



Peggy & Philip B. Crosby  
Wellness Center

# GROUP EXERCISE SCHEDULE

Schedule subject to change without notice

## Hours

Monday – Thursday: 5 am – 9 pm  
Friday: 5 am – 8 pm  
Saturday – Sunday: 7 am – 5 pm

Note: class key and descriptions located on reverse

Classes are 45–50 minutes unless otherwise noted. Revised September 2024

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY  | SUNDAY   |
|---|---|---|--|--|---|--|
| 5:30 am<br>Cycle – Jon (Studio A)                             | 6:00 am<br>Spin and Strength<br>Leslie (Studio A)     | 5:30 am<br>Cycle – Leslie<br>(Studio A)                 | 6:00 am<br>Spin and Strength<br>Leslie (Studio A)              | 5:30 am<br>Cycle – Leslie<br>(Studio A)                          |   |  |
| 7:30 am<br>Yoga Flow – Becca<br>(Studio C)                    | 7:30 am<br>Gentle Yoga – Becca<br>(Studio C)          | 7:30 am<br>Yoga Dance – Becca<br>(Studio C)             | 7:30 am<br>Rise and Shine Yoga –<br>Beth (Studio C)            | 7:30 am<br>Yin Yoga – Jeanny<br>(Studio C)                       |   |  |
|   | 8:00 am<br>Mat Pilates – Cindy<br>(Studio A)          | 7:30 am<br>Bootcamp – Julie<br>(Studio B)               | 8:00 am<br>Mat Pilates – Cindy<br>(Studio A)                   | 8:30 am<br>Cycle – Cindy<br>(Studio A)                           | 8:00 am<br>Power Flow Yoga –<br>Miranda (Studio B)    |  |
| 8:30 am<br>Mat Pilates – Beth<br>(Studio B)                   | 8:30 am<br>Step Aerobics – Kay<br>(Studio B)          | 8:30 am<br>Strength/Cond. –<br>Julie (Studio B)         | 8:30 am<br>Triple S – Beth<br>(Studio B)                       | 8:30 am<br>Strength/Cond. –<br>Isabel (Studio B)                 |   |  |
| 9:30 am<br>Core/Stretch – KK<br>(Studio A)                    | 9:00 am<br>Cycle – Skip<br>(Studio A)                 | 9:30 am<br>Tone & Stretch – KK<br>(Studio A)            | 9:00 am<br>Cycle – Cindy<br>(Studio A)                         | 9:30 am<br>Dance Fit – Jeanny<br>(Studio B)                      | 9:00 am<br>Yin Yoga – Miranda<br>(Studio B)           | 9:00 am<br>Tai Chi – Alan<br>(Studio B)                    |
| 9:30 am<br>Stretch/Meditation –<br>Erin (Studio B)            | 9:30 am<br>Cardio Sculpt –<br>Astrid (Studio B)       | 9:30 am<br>Stretch & Meditation<br>– Miranda (Studio B) | 9:30 am<br>Cardio Sculpt –<br>Veronica (Studio B)              | 9:30 am<br>Core/Stretch –<br>Isabel (Studio A)                   | 9:00 am<br>Spin & Strength –<br>Skip (Studio A)       |  |
| 10:30 am<br>Tone and Stretch –<br>Jeanny (Studio A)           | 10:30 am<br>Yin Yoga – Kurt<br>(Studio C)             | 10:30 am<br>Core and Stretch –<br>Cindy (Studio A)      | 10:30 am<br>Yin Yoga – Kurt<br>(Studio C)                      | 10:30 am<br>Pilates – Megan<br>(Studio A)                        | 10:15 am<br>Les Mills BODYPUMP™<br>– Cindy (Studio B) |  |
