

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	BODYPUMP <i>Fitness on Demand</i>	Cycling <i>Erika F.</i>	BODYPUMP <i>Fitness on Demand</i>	Cycling <i>Erika F.</i>	BODYPUMP ❤️ <i>Aimee</i>		
	Coach on Deck 18+ <i>Carrie</i>		Coach on Deck 18+ <i>Carrie</i>				
7:00 AM		BODYPUMP Express** <i>Torie</i>		BODYPUMP Express** <i>Torie</i>			
7:50 AM		BODYPUMP <i>Fitness on Demand</i>		BODYPUMP <i>Fitness on Demand</i>			
8:00 AM		P.A.C.E. <i>Jennie</i>	P.A.C.E. Express** <i>Jennie</i>	P.A.C.E. <i>Jennie</i>			
	Fit For Life** <i>Lynn</i>		Fit For Life** <i>Wendy</i>		Fit For Life** <i>Michelle</i>	Sprint 8 Xtreme* Pt 1 <i>Scarlet</i>	
	Water Aerobics Express** <i>Liz</i>		Water Aerobics Express** <i>Julie</i>		Coach on Deck 18+ <i>Scarlet</i>		
8:30 AM						Sprint 8 Xtreme* Pt 2 <i>Scarlet</i>	
9:00 AM	BODYATTACK <i>Brit</i>	Barre <i>Cristen</i>	BODYPUMP <i>Aimee</i>	Pilates <i>Christine</i>	Barre <i>Jessica</i>		BODYPUMP <i>Aimee</i>
	Vinyasa Yoga <i>Corinne</i>	Gentle Yoga <i>Kelly</i>	Flow & Restore Yoga <i>Claudette</i>	Stretch & Smile Yoga <i>Dave</i>	Vinyasa Yoga <i>Amanda</i>	Power Yoga (Strength & Soul) <i>Corinne</i>	Stretch & Smile Yoga <i>Dave</i>
	Cycling <i>Scarlet</i>	Cycling <i>Scarlet</i>	Cycling <i>Corinne</i>	Cycling <i>Lynn</i>	Cycling <i>Scarlet</i>		Cycling <i>Erika F.</i>
	Aqua Zumba <i>Joy</i>	Water Aerobics <i>Liz</i>	Water Aerobics <i>Kristina</i>	Water Aerobics <i>Scarlet</i>	Aqua Zumba <i>Yadira</i>	Water Aerobics <i>Liz</i>	
9:15 AM						Sculpt in 45 ** <i>Scarlet</i>	
10:15 AM	Zumba <i>Joy</i>	BODYPUMP ❤️ <i>Jennie</i>	Zumba <i>Joy</i>	Oula <i>Angie</i>	BODYPUMP <i>Cristen</i>	Zumba <i>Yadira</i>	
	Gentle Yoga <i>Corinne</i>	Yin Yoga <i>Corinne</i>	Gentle Yoga <i>Claudette</i>	Gentle Yin Yin <i>Cyndy</i>	Gentle Yoga <i>Cyndy</i>	Stretch & Smile Yoga <i>Dave</i>	Vin Yin Yoga <i>Cyndy</i>
					Water Aerobics <i>Kristina</i>		
11:30 AM	Sculpt in 45** <i>Mary</i>	Oula <i>Nathalie</i>		Sculpt in 45** <i>Holly</i>	HIIT** <i>Scott</i>		
12:00 PM		Deep Water Aerobics <i>Liz</i>		Deep Water Aerobics <i>Liz</i>			
1:00 PM	SilverSneakers Stability** <i>Leah</i>	Tai Chi Easy** <i>Emily</i>	SilverSneakers Circuit <i>Wendy</i>		SilverSneakers Circuit <i>Miriam</i>	 <p><b>Group Fitness Schedule</b> Winter 2024 Schedule Effective 1/2/2024 - 3/31/2024 <b>SCHEDULE SUBJECT TO CHANGE</b></p> <p><b>Aquatics</b> <b>Mind &amp; Body Studio</b> <b>Group Fitness Studio</b> <b>Cycling Studio</b> <b>Kinesis Studio</b></p> <p><u>Classes are 60 minutes unless indicated</u></p> <p>*Class is 30 minutes **Class is 45 minutes</p> <p>❤️ = New class/time</p> <p>View updates at <a href="http://www.whitefishwave.com/schedule/">http://www.whitefishwave.com/schedule/</a></p>	
2:00 PM		Senior Strength <i>Scarlet</i>		Senior Strength <i>Scarlet</i>			
4:00 PM	Barre Express**❤️ <i>Jessica</i>		Barre Express**❤️ <i>Jessica</i>				
4:30 PM		CORE* <i>Michelle</i>		CORE* <i>Brit</i>			
5:00 PM	Oula <i>Angie</i>	P.A.C.E. <i>Scarlet</i>	Oula <i>Coco</i>	P.A.C.E. <i>Wendy</i>	Oula <i>Scarlet</i>		
5:15 PM	Vinyasa Yoga <i>Ingrid</i>	BODYPUMP Express** <i>Jennie</i>	Slow Flow & Restore Yoga <i>Erika P.</i>	BODYATTACK Express** <i>Brit</i>			
	Cycling ❤️ <i>Corinne</i>	Cycling Express** <i>Wendy</i>		Cycling Express** <i>Scarlet</i>			
5:30 PM		Vin Yin Yoga <i>Amanda</i>		Vinyasa Yoga <i>Christiane</i>			
6:15 PM		Barre <i>Cristen</i>		Pilates <i>Savannah</i>			
6:30 PM	Power Yoga ❤️ (Strength & Soul) <i>Corinne</i>		Power Yoga ❤️ <i>Jackie</i>				

