

# Land Class Schedule

Starting January 8

## Monday

8-8:45am Gentle Yoga  
9-9:45am Silver&Fit® Experience  
10-10:45am HIIT Circuit  
11-11:30am SilverSneakers® Stability  
11-11:30am Small Group Nutrition  
5-5:45pm Step Fusion  
6-6:45pm Zumba®

## Tuesday

8-8:45am Mat Pilates  
9-9:45am Strictly Strength  
10-10:45am Let's Dance!  
4:15-5pm **TRX® Stretch**  
5:30-6:15pm POUND®  
6:30-7:30pm Yoga Bird®

## Wednesday

9-9:45am Silver&Fit® Experience  
10-10:45am Strictly Core  
11-11:30am SilverSneakers® Stability  
5-5:45pm Body Worx  
6-6:45pm Zumba®

## Thursday

8-8:45am Mat Pilates  
9-9:30am Tai Chi (*Overlook Lounge*)  
9-9:45am SilverSneakers® Classic  
10-10:45am SilverSneakers® Yoga  
5:30-6:15pm Group Rx- RIP  
6:30-7pm **TRX® Advanced**

## Friday

9-9:45am Silver&Fit® Experience  
10-10:45am Ultimate Workout

## Saturday

10-10:45am Weekend Wildcard

\*Classes are posted at TSHC

Body Worx- This class is a full body conditioning and strengthening workout, improving functional strength, flexibility, endurance and balance

Gentle Yoga- We will practice breathing techniques, improve your core well as your 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.

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!

HIIT Circuit- A total body, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body and improve your endurance.

Let's Dance- This class will incorporate many different styles of dance to increase your heartrate and burn calories! Come dance and have fun!

Mat Pilates- This class offers a combination of movements to strengthen abdominals and core muscles while assisting with flexibility and muscle control.

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  - This class is designed to increase a participant's flexibility, joint stability, dynamic balance, coordination, agility, reaction-time, muscular strength and cardio endurance.

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

 Classic- Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is used for seated exercises and standing support.

 Yoga- Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement.

Step Fusion- Step, kick & stretch into a healthier you. A fusion of Step Aerobics, kickboxing & yoga. We are going to strengthen your heart & body, kick and punch out some of our stress and relax our bodies and minds. Come to class prepared to sweat!

Strictly Core- Your core is the foundation of all your strength. This class will develop and strengthen all the muscles of your core including your abs, glutes and lower back.

Strictly Strength- This class will help you gain total-body strength from your shoulders to your core to your legs. This class will utilize your body weight to do the exercises along with various exercise equipment.

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.

TRX®- Build muscle and support a health body weight with the TRX workout. The class will include basic exercises and show you how to modify them to make it as challenging as you can handle.

Ultimate Workout- This class is a total body workout that combines high intensity upper and lower body exercises using steps and weights to achieve maximum results.

Yoga Bird®- Each class includes a thorough warm-up, yoga poses for building strength, a complete body stretch, relaxation and Christian meditation. Classes are beginner to immediate level.

Zumba®- ZUMBA® is a fusion of Latin music / dance themes that create a dynamic, exciting, and based on the principle that a workout should be "FUN AND EASY TO DO." The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body.

All classes and class times are subject to change.

# Aquatic Class Schedule

Starting January 8

## Monday

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

## Tuesday

8-8:45am Water in Motion Plat.®  
11:15-11:45am Gentle Journey (L) (H)  
1-1:30pm Aqua HIIT  
6:15-6:45pm Aqua HIIT  
7-7:45pm AquaBiker (L) (H)

## Wednesday

8-8:55am Water in Motion®  
12-12:45pm Happy Hearts  
5:30-6pm Aqua Stand UP® (L)  
6:15-7pm Aqua Barre

## Thursday

8-8:45am WaterWorx  
11:15-11:45am Gentle Journey (L) (H)  
1-1:30pm Aqua HIIT  
7-7:45pm AquaBiker (L) (H)

## Friday

8-8:30am Aqua HIIT  
10-10:45am Water in Motion Plat.®  
1-2pm Senior Swim

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

Highlighted classes  
require pre-registration

## Aqua Barre

Classic ballet concepts using the water as resistance. Focus on alignment, core strength and coordination.

## AquaBiker

AquaBiker is a dynamic 45-minute power workout on a Hydroider® 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®

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.

## 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.**

## Aqua Kickboxing

Enjoy the benefits of kickboxing on land but in the water without impact and jarring on the joints. Kick, punch, strike, and jump your way into an awesome kickboxing workout!

## Gentle Journey

This 30-minute class on a Hydroider® 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.

## Happy Hearts

This class is 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.

## 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.

## WaterWorx

Tone and sculpt your body with no impact to your joints. This workout is a fun, gentle blend of cardio and resistance training that incorporates resistance tools such as buoyant *water* weights and noodles.

## 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](http://www.facebook.com/townsquarehealthclub) or call 717.664.6305