|   | 10:30 am<br>Les Mills BODYPUMP™<br>– Jacob (Studio B) | 10:30 am<br>Cardio Sculpt –<br>Veronica (Studio B)      | 10:30 am<br>Les Mills BODYPUMP™<br>– Jacob (Studio B)          | 10:30 am<br>Tai Chi – Paul<br>(Studio B)                         | 10:15 am<br>Yin Yoga – Skip<br>(Studio C)             |  |
| 11:30 am<br>Yoga Basics – Jeanny<br>(Studio A)                | 11:00 am<br>Kettlebell Crunch –<br>Julie (Studio A)   | 11:30 am<br>Yin Yoga – Dawn<br>(Studio A)               | 11:00 am<br>Kettlebell Crunch –<br>Julie (Studio A)            | 11:30 am<br>Balance – Nicole<br>(Studio B)                       |   | 11:00 am<br>75 Min. Slow Flow Yoga<br>– Camille (Studio C) |
| 11:30 am<br>Functional Fitness –<br>Veronica (Studio B)       | 11:45 am<br>Chair Yoga – Dawn<br>(Studio B)           | 11:30 am<br>Functional Fitness –<br>Veronica (Studio B) | 11:45 am<br>Chair Yoga – Dawn<br>(Studio B)                    |  |   |  |
| 12:30 pm<br>Happy Hips &<br>Hamstrings – Jeanny<br>(Studio C) | 12:30 pm<br>Balance – Dawn<br>(Studio B)              | 12:30 pm<br>Barre – Isabel<br>(Studio B)                | 12:30 pm<br>Happy Hips &<br>Hamstrings – Miranda<br>(Studio C) |  |   |  |
| 12:30 pm<br>Barre – Isabel<br>(Studio B)                      | 1:30 pm<br>Tabata – Julie<br>(Studio B)               | 12:30 pm<br>Mat Pilates – Megan<br>(Studio C)           | 12:45 pm<br>Strength Stations –<br>Julie (Studio B)            |  |   |  |
| 12:30 pm<br>Pilates –<br>Megan (Studio A)                     | 2:00 pm<br>All Levels Yoga –<br>Laura (Studio C)      |   | 2:00 pm<br>All Levels Yoga –<br>Miranda (Studio C)             | 2:00 pm<br>Yoga Flow – Katie<br>(Studio C)                       |   |  |
|   | 5:00 pm<br>Strength Stations –<br>Isabel (Studio B)   |   |  | 5:00 pm<br>Bootcamp – Julie<br>(Studio B)                        |   |  |
| 2:00 pm<br>Yoga Flow – Katie<br>(Studio C)                    |   | 5:30 pm<br>Power Yoga – Nicole<br>(Studio B)            | 5:30 pm<br>Les Mills BODYPUMP™<br>– Rachel (Studio B)          |  |   |  |
| 5:30 pm<br>Les Mills BODYPUMP™<br>– Jacob (Studio B)          |   |   |  | 6:00 pm<br>75 Min. Candlelight Yin<br>Yoga – Rotation (Studio C) |   |  |
| 6:00 pm<br>Spin & Strength –<br>Skip (Studio A)               |   | 6:00 pm<br>Spin & Strength –<br>Skip (Studio A)         |  |  |   |  |
| 7:00 pm<br>Intermediate Tai Chi<br>– Alan (Studio B)          | 7:00 pm<br>Yin Yoga – Nicole<br>(Studio C)            |   | 7:00 pm<br>Yin Yoga – Skip<br>(Studio C)                       |  |   |  |
| 7:00 pm<br>75 Min. Yin Yoga –<br>Katie (Studio C)             | 7:00 pm<br>Tai Chi – Alan<br>(Studio B)               | 7:00 pm<br>Restorative Yoga –<br>Tara (Studio C)        | 7:00 pm<br>Tai Chi – Alan<br>(Studio B)                        |  |   |  |

