CreateHealthy
WELLNESS CENTER

Start Your Fitness Journey Here

Choose the path that best suits you:

FOUNDATION CLASSES

- AEROBIC STRENGTH
- SIT T0 BE FIT
- H20 WORKOUT
- RESTORATIVE YOGA
- FUNCTIONAL FLEXIBILITY
- TAI CHI
- ARTHRITIS THERAPY
- AQUABATA

LEVEL UP CLASSES

- KICKBOX STRENGTH
- BOOT CAMP
- PILATES
- ZUMBA
- DEEP WATER AQUABATA
- ROCK & ROW / INDO ROW
- FUNCTIONAL STRENGTH
- CYCLE & SCULPT
- CYCLING FITNESS
- CORE BALANCE LAB
- FIT & FUN
- SMART BARRE
- BODY STRENGTH & STRETCH
- CORE & MORE
- RAPID ROW 30
- deFINE

ADVANCED CLASSES

- SHAPE UP
- ROCK & ROW AM
- POWER HOUR
- MASTERS SWIM
- HYBRID TRX
- VINYASA FLOW YOGA
- DYNAMIC DANCE

Choose your modality:

STRENGTH & CARDIO
- BOOT CAMP
- AEROBIC STRENGTH
- CYCLE & SCULPT
- KICKBOX STRENGTH
- TOTAL BODY CIRCUIT

STRENGTH TRAINING
- CORE & MORE
- FIT & FUN
- HYBRID TRX
- FUNCTIONAL STRENGTH
- deFINE

CARDIO DANCE
- SHAPE UP
- ZUMBA
- DYNAMIC DANCE

CYCLING
- POWER HOUR
- CYCLING FITNESS

ROWING
- ROCK & ROW
- INDO ROW
- RAPID ROW 30

FUNCTIONAL / ACTIVE AGING
- FUNCTIONAL FLEXIBILITY
- SIT TO BE FIT
- SMART BARRE

MIND / BODY RECOVERY
- PILATES
- TAI CHI
- RESTORATIVE YOGA
- VINYASA FLOW YOGA

AQUA
- H2O WORKOUT
- MASTERS SWIM
- AQUABATA
- ARTHRITIS THERAPY
- CORE BALANCE LAB
- SATURDAY SURGE

= Indicates an all cardio class

Coordinate your modality with class time:

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Group Fitness Schedule

NOVEMBER 2026

INDICATES NEW CLASS!

