

Group Exercise Schedule

DECEMBER 2024

Group Exercise Studio

Stages Studio

Mind/Body Studio

Classroom C

Morning

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am	Power Pump	Stages	Queenax Circuit	Stages	Sculpt		
5:15am				Kick, Punch, Crunch			
7:00am		Golden Yoga	Golden Strength	Gentle Stretch	Golden Strength	Stages	
8:00am	Muscle Works	Gentle Stretch	Muscle Works	8:15am Cardio Blast (30)	Sculpt	Power Pump	7:45—8:45am Stages Circuit (60)
8:15am		Stages (30)		Stages (30)			
9:00am	Kick, Punch, Crunch	Power Pump	Bootcamp	Power Pump	Power Step		Flow Fusion
10:00am	Hatha Yoga		Flow Fusion	Hatha Yoga	Flow Fusion		
11:30am	Golden Yoga	Golden Strength	Golden Yoga	Golden Tai Chi			

Online sign-up for all Studio Classes! Myiclubonline.com (don't forget to create your account!)

Evening

4:45pm	Power Step (30)	Bootcamp	Stages (30)	Queenax Circuit			
5:30pm	Power Pump	Flow Fusion	Sculpt				
6:30pm				Hatha Yoga			

All classes are 45 minutes unless noted by a (30) or (60).



Therapy Pool

Competition Pool

Aqua Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am		Water Works					
8:00am	Aqua Lite		Aqua Lite	Aqua Yoga		Water Works	
9:00am	Aqua Fit	Aqua Blast	Aqua Fit	Aqua Blast	Aqua Fit		
10:00am	Aqua Lite		Aqua Lite				
5:30pm				Water Works			

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Bootcamp— Bootcamp is a high-intensity class designed to work your entire body, getting your heart pumping and your muscles fatigued. Come prepared for a great workout!

Cardio Blast— Attend this fun and energetic aerobics class! Improve your cardiovascular endurance with both high and low impact options; something a little different each week.

Flow Fusion— This class fuses movement, strength, flexibility, and balance with the addition of Power. Arrive ready to be challenged and leave feeling centered and calm.

Gentle Stretch— Gently stretch and lengthen your muscles in this 45 minute class. You'll leave feeling refreshed and relaxed from head to toe. Appropriate for all levels.

Golden Strength— Strength training while seated or standing near a chair for extra stability and balance.

Golden Tai Chi— Tai Chi is an Ancient Chinese Martial Art. A beautiful blend of slow movements without the fall-risk.

Golden Yoga— Love yoga, but you do not love going to the floor? This is a class for you! We will either be sitting in a chair or standing near the chair. All the benefits of yoga, without a mat or going to the floor.

Hatha Yoga— A balance of opposites, Hatha Yoga is a traditional style of movement intended to unite fiery energy and stability and calmness in an effort to balance the body and mind. Appropriate for all experience levels.

Kick, Punch, Crunch— The name says it all! Kick, punch, and work your core all while getting a great cardio workout.

Muscle Works— This total body resistance training class uses a variety of equipment focusing on compound exercises challenging not only muscular strength, but balance and core stability.

Power Pump— Strengthen your body with tried and true exercises. Squat, press, lunge, curl using adjustable barbell with plates & body weight. Focusing on low weight and high repetition movements, you'll burn fat and gain strength while producing lean body muscle.

Power Step— Let the music move you in the fun and energetic class created for all ages and fitness levels. Using a platform for basic step moves as well as exercises for interval and strength training, you will achieve a full body workout.

Sculpt— Did you know that muscle mass is the driving force behind your metabolism? Maximize your muscle with this total body weight-training class. We will tone you from head to toe using challenging compound exercises and time-tested favorites.

Stages Cycling— Amplify your results with precision training using the most accurate measurement tool for indoor cycling—the Stages Power Meter. Experience the most natural road feel with quick position adjustments and accurate work/caloric burn measurement as instructors set up your ride in “stages”. Giving you internal and external competition perfect for all levels. Offered in both 30 or 45 minute formats.

Stages Circuit— This class combines 30 minutes of cycling with 30 minutes of total body strength. Start the class on the bike, climbing hills, completing intervals, and sprints and then finish with a complete body strength workout utilizing the Queenax.

Queenax Circuit— Functional, full-body training using the Queenax and other various equipment. A 45 minute circuit workout.

Aqua Classes

Competition Pool

Therapy Pool

Aqua Blast— Take on land equivalent intensity, dynamic instruction, and sign-aloud music in the 45 minute high-energy aquatic class! Meant to challenge participants of all ages, skill and fitness levels.

Aqua Fit— This cardio and strength workout is easy on the joints, yet totally exhilarating for all fitness levels. Use a selection of aquatic equipment in shallow and deep water to strengthen your body and heart.

Aqua Lite— This class benefits those with fibromyalgia, arthritis, back discomfort, injury recovery or anyone wanting a gentle aquatic workout. The class focuses on improving strength, flexibility and range of motion while stabilizing the joints.

Aqua Yoga— Enjoy all the benefits of a Yoga class combined with all the benefits of a warm water class. Find Strength, Balance, and Flexibility in the gentle, yet invigorating, 45 minute journey.

Water Works— This water workout will challenge your whole body! We will use various pool equipment in both the shallow and deep water for a great cardio and strength workout.



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