

Land Class Schedule

April 24- June 2

Monday

8-8:45am Yoga
9-9:45am Silver&Fit® Experience
10-10:45am Great x8
1:30-2:15pm SilverSneakers® Stability
5-5:45pm Step 'N Sculpt
6-6:45pm Zumba®
7-7:45pm POUND®

Tuesday

8-8:45am Pilates
9-9:45am TLC Pump
10-10:45am Zumba® Gold
5-5:45pm Great x8
6:30-7:30pm Yoga Bird®

Wednesday

9-9:45am Silver&Fit® Experience
10-10:45am Core 'N More
1:30-2:15pm SilverSneakers® Stability
5-5:45pm Body Works
6-6:45pm Zumba
7-7:30pm POUND®

Thursday

8-8:45am Pilates
9-9:45am TLC Pump
10-10:45am Zumba® Gold
1:30-2pm Tai Chi
5:30- 6:15pm Group Rx- RIP

Friday

9-9:45am Silver&Fit® Experience
10-10:45am Boot Camp
11-11:30am Small Group Nutrition

Boot Camp- Boot Camp is a combination of strength, cardio, muscle endurance, flexibility, core and functional movement patterns. During this class we will utilize muscle confusion so your body will never adapt to the exercises and you will get results! [A High Impact Class.](#)

Body Works- This class is a full body conditioning and strengthening workout, improving functional strength, flexibility, endurance and balance. [A medium Impact Class.](#)

Core N'More- challenging class designed to target your core and lower body with a combination of exercises using equipment and your own body weight. [A Low Impact Class](#)

Great x8- Tabata-style high intensity interval training. consists of 8 rounds of high intensity exercise in 20-seconds-on, 10-seconds-off intervals. It may only take 4 minutes to complete a Tabata circuit, but those 4 minutes will push your body to its absolute limit. [A High Impact Class.](#)

Group Rx RIP® - A barbell program for people of all ages. Routines cater to all fitness levels with traditional and non-traditional athletic movements. STRONG FOR LIFE!

Mat Pilates- This class offers a combination of movements to strengthen abs and core while assisting with flexibility and muscle control. [A Low Impact Class.](#)

POUND®

Sweat, sculpt and ROCK your body with a series of fun and effective POUND workouts that combine cardio and strength to tone your lower body, sculpt your upper body, and define your abs

Silver&Fit® Experience  -The class is designed to increase a participant's flexibility, joint stability, dynamic balance, coordination, agility, reaction-time, muscular strength and cardiovascular endurance. [A Low Impact Class](#)

SilverSneakers® Stability



Get stronger and improve your balance through exercises that strengthen the ankle, knee and hip joints all in a fun social setting. This class is designed specifically for fall prevention.

Small Group Nutrition- Good nutrition is an important part of leading a healthy lifestyle. This class will help you achieve your nutrition goals in a group setting

Step 'N Sculpt- Start the class with simple, heart-pumping step aerobics, followed by a total body blast of weight training. End the class with simple stretches to improve your flexibility. This class has it all! [A Medium/ High Impact Class.](#)

Tai Chi

Tai Chi involves slow, controlled, low impact movements. This class will help you Improve your balance improve your coordination, and strengthen your muscles.

TLC Pump- Give yourself some TLC (Tone, Lift & Cinch)! This total body workout will keep you coming back for more! [A Medium Impact Class.](#)

Yoga- gentle stretching and strengthening the muscles and calming the mind. We will practice breathing techniques, improve our core as well as our balance, and end class with relaxation. Whether you are new to yoga or an experienced practitioner, this class will be a great addition to your fitness routine! [A Low Impact Class.](#)



Yoga Bird classes are one hour in length. Each class includes a thorough warm-up, yoga poses for building strength, a complete body stretch, relaxation and Christian meditation. Classes are at a beginner to intermediate level. (Students need to be able to get up and down on their mats from standing to kneeling to sitting.)

Zumba® / Zumba Gold®



Zumba® fitness will make you feel alive and full of energy! Zumba® combines easy to follow moves with a fusion of world music and spicy rhythms.

All classes and class times
are subject to change.

Aquatic Class Schedule

April 24- June 2

Monday

8-8:55am Water in Motion®
12-12:45pm Happy Hearts
1-1:45pm Happy Hearts
6-6:45pm RaquaTone® (L)
7-7:45pm *Aqua Stand Up® (L)

Tuesday

8-8:45am Water in Motion® Platinum
1-1:30pm RaquaAtomic
6:15-6:45pm Aqua HIIT
7-7:45pm *AquaBiker (L) (H)

Wednesday

8-8:55am Water in Motion®
12-12:45pm Happy Hearts
1-1:45pm Happy Hearts
6-6:45pm RaquaTone® (L)
7-7:45pm *Aqua Stand UP® (L)

Thursday

8-8:45am Water in Motion® Platinum
11-11:30am Gentle Journey (L)(H)
1-1:30pm RaquaAtomic
7-7:45pm *AquaBiker (L)(H)

Friday

8-8:55am Water in Motion®
10-10:45am Happy Hearts
1-2pm Senior Swim

(L)= Lap Lane Available
(H)= Half of Pool Available

Aqua HIIT

HIIT stands for High Intensity Interval Training. HIIT alternates high intensity/high energy bouts of exercise with low intensity exercise for recovery. It is one of the best exercises to improve cardiovascular endurance, muscles endurance and is a very effective calorie-burning workout.

Water aerobics shoes highly recommended.

Happy Hearts



Arthritis Foundation Aquatic Program (AFAP) designed for anyone seeking to alleviate arthritis symptoms. Easy exercise routine to help reduce inflammation, increase joints range of motion flexibility, muscular strength, body toning, balance/posture and circulation.

RaquaTone by Raquafit®

High energy aerobics class designed to sculpt your muscles, develop agility and speed by using the water resistance. You will be tone before you know it. Equipment provided for maximum resistance.

WATERinMOTION®



WATERinMOTION® provides you land equivalent intensity in a low impact, high- energy environment. Jump in and make a splash with this dynamic cardiovascular workout that tones and tapers the entire body.

WATERinMOTION® Platinum



A shallow-water, low-impact aqua exercise experience that offers active aging adults and deconditioned participants a fun workout improving cardiovascular endurance, agility, balance, strength and flexibility.

*Aqua Stand Up®

Aqua Stand Up is a new aqua fitness class which is inspired by the stand-up paddle board and is choreographed to music. This amazing new class will strengthen your entire body, increase your cardiovascular endurance, stabilize your core and improve your flexibility.

*AquaBiker

AquaBiker is a dynamic 45-minute power workout on a Hydorrider® stationary bike. This class is vigorous and will increase speed pedaling through intermittent bursts of resistance. Get ready for an endurance ride!

**Aqua Stand Up and AquaBiker are Specialty Classes and are not included in a membership. Pay per class: Members=\$10, Non-Members=\$15*

Gentle Journey

This 30-minute class on a Hydorrider® stationary bike is specifically designed for people with physical limitations such as arthritis and fibromyalgia. Those with existing conditions such as obesity, diabetes and injuries to hips, knees or back will also benefit from this class.

Lap Lane Policy

The Lap Lane will be available during select classes (L). During the selected class, the lap lane will be available on a first come, first serve basis. If there is a wait for the lap lane, the current swimmer must limit their use to 20-minutes.

All class changes and cancellations will be posted on our Facebook Page www.facebook.com/townsquarehealthclub or call 717.664.6305