

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 am		Cycling (40 min) Christina 1		Cycling (40 min) Eileen 1		
6 am		Yoga Missy - 2		Yoga + HIIT Missy - 2		
7 am	RIP REMIX – Ellen -1 ----- Arthritis Aquatics Rec Pool - Shelly		Total Body Training -Ellen –2		RIP – Ellen – 2	
7:30 am			Arthritis Aquatics Rec Pool - Marilyn			
8 am			Meditation Dr. Burn - 2		Circuit Training Robyn G– 1	
8:30 am		RIP® Rachel – 1 ----- Turbo Kick® Lesley - 2		RIP® Rachel/Other– 2		Water Aerobics Brandon Rec Pool (Live Nov 5 & 19) Video Nov 12 & 26
9 am	RIP® Cindy – 1 ----- Yoga Stretch Robin D – 2	Aqua Kick Pat - Lap	RIP® Cindy – 1 ----- Yoga Annette– 2 ----- Deep Water Aerobics - Katie/Marilyn- Lap	Aqua Kick Pat – Lap ----- Step Robyn G- 1	Yoga Robin D –2 ----- Deep Water Aerobics - Lap Katie/Marilyn	Yoga -2 Robin D – 1,3 &5 ----- RIP® Cindy - 1 2 nd & 4 th ----- SHINE Dance Fitness - 1 Dana- 1 st & 3 rd ----- Aqua Kick Pat - Lap
9:30 am		Yoga Annette – 2		Yoga Robin D – 2		
10 am	Arthritis Aquatics Rec Pool Mary	Arthritis Aquatics Deep Water Rec Pool - Janet	Arthritis Aquatics Rec Pool- Marilyn	HIIT Water Aerobics Rec Pool - Jessica	Arthritis Aquatics Rec Pool Marilyn	
11 am	Arthritis Aquatics Rec Pool Katie		Arthritis Aquatics Rec Pool Mary		Arthritis Aquatics Rec Pool Marilyn	
12:30 pm	Line Dancing Irene – 1		Line Dancing Irene – 1			
4:30 pm	RIP® Tera– 1	Barre Above™ Robyn G –1	RIP® Janet– 1	Barre Above™ Robyn G –1		
5:30 pm	Yoga Annette -2 ----- Water Aerobics Rec Pool – Janet		<u>Tae Kwon Do</u> <u>Ryan –1</u> (fee for service) ----- Water Aerobics Rec Pool - Video			

Class Descriptions

Aqua Kick: Put on your swimsuit, grab a kickboard and fins (provided on deck), and join us in the lap pool. It is not necessary to be a strong swimmer in order to get a great workout in the lap pool. Learn how to kick with a kickboard and how to use fins. You will get an aerobic workout and will improve your kicking skills for any swimming you may do. Sessions can be tailored to different ability levels. Participants must be comfortable in the deep end of the lap pool for a short amount of time.

Arthritis Aquatics: Gentle movements in a heated pool help relieve arthritis pain and stiffness, while increasing joint flexibility and range of motion. Led by Arthritis Foundation-certified instructors.

Arthritis Aquatics – Deep Water: Advanced Arthritis Aquatics class taught in the rec pool that provides a greater challenge for participants who are able to tolerate more than the Arthritis Foundation® Aquatic Program. A combination of shallow- and deep-water activities, the class improves muscle strength, endurance and cardiovascular fitness.

Barre Above™: This is an energetic, dynamic and progressive method of barre training for all body types and all fitness levels! Fusing the best of Pilates, Yoga, aerobics, and elements of strengthening exercises dancers do, this class will improve posture, flexibility, body strength, balance, and body awareness.

Body Blast: A full-body workout using barbells, dumbbells, and body weight exercises combined with HIIT to create compound and isolation exercises to get you strong, lean, and fit. Modifications can be given for all fitness levels.

Circuit Training: Designed to keep you moving, this class offers circuits in short intervals of cardio and body sculpting. Body weight activities included and will use the step platform, core boards, gliders, bands, free weights and barbells.

Core Barre™: This is a system of movement designed to create strength, flexibility, and a balanced body. It is based on elements of Pilates, Ballet and Athletic Conditioning and consists of high energy, low-impact and effective exercise variations that focus on precision and technique. These exercises are designed to be effortless, graceful, and energy generating, creating a meaningful and purposeful rhythm that is attuned to our bodies and its surroundings. Create awareness with mind and body.

