

# Fitness Class Schedule

Effective January 7, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7:00 AM <b>Yoga</b> Fitness Studio Kristi		7:00 AM <b>Yoga</b> Fitness Studio Kristi		
					8:00 AM <b>Shallow Water Fitness</b> Rec Pool Meredith
9:00 AM <b>Deep Water Fitness</b> Competition Pool Bonnie	9:00 AM <b>Water Spin</b> Competition Pool Sarah	9:00 AM <b>Shallow Water Fitness</b> Competition Pool	9:00 AM <b>Water Spin</b> Competition Pool Meredith	9:00 AM <b>Deep Water Interval</b> Competition Pool Sandra	9:30 AM <b>Shallow Water Fitness</b> Competition Pool
10:15 AM <b>Low Impact Water Fitness</b> Rec Pool Bonnie		10:15 AM <b>Low Impact Water Fitness</b> Rec Pool Anne	10:00 AM <b>Shallow Water Fitness</b> Competition Pool Meredith	10:15 AM <b>Low Impact Water Fitness</b> Rec Pool Anne	10:00 AM <b>Zumba</b> Fitness Studio Liz
11:00 AM <b>Shallow Water Fitness</b> Rec Pool Bonnie		11:00 AM <b>Shallow Water Fitness</b> Rec Pool Anne	11:00 AM <b>Deep Water Fitness</b> Competition Pool Meredith	11:00 AM <b>Shallow Water Fitness</b> Rec Pool Anne	
4:30 PM <b>Pilates</b> Fitness Studio Sarah	4:30 PM <b>Yoga</b> Fitness Studio Sarah	4:30 PM <b>Pilates</b> Fitness Studio Sarah			
5:30 PM <b>Zumba</b> Fitness Studio Liz	5:30 PM <b>Pilates</b> Fitness Studio Sarah	5:30 PM <b>Yoga</b> Fitness Studio Sarah			



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# Fitness Class Descriptions

**BOGA Core**—This workout will get your blood pumping! Each class will focus on cardio and core work. This class is on our BOGA Board in the Competition Pool!

**Deep Water Fitness**—Take a load off your feet and join us in a deep water class! Using a waist support, this class will release joint pressure and give you a great workout at the same time!

**Deep Water Interval**—Deep Water Interval is appropriate for all fitness levels and is a wonderful way to prevent overuse injuries by cross training. Flotation belts are used to maintain a suspended position for a variety of aerobic and strength training exercises in deep water.

**Low Impact Water Fitness**—This is a great class to keep your muscles moving. With the use of noodles and weights this low impact class will keep you thinking and moving while having minor impact on your joints.

**Pilates** —This class focuses on developing core strength, flexibility, balance and stamina. Participants learn to be aware of breathing patterns and spinal alignment while engaging the deep muscles of the core. No previous Pilates experience is necessary to join a mat class.

**Shallow Water Fitness**—Wake up and start your day with a comprehensive workout! This class includes stretching, toning, and core work. Feel refreshed and energized to enjoy the rest of your day! This is a great class for ALL Fitness Levels!

**Water Spin**— A great cardio workout on an indoor cycling bike in the competition pool. Use the water as your resistance in this heart-pumping class!

**Yin Yoga & Meditation** — In addition to being nourishing for the body, Yin Yoga calms the mind. Yin Yoga involves variations of seated and supine poses typically held for three to five minutes. Through this quiet practice, we create space to watch the breath and ease into simple guided meditation during a long savasana.

**Yoga**— This class concentrates on physical health and mental well-being. Yoga combines bodily postures and breathing techniques to bring about a sound, healthy body and a clear, peaceful mind. This class is great for all fitness levels.

**Zumba**® — This dance fitness class mixes low- and high-intensity moves for an interval-style total-body workout, combining all elements of fitness — cardio, muscle conditioning, balance and flexibility — for a calorie-burning fitness party. It's exercise in disguise!



**CORNERSTONE  
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[www.cornerstoneaquatics.org](http://www.cornerstoneaquatics.org)