# Class Descriptions

**Aqua Zumba:** Make a splash by adding a low-impact, high-energy aquatic exercise to your fitness routine. There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles. (60 minutes, Warm Pool)

**Barre:** A dynamic class that combines pilates, yoga, aerobics and strength training with energizing music, resulting in a fun, challenging, full-body workout. (45 & 60 minutes, Group Fitness Studio)

**BODYATTACK by Les Mills:** A high energy class combining athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. (45 & 60 minutes, Group Fitness Studio)

**BODYPUMP by Les Mills:** A total body strength workout that will shape and tone all major muscle groups, increase core strength, improve bone health and leave you feeling strong. Uses light to moderate weights with lots of repetition. With scientifically proven move and techniques, tons of encouragement, motivation and great music, you will achieve much more than on your own. (45 & 60 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, Lap Pool) Class Capacity 15.

**CORE by Les Mills:** Exercises muscles around the core, this format 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) **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 below 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. (60 minutes, Warm Pool). **Capacity 18. Pre-registration on the Wave App is recommended.**

**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)

**Flow & Restore Yoga:** This yoga class begins with 'Vinyasa' flow which links breath to movement to build strength and flexibility. Then transitions into 'Restorative' yoga, a therapeutic and fully supportive practice that takes you to a deep relaxed state with mindful stillness, where the body completely relaxes, heals and releases stress. **Slow Flow & Restore** is done at a slower pace. (60 minutes, Mind & Body Studio)

**Gentle Yoga:** Combines gentle yoga poses, with breathing and stretching. This class is designed for all levels who enjoy a relaxed pace. Good place to start your yoga practice. (60 minutes, Mind & Body Studio)

**Gentle Yin Yin:** A combination of our Gentle Yoga with Yin Yoga. (60 minutes, Mind Body Studio)

**HIIT Your Limits:** High Intensity Interval Training; features short bursts of high intensity exercises followed by short periods of lower intensity activity or rest breaks. Uses bands, balls, and body weight. (45 minutes, Group Fitness Studio)

**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 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, and stations for cardio, balance and core strengthening and specific strength training. (60 minutes, Kinesis Studio)

**Pilates:** Mat-based Pilates class focuses on strength, stability, posture, proper breath control, and flexibility. Each class will work to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement. Classes will be taught using slow, controlled movements. (60 minutes, Group Fitness Studio)

**Power Yoga:** A challenging class to build strength in the body and resilience in the mind. Yoga experience is recommended. Modifications offered. Not a beginner level class. **Strength & Soul Yoga:** Power Yoga with some "food for thought for the soul. (60 minutes, Mind & Body Studio)

**Sculpt in 45:** Got 45 minutes? This powerful class will give you the perfect exercises to work the full body and core! (45 minutes, Group Fitness Studio)

**Senior Strength:** Group strength training class designed for 62+. Focuses on increasing muscular strength, bone density, flexibility and improving balance. We use free weights, bands and occasionally use sliders and exercise balls. Please check with the instructor if you are new to the class and provide a brief overview of your health history, including any limitations or recommendations from doctors or therapists. (60 minutes, Group Fitness Studio) **\*Prior health screen required!**

**SilverSneakers: Circuit** - have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement to aid in activities for daily living. (60 minutes, Group Fitness Studio) **Stability-** Get stronger and improve your balance through exercises that strengthen the ankle, knee and hip joints all in a fun and social setting. Designed for fall prevention. (45 minutes, Group Fitness Studio). Open to all.

**Sprint 8:** Burn fat, build muscle, increase energy, decrease bad cholesterol, improve memory performance and delay the effects of aging, all in this scientifically proven Sprint Intensity Interval Training workout! This is a step above HIIT training for results! You will take on eight 30 second, full out -100% effort, sprints each with a 90 second active recovery. Come check out our newest cycling class and feel the difference! (30 minutes, Cycling Studio)

**Sprint 8Xtreme:** We have added even more to our Sprint 8 class with a half hour of strength training to enhance the results & increase the caloric after burn! (30 minutes, Group Fitness Studio)

**Stretch & Smile Yoga:** Join us for a fun and unique stretch class taught by our most senior yoga teacher, Dave! This gentle paced class will leave you with a smile on your face! (60 minutes, Mind & Body Studio)

**Vin Yin Yoga:** Combination of Vinyasa Yoga with Yin Yoga. (60 minutes, Mind & Body Studio)

**Vinyasa Yoga:** Vinyasa yoga is a creative form of yoga where poses are linked together with the breath in a flowing sequence. The beauty of Vinyasa yoga is the variety. There is no standard sequence in Vinyasa yoga, so the style, pace and intensity will all vary depending on the teacher. Yoga experience recommended but not necessary. (60 minutes, Mind & Body Studio).

**Water Aerobics:** This class uses a variety of equipment to strengthen your body while increasing agility, range of motion, cardio health, balance and coordination. Suitable for all fitness levels. (45 & 60 minutes, Warm Pool) **Class Capacity 18. Pre-registration on the Wave App is strongly recommended**

**Yin Yoga:** Consists of long-held deep stretches typically 3-7 minutes, using props, on the floor. Targets connective tissues of the body, primarily hips, legs and spine. Yin is known to release holding patterns in the body, stress and stored emotions. (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)