MAT REQUIRED

MON	TUE	WED	THU	FRI	SAT
CYCLE & SCULPT Heidi 5:15a - 6:00a Cycle Studio	**BOOT CAMP** Kris 5:15a - 6:00a Multi Purpose Studio	**CYCLE & SCULPT** Julie 5:15a - 6:00a Cycling Studio	**ROCK & ROW** Julie 5:15a - 6:00a Multi Purpose Studio		
	CORE & MORE Shannon 7:30a - 8:00a Multi Purpose Studio		**CORE & MORE** Shannon 7:30a - 8:00a Multi Purpose Studio		
AEROBIC STRENGTH Kim B. 7:30a - 8:30a Multi Purpose Studio	**deFINE** Lindsay 8:15a - 9:00a Mind Body Studio	**AEROBIC STRENGTH** Kim B. 7:30a - 8:30a Cycling Studio		**AEROBIC STRENGTH** Kim B. 7:30a - 8:30a Multi Purpose Studio	
HYBRID TRX Lindsay 8:45a - 9:30a Multi Purpose Studio	**POWER HOUR** Shannon 8:15a - 9:15a Cycling Studio	**HYBRID TRX** Lindsay 8:20a - 9:20a Multi Purpose Studio	**POWER HOUR** Shannon 8:15a - 9:15a Cycling Studio		
CORE BALANCE LAB Felicia 8:30a - 9:30a **Fitness pool Lanes 1-3**	**H2O WORKOUT** Felicia 8:30a - 9:30a **Fitness pool Lanes 1-3**	**H2O WORKOUT** Diane 8:30a - 9:30a **Fitness pool Lanes 1-3**	**H2O WORKOUT** Diane 8:30a - 9:30a Fitness pool **Lanes 1-3**	**H2O WORKOUT** Lindsay/Tom 8:30a - 9:30a Fitness pool **Lanes 1-3**	**INDO ROW** Heidi 8:30a - 9:00a Multi Purpose Studio
ZUMBA Chelsea 8:30a - 9:15a Mind Body Studio	**BRIDGE AQUATIC ARTHRITIS THERAPY** 9:30a - 10:30a Warm Pool **RESERVED**	**BRIDGE CORE FOR A HEALTHY BACK** 9:00a - 9:30a Mind Body Studio	**BRIDGE AQUATIC ARTHRITIS THERAPY** 9:30a - 10:30a Warm Pool **RESERVED**		**CYCLING FITNESS** Heidi 9:15a - 10:00a Cycle Studio
	FUNCTIONAL FLEXIBILITY Shannon 9:30a - 10:30a Multi Purpose Studio		**FUNCTIONAL FLEXIBILITY** Shannon 9:30a - 10:30a Multi Purpose Studio	**ZUMBA** Laura F 8:45a - 9:30a Mind Body Studio	**SATURDAY SURGE** Lisa 9:00a - 9:45a **STARTING NOVEMBER 7** **Fitness pool Lanes 1&2**
SHAPE UP Shannon 10:00a - 11:00a Multi Purpose Studio	**FIT & FUN** Laura 9:45a - 10:45a Mind Body Studio	**SHAPE UP** Shannon 10:00a - 11:00a Multi Purpose Studio	**FIT & FUN** Laura 9:45a - 10:45a Mind Body Studio	**SHAPE UP** Shannon 10:00a - 11:00a Multi Purpose Studio	
SIT TO BE FIT Kim T. 10:15a - 11:15a Mind Body Studio	**MASTERS SWIM** Shannon H 11:00a - 12:00p **Fitness Pool Lanes 3&4**	**SIT TO BE FIT** Kim T. 10:15a - 11:15a Mind Body Studio	**MASTERS SWIM** Shannon H 11:00a - 12:00p **Fitness Pool Lanes 3&4**	**SIT TO BE FIT** Kim T. 10:15a - 11:15a Mind Body Studio	
FUNCTIONAL STRENGTH Shannon M 11:15a - 12:00p Multi Purpose Studio	**TAI CHI** Diane 11:00a - 11:45a Mind Body Studio	**FUNCTIONAL STRENGTH** Caitlin/Shannon 11:15a - 12:00p Multi Purpose Studio	**TAI CHI** Diane 11:00a - 11:45a Mind Body Studio	**FUNCTIONAL STRENGTH** Caitlin 11:15a - 12:00p Multi Purpose Studio	
PILATES Kim T. 11:30a - 12:30p Mind Body Studio		**PILATES** Kim T. 11:30a - 12:30p Mind Body Studio	**RESTORATIVE YOGA** Dana-Marie 12:30p - 1:15p Mind Body Studio	**PILATES** Kim T. 11:30a - 12:30p Mind Body Studio	
BRIDGE FUNCTIONAL STRENGTH & MOVEMENT 12:15p - 12:45p Multi Purpose Studio	**PHYSICAL THERAPY** Warm Water Pool reserved 12:00p - 2:00p		**PHYSICAL THERAPY** Warm Water Pool reserved 12:00p - 2:00p		
BRIDGE BALANCE TRAINING 1:00p - 1:30p Mind Body Studio	**SMART BARRE** Kim T. 1:30p - 2:15p Mind Body Studio		**SMART BARRE** Kim T. 1:30p - 2:15p Mind Body Studio		
	SIT TO BE FIT Lisa 2:30p - 3:30p Mind Body Studio	**FUNCTIONAL FLEXIBILITY** Shannon 3:00p - 4:00p Multi Purpose Studio	**SIT TO BE FIT** Lisa 2:30p - 3:30p Mind Body Studio		
	YOUTH PROGRAMMING 4:00p - 5:00p Multi Purpose Studio	**YOUTH PROGRAMMING** 4:00p - 5:00p Warm Water Pool **Pool Reserved**	**YOUTH PROGRAMMING** 4:00p - 5:00p Multi Purpose Studio		
TOTAL BODY CIRCUIT Caitlin 5:15p - 6:00p Multi Purpose Studio		**TOTAL BODY CIRCUIT** Caitlin 5:15p - 6:00p Multi Purpose Studio			
VINYASA FLOW YOGA Christin/Sondra 5:15p - 6:15p Mind Body Studio		**CYCLE & SCULPT** Heidi 5:30p - 6:30p Cycle Studio			
AQUABATA Lisa 5:30p - 6:15p **Fitness pool Lanes 1&2**		**AQUABATA** Lisa 5:30p - 6:15p **Fitness pool Lanes 1&2**			
RAPID ROW 30 Caitlin 6:15p - 6:45p Multi Purpose Studio	**ROCK & ROW** Julie 5:30p - 6:15p Multi Purpose Studio		**KICKBOX STRENGTH** Heidi 5:30p - 6:15p Multi Purpose Studio		
Dynamic Dance Casey 6:30p - 7:30p Mind Body Studio	**ZUMBA** Laura F 6:30p - 7:30p Mind Body Studio	**Dynamic Dance** Casey 6:30p - 7:30p Mind Body Studio	**ZUMBA** Chelsea 6:30p - 7:15p Mind Body Studio		

