

GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 – 8:45 am	● Open Floor	● Open Floor	● Morning N Motion	● Open Floor	● Open Floor	
9 – 9:45 am	● Morning N Motion	● Qi Gong	● Pilates	● Tabata	● Morning N Motion	
10 – 10:45 am		● Function Mvmt. and Stretching		● Yoga	● Function Mvmt. and Stretching	
10 – 11 am	● Afturburn		● Afturburn		● Afturburn	
10:30 – 11:15 am			● Zumba			● Water Werq
11 – 11:45 am	● Cardio Fit	● Open Floor		● Open Floor	● Open Floor	
11 am – 12 pm	● Afturburn		● Afturburn		● Afturburn	
4 – 6 pm	● Open Floor			● Open Floor		
5 – 6 pm		● Afturburn		● Afturburn		

● Athletic Club ● Event Center ● Indoor Pool ○ Fitness on Demand, Free ○ Charge, Sign-Up at Concierge Desk

CLASS DESCRIPTIONS

Afturburn

Total body workout of functional movement and strength with heart rate training. Trilogy® Members Only. Class size limited. Monthly commitment, no drop-ins.

Pilates

Yoga-inspired, focusing on core strength and lengthen muscles, using elements of posture awareness, flexibility, balance, breathing and muscle control.

Cardio Fit

Low-impact with high energy focusing on cardio and strength.

Yoga

Breathing, stretching, strengthening and elongating the body for greater range of movement. We do get on the ground in this class.

Functional Movement and Strength

Flexibility, balance, and coordination movements including brain health.

Water Werq

Low impact, high intensity using water resistance tools.

Morning N Motion

Strength, cardio, balance, and flexibility, using a variety of equipment and movements. We do get on the ground in this class.

Zumba

Latin inspired cardio dance workout that uses music and choreographed steps to form a fun atmosphere.

Tabata

Challenging and not meant for everyone, this class is time structured with a 10-min warm-up, four rounds of 4-min high intensity intervals (at your own pace), with a 2-min break in between each one. Followed by a 17-min. cool-down and stretch.

Open Floor

The Event Center is open for our Members to take advantage of the Fitness on Demand (FOD) system. Free.

Qi Gong

Continuing movement, meditation, and breathing based in ancient Chinese principles for optimal energy flow. All levels welcome.

HOURS OF OPERATION

Monday – Thursday, 7am – 7pm • Friday, 7am – 6pm • Saturday and Sunday, 9am – 5pm

POOL AND COURTS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8 am						Tennis Club Tennis Courts	
9 – 11 am		Pickleball Club Pickleball Courts	Pickleball Club Pickleball Courts	Pickleball Club Pickleball Courts			
9:30 – 10:30 am	● Hydro Motion Club	● Hydro Motion Club	● Hydro Motion Club	● Hydro Motion Club	● Hydro Motion Club		
10:30 – 11:15 am						● Water Werq	
1 pm							Men's Doubles Tennis Courts
1:30 – 3 pm							
1 – 5 pm						● Family Hours	
4 – 4:45 pm							
3:30 – 5:30 pm	Women's Volleyball Club			Women's Volleyball Club			
5:30 – 7:30 pm	Men's Volleyball Club		● Co-Ed Water Volleyball Club				

HOW HARD IS THE ACTIVITY?

The RPE scale is used to measure the intensity of your exercise. In most cases, you should exercise at a level that feels 3 (moderate) to 4 (somewhat heavy). When using this rating scale, remember to include feelings of shortness of breath, as well as how tired you feel in your legs and overall.

- 0 Nothing at All
- .5 Just Noticeable
- 1 Very Light
- 2 Light
- 3 Moderate
- 4 Somewhat Heavy
- 5 Heavy
- 6
- 7 Very Heavy
- 8
- 9
- 10 Very, Very Heavy

ATHLETIC CLUB RULES

- 1 Consult your physician before beginning an exercise program.
- 2 Please be courteous and maintain a 30 minute limit if others are waiting.
- 3 Wipe Equipment after use.
- 4 Share equipment by working in with others.
- 5 Use the Athletic Club at your own risk.