● All Levels ● Intermediate: Some experience required ● Advanced: For those who are experienced and physically conditioned

## Group Exercise

**All Levels Yoga** Slow-paced flow with a focus on the foundations of postures. The class has a combination of mobility, strength, and alignment drills that enhance any level.

**Balance** Total body workout with a focus on strengthening the core and limbs while amplifying the body's movement through stretch, improving overall balance, posture, muscle tone and mobility.

**Barre** This class is a unique fusion of ballet, yoga, and Pilates elements. These workouts focus on low-impact, high-intensity movements designed to strengthen your body in ways that few other exercises can.

**Bootcamp** Full body strength training workout using bodyweight, dumbbells, kettlebells, etc. There are various forms of cardio always mixed in.

**Cardio Sculpt** Use weights, resistance bands as well as fun choreography to build muscle, boost your metabolism and sculpt the body. No experience required. All levels welcome.

**Chair Yoga** A gentle form of yoga that can be done while sitting. Some poses can also be done standing using a chair for support. Help improve your flexibility, concentration and strength, while boosting your mood, and reducing stress and joint strain.

**Core Stretch** This class will focus on the core and back muscles to help stabilize your spine, prevent back pain, and keep you moving safely. All fitness levels are welcome.

**Cycle Express & Weights** Get your day started with this fun no nonsense 30-minute ride. You will be quickly getting your sweat on while riding to music hand-picked to motivate and inspire! Rolling hills, sprints, climbs, rubs, surges and jumps all to the beat of the music for an intense calorie burner workout!

**Cycle** Low to High intervals to improves strength, balance and coordination. Ideal form of exercise if you have osteoarthritis, because it is a low-impact exercise that places little stress on joints.

**Dance Fit** The focus is on fun in this dance-based music-driven class that improves cardiovascular health, coordination, flexibility, and will tone muscles throughout the entire body. No dance experience necessary.

**Functional Fitness** Improve strength and mobility to aid with activities of daily living. This is done by exercising through all ranges of motion using little or no weight and light stretching.

**Gentle Yoga** Anyone new to yoga or those who are interested in a gentle practice. Simple flowing sequences warm up the body while slower paced movements focus on alignment, strength, balance, and flexibility.

**Happy Hips & Hamstrings** Yoga class designed to help stretch, release and mobilize your hips and hamstrings. Slow flow moving practice.

**Kettlebell Crunch** Strength based total body workout using a kettlebell. Exercises performed to help strengthen, improve core stability, fat burn and tone muscles.

**Les Mills™ BodyPump™** A fast-paced workout using barbells, plates and our own body weight. Using "The Rep Effect" A proven formula of incorporating high repetitions and light weights to work all major muscle groups.

**75 Min. Slow Flow Yoga** *Namaste* translates as "the light in me bows to the light in you." This Hatha style yoga class aims to balance these two energies. This class will typically involve a set of physical poses and breathing technique that are practiced more slowly and with more static posture holds.

**Mat Pilates** Low-impact exercise with precise movements and breathe control. This class will help to engage the core to strengthen muscles while improving postural alignment and flexibility.

**Power Flow Yoga** A powerful, energetic form of yoga where students fluidly move from one pose to the next while connecting their breathing to their movements.

**Power Yoga** Power yoga, which is also known as Vinyasa yoga, is a fast-paced style of yoga that's focused on building strength and endurance. It is also an excellent form of yoga for burning calories.

**Restorative Yoga** Restful practice that is all about slowing down and opening your body through a series of yoga poses. Holding stationary in poses through movement of breath.

**Rise and Shine Yoga** Ease yourself awake with gentle movements. Meditation in motion with classic sun salutations, postures to increase life force energy, flexibility, and strength. Create an upbeat morning routine that sets you up for your happiest day.

**Spin and Strength** This invigorating head-to-toe combination class emphasizes cycling drills for cardiovascular training followed by a resistance workout for upper and lower body strength.

**Step Aerobics** This high-energy class helps increase endurance and body toning. Step classes begin with a dynamic warm-up, followed by active, choreographed cardiovascular exercises targeting different muscle groups. The step class continues with firming stretches, and a cool-down period of relaxed breathing to ease your heart rate. Our step workout suits people of all fitness levels.

**Triple S (Step, Sculpt and Stretch)** Triple S is a dynamic fitness class that combines aerobic step routines with body-sculpting strength exercises and ends with stretch and balance work.

**Strength and Conditioning** Designed to increase physical strength through weight-bearing and resistance exercises, as well as endurance of skeletal muscles.

**Stretch and Meditation** Stretch the body, and relax the mind with mindful stretching. Taking time to focus on slowing down the mind, your breath deepens to help increase blood flow.

**Strength Stations** Fast-paced class where participants will complete a series of exercises at different stations for 30- to 90-second intervals. Functional resistance and cardiovascular training are combined for a full-body workout.

**Tabata** Tabata is a high-intensity strength and cardiovascular training class that will push your body to the edge. This class will utilize a variety of exercises in Tabata intervals to increase your aerobic capacity, anaerobic capacity and resting metabolic rate. In simple terms, you will burn a ton of calories, get stronger, leaner and overall healthier.

**Tai Chi** Learn the basis of tai chi to improve posture, reduce stress and understand the mind-body connection.

**Tai Chi (Intermediate)** Take your skills to the next level with new concepts introduced to progress to a deeper and more internal understanding and practice.