The Wellness Center will be closed on Thanksgiving Thursday 11/26
There will be a modified class schedule the week of November 23-28

Group Fitness Descriptions

= Indicates mat is required for this class

= Indicates an all cardio class

AEROBIC STRENGTH
This total-body strength & cardiovascular training is a great way to start your day! Strengthen your body with proper technique for functional fitness. You can keep the intensity low or pump it up for the ultimate workout.

ARTHRITIS THERAPY
This warm water class is designed for those with arthritis who want to control pain and improve mobility, flexibility and general movements.

BODY STRENGTH & STRETCH
This 45-minute class is designed to strengthen and build all major muscle groups, while also incorporating core work and stretching for a balanced workout. Choose your preferred weight—or go weight-free—and enjoy the supportive camaraderie of a group fitness environment.

BOOT CAMP
Jump start your day with this high-energy variety hour that will kick your booty and challenge you to new levels of fitness! Boot camp classes are held indoors & outdoors.

CORE, BALANCE & BARRE
Power up your water aerobics routine with this high intensity class. Increase your postural strength, alignment, flexibility, and balance.

CORE & MORE
Hit those abdominal and back muscles with this short and sweet core workout! Flex, extend, rotate and stabilize the body to create a stronger center for every functional movement.

RAPID ROW 30
Rapid Row 30 is our signature high-efficiency, low-impact indoor rowing class designed for your busiest days. This fast-paced session leverages the power of the indoor rower to activate 85% of your body's muscles simultaneously. By synchronizing strength and cardio, you'll maximize your calorie burn and skyrocket your cardiovascular endurance without putting harsh stress on your joints.

CYCLE & SCULPT
Mix it up with indoor group cycling intervals and strength training intervals. Get your cardio and strength training in this one high intensity hybrid class if you are short on time!

CYCLING FITNESS
This cardiovascular class on our indoor stationary bikes is always a great workout. Indoor cycling is a great training ground for outdoor cyclists & fitness enthusiasts alike. Located in the Cycling Studio.

DYNAMIC DANCE
A high energy class designed for those that enjoy dancing and learning new challenging, intricate dance movements/skills executed with artistic expression. This class will provide a fun, energetic, and empowering experience for anyone who loves music, while expressing yourself through dance.

FIT & FUN
This cardio toning class is designed for all levels of fitness. We will improve your cardiovascular condition and strengthen your muscles while improving your flexibility and balance. You will get fit and have fun!

HYBRID TRX
A combination of strength, cardio & core using the TRX suspension straps. Your body weight becomes your resistance as you work against gravity to control each movement. This is a high energy class that incorporates different exercises that will keep you moving!

FUNCTIONAL FLEXIBILITY
This mat class focuses on full range of motion and flexibility improvement through static and dynamic stretching. Blocks, straps, foam rollers and tennis balls will be used to assist in stretching. balance and self-myofascial release. You will get fit and have fun!

FUNCTIONAL STRENGTH
Functional Strength class uses compound, multi-joint exercises to train your body for movements you perform in daily life such as lifting, bending and rotating. The focus is on proper movement patterns and control. Exercises can be modified to suit different fitness levels, making the class accessible for everyone from beginners to athletes.

KICKBOX STRENGTH
A high-energy, full-body workout that blends cardio kickboxing with functional strength training. This class is designed to elevate your heart rate while building lean muscle, using a combination of powerful punches, kicks, and controlled dumbbell movements

RESTORATIVE YOGA
Life moves fast. Restorative Yoga gives you permission to slow down.
This gentle class uses supported poses, deep breathing, and relaxation techniques to help reduce stress, ease muscle tension, improve flexibility, and promote overall well-being.
The practice is primarily floor-based, allowing you to fully relax and restore. However, modifications are always available, and a chair can be used if getting down to or up from the floor is difficult. Perfect for beginners AND active adults.

