



# vernon group fitness schedule

\*effective April 1, 2019  
(time - instructor)

club hours  
 mon-thur 5:00a-10p  
 fri 5:00a-9p  
 saturday 6:00a-5p  
 sunday 6:00a-2p

<u>mon</u>	<u>tue</u>	<u>wed</u>	<u>thu</u>	<u>fri</u>	<u>sat</u>	<u>sun</u>
5:45a spinning (45m - deb)	5:45a diesel (45m - deb)	5:45a spinning (45m - laura)	5:45a diesel (45m - deb)	5:45a spinning (45m - deb)		
7:30a progressive training (45m-darlene)	7:00a power express (45m - glorimar)	8:00a spinning (45 m - kelly)	7:00a group power (60m - glorimar)	5:45a group centergy (60m-linda)	7:00a spinning (45m-lisa)	7:45a group centergy (55m-katrina)
8:00a spinning (45m- fatima)	8:30a step (40m - angela)	8:00a group centergy (55m-katrina)	9:15a spinning* (45m- fatima)	8:00a group power (60m-barbara)	8:00a step & abs (55m- katrina)	8:00a spinning* (45m-lisa)
8:15a dance rhythms (55m-darlene)	9:15a silver sneakers circuit (45m-marybeth)	9:00a active (60m - katrina)	8:45a kickbox (45m - barbara)	9:05a progressive training (45m- darlene)	8:00a spinning (45m- laura)	8:45a group fight (55m-katrina)
9:15a group power (60m - katrina)	9:15a spinning (45m - holly)	11:00 slow flow yoga (60m-vicky)	9:30a zumba (45m - kathy)	9:15a spinning (45m - lisa)	9:00a group power (60m-barbara)	9:00a spinning (45m- fatima)
10:30a yoga (60m-vicky)	10:15a yoga (60m-marybeth)		10:15a yoga (60m - deb)	9:50a dance rhythms (55m-darlene)		9:45a group power (60m- katrina)
	11:15a tai chi (60m - susan)		11:15a tai chi (60m -susan)	10:45a stretch (60m-darlene)	10:05a group centergy (60m - marie)	10:45a yoga (60m- vicky)
<u>PM</u>	<u>PM</u>	<u>PM</u>	<u>PM</u>	<u>PM</u>		
12:45p SilverSneakers classic (45m-barbara)		12:45p SilverSneakers classic (45m-barbara)		12:45p SilverSneakers classic (45m-lizzie)		
4:30p spinning (45m - andrea)	4:30p strong (60m-andrea)	5:15p zumba (45m - kathy)	4:30p active (60m-michael)	5:30p zumba (60m -penny)		
5:15p group power (60m - laura)	5:30p active (60m-michael)	6:00p group power (60m - sue)	5:30p group fight (60m-angela)			
6:15p spinning (45m - lisa)	5:30p spinning (45m - laura)	6:15p spinning (45m - august)	5:30p spinning (45m - glorimar)	5:30p spinning (45m- kelly)		
6:15p zumba (45m - penny)	6:30p barre (60m - marie)	7:00p group centergy (60m - linda )	6:45p yoga (60m - vicky)			
7:00p group centergy (60m -terry)	6:30p spinning (45m - kelly)	7:15p spinning (45m- fatima)				

# group fitness class descriptions

## aqua fitness

**aqua arthritis:** This is a recreational program conducted in a heated pool by trained instructors. It consists of specially designed exercises which, with the aid of the water's buoyancy, resistance and warmth, can improve flexibility. Swimming ability not necessary.

**aqua plus:** Great for variety! Includes a cardio & strength component. Be prepared to work hard!

**complete aqua:** An aerobic workout utilizing all properties of the water. Abdominal strength, back flexibility, and body alignment will be emphasized during the abs segment. Hand buoys, noodles and/or kickboards may be used in this class.

## athletic training

**diesel:** An interval training class consisting of high-rep and low-weight strength training and cardio interval bursts. What a great way to start your day!

## bike training

**spinning:** Match terrain to tempo with all the energy of a rock concert. You'll encounter slow climbs, short sprints and everything in-between.

## cardiovascular training

**dance rhythms:** Variety of music and dance steps. You'll feel like you're dancing on Broadway!

**group fight:** An explosive MMA cardio and strength training workout. This class adds variety to your training, improves timing, precision, and focus. Plus it's a fantastic way to kick stress out of your life!

**step:** An oldie but goodie, this class has proven itself to be a calorie burning, cardiovascular, and fun workout using an adjustable step platform and high-energy music.

**\*saturday step & abs class:** Faster paced class-previous step experience helpful.

**group active:** Group active gives you cardio, strength, balance, and flexibility - in just one hour. Get stronger, fitter, and healthier with inspiring music, adjustable dumbbells, weight plates, body weight, and simple athletic movements.