**Tone and Stretch** You will utilize the major muscle groups of the upper and lower body and well as the core. We will work on strengthening exercises that will leave you feeling toned and balanced. The class ends with a 15 minute stretch focused on both flexibility and relaxation. All fitness levels welcome!

**Yin Yoga** A slow-paced asanas (postures) practice, supportive stretching style using props to release tension that are held for longer periods of time than in other, stretch connective tissues and relax the entire body.

**Yoga Basics** This class is designed for beginners and experienced students. You will focus on foundational postures that help improve balanced alignment. This class will also include breathing practice, meditation, deep relaxation, and basic yoga teachings.

**Yoga Dance** A whole new way to flow! Yoga dance combines traditional yoga poses with basic lyrical dance moves to shift energy throughout the body. Includes movement, balance and breath work.

**Yoga flow** A Vinyasa Flow style class, has focus on transitions and movements. Poses are strung together to form fluid sequence of movement with less time spent in stationary poses.



# AQUATICS SCHEDULE

Schedule subject to change without notice

## Hours

Monday – Thursday: 5 am – 9 pm  
 Friday: 5 am – 8 pm  
 Saturday – Sunday: 7 am – 5 pm

Note: class key and descriptions located on reverse

Classes are 45 minutes unless otherwise noted  
 Revised October 2024

| MONDAY   | TUESDAY                                 | WEDNESDAY                                 | THURSDAY                              | FRIDAY                                  | SATURDAY                         | SUNDAY |
|--|---|---|---------------------------------------|---|----------------------------------|--------|
|  | 6:30 am<br>Drenched – Bethany (WWA)     |   | 6:30 am<br>Quenched – Bethany (WWA)   |   |                                  |        |
| 8:00 am<br>Aqua Fitness – Cindy (WWA)              | 8:00 am<br>Pool Pilates – Jeanny (WWA)  | 8:00 am<br>Aqua Fitness – Cindy (WWA)     | 8:00 am<br>Aqua Fitness – Megan (WWA) | 8:00 am<br>Aqua Fitness – Bethany (WWA) | 8:00 am<br>Splash – Cindy (WWA)  |        |
| 9:00 am<br>Aqua Fitness – Veronica (WWA)           | 9:00 am<br>Taquata – Jeanny (WWA)       | 9:00 am<br>Taquata – Cindy (WWA)          | 9:00 am<br>Aqua Fitness – Megan (WWA) | 9:00 am<br>Aqua Fitness – Megan (WWA)   | 9:00 am<br>Taquata – Cindy (WWA) |        |
| 10:00 am<br>Aqua Arthritis Movement – Isabel (WWA) | 10:30 am<br>Aqua Fitness – Astrid (WWA) | 10:00 am<br>Aqua Yoga – Beth (WWA)        | 10:00 am<br>H2O Sculpt – Isabel (WWA) |   |                                  |        |
| 11:00 am<br>Aqua Fitness – Isabel (WWA)            |   | 11:00 am<br>Aqua Arthritis – Isabel (WWA) |                                       | 11:00 am<br>Aqua Fitness – Jeanny (WWA) |                                  |        |
|  |   |   |                                       |   |                                  |        |
| 6:30 pm<br>Aqua Fitness – Yvonne (WWA)             | 6:30 pm<br>Aqua Fitness – Nick (WWA)    | 6:30 pm<br>Aqua Dance – Yvonne (WWA)      | 6:30 pm<br>Taquata – Isabel (WWA)     |   |                                  |        |
|  |   |   |                                       |   |                                  |        |

## Physical Therapy Warm Water Activity Pool Schedule

| MONDAY                            | TUESDAY                           | WEDNESDAY                         | THURSDAY                          | FRIDAY                            | SATURDAY | SUNDAY |
|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|----------|--------|
| 12:00 - 1:00 pm<br>3:00 - 4:00 pm | 12:00 - 1:00 pm<br>1:00 - 2:00 pm | 12:00 - 1:00 pm<br>3:00 - 4:00 pm | 12:00 - 1:00 pm<br>1:00 - 2:00 pm | 12:30 - 1:30 pm<br>3:00 - 4:00 pm |          |        |

Members are able to utilize the WWA pool during Physical Therapy.

## Aquatics

**Aqua Arthritis Movement** All level, low impact class using movements to help reduce pain and stiffness in joints while restoring muscle strength with full range of motion, balance and coordination.