Cycling: An awesome workout on a bike with no impact to the joints. Ideal for all fitness levels, as you adjust your own resistance. Don't forget your water bottle ... you'll need it! (Performed on our Stages SC3 bikes)

Deep-Water Aerobics: A high-intensity water workout in the deep end. Aqua belts are worn, so swimming experience is not necessary.

HIIT Water Aerobics: A high-intensity interval training workout in the Rec pool.

Line Dancing: Bring your dancing shoes for this fun workout! Variety of music, steps and dances. Appropriate for all ages and fitness levels. Two levels offered: Beginners and Intermediate.

Meditation: Led by Dr. Bernard Burns, a 50 year meditator, this class is for anyone interested in developing a personal Meditation practice. Novice or lapsed meditators welcome. We will review reasons to meditate and explore several techniques: Guided Meditation, Mantra, mindfulness, and two versions of Christian meditation. Class will practice as a group with the goal of helping each participant select the most appropriate style so they can develop their own daily practices.

RIP®: From Power Music Group Rx, this is a program for able-bodied men and women of all ages and all fitness levels. These pre-choreographed strength training routines will shape and strengthen your body. New routines and "Rerun" routines will change every eight weeks to keep your muscles guessing. Get RIPPED!

RIP® REMIX – This is just like RIP but will incorporate a mixture of previous class routines.

SHiNE Dance Fitness™: Dance party meets targeted muscle work. Choreography from SHiNE Dance Fitness, rooted from traditional jazz, ballet, and hip-hop, provides the perfect balance of cardio, toning and strength components.

Step: A high-intensity cardio class using choreography on and off a step bench. The class can also be performed on the floor without the bench for lower intensity.

Tae Kwon Do: Martial arts for ages 6 through adult. Taught by a black belt. Fee-for-service class. Register at the service desk.

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Total Body Training: A total-body fitness class designed to tone, strengthen, and tighten your whole body. We will work hard & use your own body weight plus dumbbells and minimal equipment to burn calories, build lean muscle, and ignite your metabolism. Each class will consist of unique exercises to stimulate muscle confusion through intervals of strength and cardio training to keep your heart pumping and your muscles burning. All exercise can be adapted for every fitness level and self-appreciation is required.

Turbo Kick®: Get hooked on the Turbo high! This class consists of cardio kickboxing and body-sculpting dance moves that are choreographed to the hottest music mixes. You will kick, punch and zig-zag your way through this high energy, high calorie burn, intense yet totally doable for all fitness levels – and have a blast doing it.

Warm Yoga: The studio will be heated up for this Yoga class. Heat keeps muscles more flexible and less susceptible to injury.

Water Aerobics: Work against the resistance of the water for a great cardio and strengthening class. Swimming experience is not necessary.

Yoga: Offers poses and modifications for every level of yoga mastery; using all body systems in harmony to address core strength, flexibility, balance, meditation and various breathing techniques. Rated a 2-3 in difficulty on a scale of 1-4.

Yoga + HIIT: Strengthen and lengthen while increasing power and endurance with this metabolic boosting, calorie-burning Yoga + HIIT workout. It will begin with a Yoga series, followed by a HIIT (High Intensity Interval Training) portion, and ending with a Yoga deep stretch cool down. Shoes optional. (April 2 – May 21)

Yoga Stretch: Learn the basics of yoga while you increase body awareness, strength and flexibility. We recommend this class as a stepping stone to our other yoga classes. Rated 2 in difficulty on a scale of 1–4.

Zumba®: Latin dance-inspired fitness class. It is a cardio-based workout with some components of resistance/sculpting training to tone the entire body from top to bottom and inside out. Dance experience helps but not required.

All classes are 50 minutes unless otherwise noted. Members must be at least 13 years of age to attend group exercise classes.

Classes on this schedule are subject to change. You may call the service desk (573-331-3355) for up-to-date information, such as cancellations due to inclement weather. If Cape Public Schools are closed due to inclement weather, the AM classes before noon will be cancelled. Classes held in the evening are subject to the availability of the instructor. Please call prior to coming if the weather is bad. When class is held in the pool, the pool is closed for usage by others.

Following the instructor's name is the class location. Classes are held in:

1 – Aerobics studio 1 (yellow room)	Lap Pool – Largest pool	MP – Multipurpose Room/Gym
2 – Aerobics studio 2 (blue room)	Rec Pool – Center pool	Rehab Pool – Warm-water pool behind glass wall

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