**zumba:** A fusion of Latin and international music. Zumba combines high energy with unique moves that are fun and easy to do!

**strong:** A high intensity interval class - Just think burpees, pushups, and other high-impact moves - that is synced to specific and fun music! Combines body weight, muscle conditioning and works your whole body!

## cross training

**kickbox:** Boxing and kicking combinations that challenge your coordination and stamina making for an energizing workout.

## mind, body/flexibility training

**barre:** This class begins with a warm up focusing on postural strength and alignment, followed by a series of upper body exercises using light weights. We replace the ballet barre with a chair, which will be used to sculpt the lower body, abs, and for flexibility training.

**group centergy:** Grow longer and stronger as you explore this 60-minute journey of yoga and pilates movements. Positive uplifting music, group dynamics and supportive instructors will enable you to center your energy, reduce your stress and even smile.

**stretch:** A full-body stretch meant to lengthen your muscles and relieve physical tension.

**tai chi:** Learn to relax using your breathing. The slow graceful moves of this art will increase core strength, balance, and flexibility.

**yoga:** A mind and body training program that will change the way you feel about your body forever.

You'll stand straighter, feel stronger, and become more flexible. Designed for all fitness levels, this class will reduce your stress and relieve your pain.

## senior fitness

**silversneakers® circuit:** Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and a small ball is alternated with low-impact aerobic choreography. A chair is offered for support, head to toe stretching, and complete relaxation in a comfortable position.

**silversneakers® classic:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, small ball for resistance, and a chair is used for seated and/or standing support.

## strength training

**group power:** Your hour of power ! This 60-minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels.

**progressive training:** This will develop dynamic strength, balance, flexibility, endurance and agility that carry over into your daily activities and sports performance. The body adapts to exercise and needs to be constantly challenged in order to continue to grow and change! Progressive training is for all ages and fitness levels.

## Pool guidelines

- Class participants: please do not enter the pool more than 15 minutes before a class starts to allow lap swimmers to finish their workouts.
- The pool closes  $\frac{1}{2}$  hour before the club closes so members can have adequate time to shower or change and the club can close on time.
- The pool closes at **9:30p Monday through Thursday, 8:30p Friday, 4:30p Saturday and 1:30p Sunday.**
- Only class participants are allowed in the pool area during Aqua Classes.

**pool dimensions:** 44' X 22'

**depth:** 3.5' to 5'

**1 mile** = 60 laps up and back

# vernon pool schedule

effective March 31st, 2019

<u>mon</u>	<u>tue</u>	<u>wed</u>	<u>thu</u>	<u>fri</u>	<u>sat</u>	<u>sun</u>
5:00-8:45a physical therapy/open swim	5:00-8:45a physical therapy/open swim	5:00-10:00a physical therapy/open swim	5:00-8:45a physical therapy/open swim	5:00-9:00a open swim	6:00-10:00a open swim/adult lessons	6:00-12:00p open swim
9:00a complete aqua (60 m- mary beth)	9:00a aqua plus (60 m-barbara)		9:00a yoqua (60 m-jackie)			9:00-12:00p children's swim lessons
10:00-10:45a open swim	10:00-1:00p physical therapy/lessons/open swim	10:00-1:30p physical therapy/lessons/open swim	10:00-1:00p physical therapy/lessons/open swim	9:45a-12:00p open swim/swim lessons	9:00-12:00p children's swim lessons	
10:45-1:30p physical therapy/open swim						<u>PM</u>
<u>PM</u>	<u>PM</u>	<u>PM</u>	<u>PM</u>	<u>PM</u>	<u>PM</u>	
1:45p aqua arthritis (45 m-barbara)	1:00p complete aqua (45m - lizzie)	1:45p aqua arthritis (45 m-barbara)	1:00p complete aqua (45 m-lizzie)		1:00-3:00p family time	12:00-1:30p open swim
2:30-4:00p physical therapy/open swim	2:00-4:00p physical therapy/lessons/open swim	2:30-3:45p physical therapy/open swim	2:00-4:00p physical therapy/lessons/open swim	2:30-4:00p open swim/lessons	3:00-4:30p open swim	
4:00-7:30p swim lessons/lap lane (as available)	4:00-7:00p swim lessons/lap lane (as available)	4:00-7:30p swim lessons/lap lane (as available)	4:00-7:00p swim lessons/lap lane (as available)	4:00-7:30p swim lessons/lap lane (as available)		
	7:00p complete aqua (45m - lizzie)					
7:30-9:30p open swim	8:00-9:30p open swim	7:30-9:30p open swim	7:45-9:30p open swim	7:30-8:30p open swim		