**Aqua Dance** Aqua Dance captivates the joy of movement in the water as you integrate world rhythms and music.

**Aqua Fitness** Challenge yourself in a low to high-impact class where water resistance improves strength and stamina. No experience required. All levels welcome. Use of equipment optional.

**Aqua Yoga** Breathing exercises combined with physical postures to enhance balance, flexibility, muscle strength and general relaxation.

**Drenched** Incorporating HIIT and Tabatas moves to ignite calorie burn to start your day. Interval training workout til you're *drenched* by the end of class.

**H2O Sculpt** Dive into a refreshing blend of toning movements and dynamic Aqua Tabata intervals that sculpt and energize your body.

**Pool Pilates** A combination of stretching and strength exercises with emphasis on the core to improve posture and balance. You will tone your muscles, increase flexibility while reducing stress and tension.

**Quenched** Rise and shine with this aqua class designed to renew and revitalize. Leave class refreshed and ready to take on the day.

**Splash** High intensity aqua class utilizing a variety of pool equipment and explosive movements.

**Taquata** Imagine the invigorating fusion of Tabata interval training with the refreshing properties of water. In this high-intensity interval training (HIIT) workout conducted in shallow water, you'll experience a dynamic routine that combines simplicity with intensity.



# PILATES REFORMER SCHEDULE

Schedule subject to change without notice

## Hours

Monday – Thursday: 5 am – 9 pm  
 Friday: 5 am – 8 pm  
 Saturday – Sunday: 7 am – 5 pm

Note: class key and descriptions located on reverse

Classes are 50 minutes unless otherwise noted  
 Revised October 2024

| MONDAY                                    | TUESDAY                                       | WEDNESDAY   | THURSDAY                                    | FRIDAY                                      | SATURDAY                                 | SUNDAY |
|---|---|---|---|---|--|--------|
| 5:30 am<br>Reformers<br>(Nery) Studio C   | 8:30 am<br>Foundations<br>(Veronica) Studio C | 5:30 am<br>Reformers<br>(Nery) Studio C             | 8:30 am<br>Reformers<br>(Veronica) Studio C | 8:30 am<br>Reformers<br>(Veronica) Studio C | 8:00 am<br>Reformers- Nery<br>(Studio C) |        |
|   |   | 9:00 am<br>Reformer 101 Demo<br>(Veronica) Studio C |   |   | 9:00 am<br>Reformers<br>(Nery) Studio C  |        |
| 9:30 am<br>Reformers<br>(Beth) Studio C   | 9:30 am<br>Reformers<br>(Veronica) Studio C   | 9:30 am<br>Reformers<br>(Veronica) Studio C         | 9:30 am<br>Reformers (Beth)<br>Studio C     | 9:30 am<br>Reformers<br>(Veronica) Studio C |  |        |
| 11:00 am<br>Reformers<br>(Erin) Studio C  |   | 11:00 am<br>Reformers<br>(Beth) Studio C            |   | 11:00 am<br>Reformers<br>(Loren) Studio C   |  |        |
|   |   |   |   |   |  |        |
| 5:00 pm<br>Reformers<br>(Hannah) Studio C | 5:30 pm<br>Reformers<br>(Skip) Studio C       |   | 5:00 pm<br>Dynamic Flow<br>(Loren) Studio C | 12:00pm<br>Reformers<br>(Loren) Studio C    |  |        |
| 6:00 pm<br>Reformers<br>(Hannah) Studio C |   |   | 6:00 pm<br>Reformers<br>(Loren) Studio C    |   |  |        |

## Pilates

**Dynamic Flow** dynamic movements that will work your entire body with the Reformer, High intensity, low impact, core, muscular strength, and endurance designed for the intermediate to advanced.

**Foundations** An excellent Foundation is the key to all Pilates techniques. To build it, we must first understand how to align and support the three natural curves of the spine, "neutral spine". In this class you can expect a full body, strength balancing experience. Strong, precise movements will link the mind, body and breath.

**Reformers** This workout is designed to work the deepest abdominal muscles while dramatically sculpting your legs, glutes, arms and back.

**Reformer Flow** A series of movements that flow smoothly from one to the next, with an emphasis on controlled, precise movements and alignment. It is designed to improve strength, flexibility, balance, and coordination, as well as promote a mind-body connection.

**Reformer 101 Demo** This is a short and sweet complimentary intro session to teach the basics of the Reformer Pilates machine. You'll leave feeling confident and ready to step into an open class. (Sign up required).