TOTAL BODY CIRCUIT
Total Body Circuit is a high-energy, fast-paced group workout designed to maximize your time and results. This class combines strength training and cardiovascular intervals into an efficient circuit format, moving you quickly from one exercise to the next with minimal rest. By targeting every major muscle group, you will build lean muscle, torch calories, and boost your endurance all in one action-packed session. Whether you are looking to break through a fitness plateau or find a fun, dynamic routine, this class offers a challenging yet scalable workout for all fitness levels.

H20 WORKOUT
These classes combine a variety of aerobic movement with intervals of resistance training in the Fitness Pool. Water noodles, aqua dumbbells, aqua steps, medicine balls and resistance bands are used to challenge participants. Deep water is held off campus, and is an advanced class.

AQUABATA
This is a high-intensity interval training (HIIT) class performed in the water, designed to provide a full-body workout while being exceptionally easy on the joints. It's Tabata in the water!
Take the plunge with Aquabata!

INDO ROW
This indoor rowing class is "the perfect calorie burn!" Designed around elements in real row training & racing, instructors will lead you through skills & drills, wave workouts & racing.

MASTERS SWIM
This swimming workout is designed to improve stroke technique for competitive strokes: freestyle, breaststroke, backstroke, and butterfly. We focus on speed , endurance, and skill each week.
This class is for both athletes and fitness swimmers.

PILATES
Progressive series of floor movements will strengthen the core muscles of the abdomen, lower back and pelvic area. Increase strength, flexibility and balance of the entire body, focusing on breathing and mindful movement.

POWER HOUR
Intense indoor cycling in a group setting will motivate you to achieve your personal fitness goals! This indoor cycling class is a great training ground for outdoor cyclists!

deFINE
deFINE is an energetic, music-driven class that combines barre, Pilates, reformer-style movement, and core training into one dynamic workout. Using the barre, resistance bands, weights, bender balls, and other equipment, you'll build strength, improve balance, increase flexibility, and strengthen your core. No reformer machines are needed, just your body and a willingness to move! No experience necessary.

ROCK & ROW
This class combines basic IndoRow intervals & strength training in a circuit format that will keep your muscles guessing!

SHAPE UP
This high-energy cross-training class incorporates cardiovascular conditioning, strength training and stretching. Fun and variety are the keys to sticking with your fitness regimen. This is the only place in town to offer advanced step aerobics.

SIT TO BE FIT
This social class is designed for those wanting to remain active and enjoy a complete, non impact workout. A combination of cardio, toning, balance and stretching moves are included in each class. All exercises are performed while sitting in a chair or using it as a balance tool.

SMART BARRE
This class incorporates lower body and core strengthening moves which will improve balance and protect and improve bone density. This class will also give you improvements in posture, flexibility, and breath control. Using the ballet barre and other small equipment, you will be challenged to be more functionally fit with a strong and beautifully aligned body.

TAI CHI
In this low-impact class, you'll learn slow, intentional Tai Chi sequences that gently improve posture, balance, flexibility, and joint health. Perfect for individuals managing arthritis or seeking a gentle form of exercise. The practice also encourages mindfulness and relaxation, supporting better mood, reduced anxiety, and overall mental resilience.

VINYASA FLOW YOGA
This Vinyasa Flow class offers a total-body workout that blends strength, cardio, and mobility into one dynamic practice. Linking breath with continuous movement, the class is designed to build muscular strength, improve flexibility, enhance balance, and elevate the heart rate—all in a mindful, purposeful way. Expect energizing sequences, functional core work, and standing flows that challenge endurance while supporting joint health and overall mobility. Thoughtful transitions keep the body moving and engaged, while options and modifications allow you to scale intensity as needed. You'll leave feeling worked, energized, and balanced—stronger in both body and mind.

ZUMBA
This is a high energy aerobic dance class that is easy to follow, gets your heart pumping, and calories burning. In this class you will experience choreography from different Latin rhythms such as Salsa, Merengue, Bachata, and much more from around the world.

SATURDAY SURGE
Build strength, boost endurance, and get your heart pumping with an upbeat water aerobics workout!