule/>

See back for class descriptions and durations

# Class Descriptions

**BARRE:** A dynamic class that combines pilates, yoga, aerobics, and strength training with energizing music, resulting in a fun, challenging, full-body workout. (45 and 60 minutes, Group Fitness and Mind & Body 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, Lap Pool) **Class Capacity 15.**

**CORE 360:** A strong core is at the center of building and toning muscle all over the body. This 60 minute-class develops greater core strength, lower spine flexibility and stability, overall midline muscle control and improved balance. The focus will be on posture, balance, and mobility. Strengthening the back, hips, and shoulders, while sculpting! (60 minutes, Mind & Body Studio)

**CYCLING:** Group indoor cycling class suitable for all fitness levels. Classes vary slightly with each individual instructor. (60 minutes, Cycling Studio) **Class Capacity 20.**

**DEEP WATER AEROBICS:** This class appeals to all fitness levels as we work out in the deep water using flotation belts that keep us suspended and our bodies hidden under the water. The natural resistance of the water offers a chance to have a full body, non-impact workout with emphasis on core strengthening, flexibility, cardiovascular fitness and range of motion. **Pre-registration on the Wave App is strongly encouraged** (60 minutes, Warm Pool) **Class Capacity 18.**

**FIT FOR LIFE:** A fun filled class that will offer options to challenge all 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 of all levels who enjoy moving at a relaxed pace. (60 minutes, Mind & Body Studio, Ages 14+)

**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)

**INTERMEDIATE YOGA:** Ideal for students with some yoga experience who are ready for poses integrating greater levels of strength, stamina, balance, flexibility, focus and breathing. (45 & 60 minutes, Mind & Body 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. (45 and 60 minutes, Group Fitness Studio)

**LES MILLS BODYBALANCE:** During BODYBALANCE an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered. Happy. (60 minutes, Mind & Body Studio)

**LES MILLS BODYCOMBAT EXPRESS:** A high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door. (30 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! (45 & 60 minutes, Group Fitness Studio)

**LES MILLS CORE:** Exercises muscles around the core, Les Mills Core 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 and 45 minutes, Group Fitness Studio)

**LES MILLS CORE/PUMP:** BODYPUMP is the ultimate calorie burning resistance training workout and CORE is a scientific core workout for incredible core tone and sports performance. We will combine the two in one 60-minute class, so you build strength, stability and endurance in the muscles that support your core. As well as, improve balance, assist injury prevention and become better at everything you do.

**OULA:** Oula merges high-intensity cardio with easy-to-follow choreography, mindfulness practices, and a culture of inclusivity all to an energetic pop soundtrack. Every Oula class empowers participants to challenge their bodies and process their emotions through music, movement, and, most importantly, a community connection. (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)

**SCULPT in 45:** Got 45 Minutes? This class will give you the perfect moves to work the full body, upper, lower and core. (45 minutes, Group Fitness Studio)

**SENIOR STRENGTH:** Group strength training class designed for seniors, focusing on increasing muscular strength, bone density, flexibility and improving balance. We use free weights, bands, and occasionally sliders and exercise balls. Ages 62+ Please check in with the instructor if you are new to class and provide a brief overview of health history, including any limitations or recommendations from doctors or physical therapists. (60 minutes, Group Fitness 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)

**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. **Pre-registration on the Wave App is strongly encouraged** (60 minutes, Warm Pool) **Class Capacity 18.**

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