



vernon group fitness schedule

*effective January 19, 2015
 studio 1 = S1 studio 2 = S2 pool = P
 (time - instructor - location)

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 insanity (45m - august-S1)	5:45a spinning (45m - laura)	5:45a diesel (45m - deb - S1)	5:45a spinning (45m - alan)		
	7:15a group power (60m - laura - S1)	7:15a spinning (45 m - michael)	7:15a group power (60m - laura- S1)		7:00a spinning (45m-michael)	
8:30a step (40m -katrina- S1)	8:30a group core (30m - barbara - S1)	8:05a group centergy (60m-katrina- S2)		8:15a group power (60m-barbara- S1)	8:00a step & abs (50m- katrina-S1)	8:00a group centergy (60m-katrina-S1)
8:30a dance rhythms (55m-darlene-S2)					8:00a spinning (45m- laura)	8:00a spinning (60m-lisa)
9:00 complete aqua (60m -marybeth-P)	9:00a group kick (60m - mandy - S1)		9:00a kickbox & abs (55m - barbara - S2)	9:15a yin & yang yoga (60m-debbie - S2)	9:00a group power (60m-barbara-S1)	8:15a insanity (45m-august-S2)
9:15a group power (60m - jenn - S1)	9:00a SilverSneakers circuit (45m-marybeth -S2)	9:15a group power (60m - anne - S1)	9:00a zumba (60m - twila - S1)	9:30a progressive training (45m- darlene-S1)	9:00a PILOXING® (55m- marie -S2)	9:00a group kick (60m- mandy-S2)
9:30a progressive training (45m -katrina S2)	9:00a aqua plus (60m - barbara - P)	9:15a group groove (60m-katrina -S2)	9:00 complete aqua (45m -lizzie -P)	9:30a spinning (45m - anne)		9:15a group power (60m-katrina-S1)
9:15a spinning (45m- scotti)	9:15a spinning (45m - anne)		9:15a spinning (45m -scotti)	10:15a dance rhythms (60m-darlene -S1)	10:00a group centergy (60m - marie - S2)	
10:30a yoga (60m-vicky-S2)	10:05a pilates (55m - anne - S1)	10:15a step (45m - anne -S1)	10:00a stretch (60m - darlene -S1)	10:15a ECHN postnatal (60m -ECHN -S2)	10:15a ECHN postnatal (60m -ECHN -S1)	10:15a yoga (60m- vicky-S2)
	10:00a yoga (60m-marybeth- S2)	10:30a yoga (60m-vicky -S2)	10:00a yoga (60m-vicky -S2)			
	11:15a tai chi (60m - roberta - S1)		11:15a tai chi (60m -roberta- S1)			
<u>PM</u>	<u>PM</u>	<u>PM</u>	<u>PM</u>	<u>PM</u>		
12:45p SilverSneakers classic (45m-barbara- S2)	1:00p complete aqua (45m - lizzie - P)	12:45p SilverSneakers classic (45m-barbara- S2)	1:00p complete aqua (45m - lizzie - P)	12:45p SilverSneakers classic (45m-maria- S2)		
1:45p aqua arthritis (45m -barbara - P)	5:15p complete fitness (60m - lisa - S2)	1:45p aqua arthritis (45m -barbara - P)		1:00p SilverSneakers YogaStretch (30m-maria- S2)		
5:30p group power (60m - laura - S1)	5:30p group kick (55m-rachel-S1)	5:00p group power (60m - sue - S1)	5:30p group kick (55m - mona - S2)			
5:30p zumba (55m - penny - S2)	5:30p spinning (45m - laura)	6:00p PILOXING® (60m - marie - S2)	5:30p spinning (45m - howie)	5:30p group power (60m -mandy - S1)		
6:30p group blast (60m - nicole - S1)	6:30p yoga (60m - kirstii - S2)	6:15p spinning (45m - august)	6:00p group blast (60m - nicole - S1)			
6:30p spinning (45m - george)	6:45p complete aqua (45m - lizzie - P)	6:30p spinning (45m - august)	6:30p yoga (60m - vicky- S2)			
6:30p group centergy (60m -terry - S2)	7:00p ECHN pre-natal (75m - ECHN - S1)	6:30p group centergy (60m - linda - S1)	6:30p aqua bootcamp (45m - michael - P)			
			7:00p ECHN pre-natal (75m - ECHN - S1)			

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 bootcamp: Aerobic and strength training will include plyometric moves, sprinting, jumping and hopping. Balance and core work will also be included.

aqua circuit: This combines cardio and resistance training in an interval pattern to provide your body with a complete workout. Hand buoys, noodles and/or kickboards may be used in this class.

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

complete aqua fitness: 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

group core: Let's get Hard Core! Train like an athlete in 30 action packed minutes. A strong core, from your shoulders to your hips, will improve athletic performance, help prevent back pain and give you ripped abs ! Reach your peak with Group Core !

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 !

power sculpt: A high-powered muscle endurance/strength workout using your body weight and hand weights that will challenge every major muscle group and reward you with a stronger, balanced, and more defined body !

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 groove: If you can move, you can groove ! Experience a fusion of club, urban and Latin styles with motivating chart hits and retro classic tunes.

group kick: This electric fusion class of martial arts and boxing movements will kick your cardio fitness to the next level while defining and shaping your body and self confidence. Energetic music, awesome instructors and a group environment will keep you punching, kicking and smiling !

group blast: Blast off your workout with 60 minutes of cardio training that uses the Step in highly effective, athletic ways. Group Blast will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength with exciting music and group energy. Have a Blast !

cardiovascular training (cont)

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 class:** Faster paced class-previous step experience helpful.

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

cross training

complete fitness: Great for variety ! A combination of cardio and strength, this class is guaranteed to break a sweat !

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

PILOXING® uniquely blends the power, speed and agility of boxing with the beautiful sculpting and flexibility of Pilates. It is a fat torching, muscle sculpting, core-centric interval workout, guaranteed to whip you into shape !

mind,body/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.

yin & yang yoga: Yang yoga more dynamic postures followed by long held passive postures; yin. Allowing deep layers of constricted tissues to unlock by gentle pressure on the fascia, particularly hips and lower back.

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

So that everyone may enjoy access to the pool, we need your help in following some simple courtesy 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.**
- **lap & physical therapy:** The pool is divided in half. The lap side is on the side on the shower. The fitness side is on the side of the stairs. The fitness section of the pool is to be used for general exercise other than lap swimming. The fitness side is shared with ECHN Physical Therapy and swim lessons. Please limit your time in the lap side to 20 minutes when others are waiting.
- 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 january 18, 2015

<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	5:00-10:00a 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 complete aqua (45 m- lizzie)			
10:00-10:45a open swim	10:00-12:45p physical therapy/lessons/open swim	10:00-1:30p physical therapy/lessons/open swim	10:00-12:45p physical therapy/lessons/open swim	10:00-2:30p open swim	10:00-1:00p 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 (45 m - 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	
4:00-7:15p children's swim lessons	4:00-6:30p physical therapy/swim lessons	4:00-7:00p children's swim lessons	4:00-6:30p physical therapy/swim lessons	4:00-7:00p children's swim lessons		
7:15-9:30p open swim	6:45p complete aqua (45 m - lizzie) 7:45-9:30p open swim	7:00-9:30p open swim	6:30p aqua bootcamp (45 m - michael) 7:15-9:30p open swim	7:00-8:30p open swim		