

## Group Exercise Schedule

## Atlantis Sports Club

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00AM Splash and Sculpt (Marion)	9:00 AM Aqua Zumba (Laurence)	6:30 AM Stretch and Tone (Kim)	9:00 AM Aqua Zumba (Laurence)	9:00 AM Splash and Sculpt (Pat)	8:30AM Boot Camp (Gary)
11:00AM Zumba (Sallie)	11:00AM Zumba (Sallie)	9:00AM Splash and Sculpt (Marion)	11:00AM Zumba (Sallie)	11:00AM Zumba (Sallie)	10:30AM Zumba (Sallie)
12:15PM Total Body Blast (Sallie)	12:15PM Spring Into Shape (Sallie)	11:15AM Zumba (Sallie)	12:15PM Buns and Guns (Sallie)		
4:00PM Aqua Zumba (Laurence)	5:30PM Splash and Sculpt (Marion)	12:30PM Pilates (Kim)	5:30PM Aqua Noodle (Pat) Aqua Zumba (Laurence)		
5:30PM Yoga (Lacy)		6:00PM Yoga (Lacy)			

### Group X Class Descriptions:

**Aqua Noodle:** A water work out program for all levels that includes cardio, muscle strengthening, and balance exercises using noodles. It helps with flexibility and maximizes resistance to enhance major joints.

**Aqua Zumba:** Hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program in the water!

**Boot Camp:** A high energy interval training class that incorporates a series of very basic aerobic moves with basic body weight exercises. This class is suitable for all ages and fitness levels and is a great way to kick start your weekend.

**Buns & Guns:** This class focuses specifically on our favorite trouble areas, our buns (butts) and guns (arms). The class begins with a light cardio warmup and exercises that target biceps, triceps, lats, inner thighs, outer thighs, pecs and more. Working these major muscle groups not only makes you feel a great burn, but helps stimulate your metabolism overall. Proper form and posture is always a point of focus, as well as finishing with a good healthy stretch to get those lactic acids moving.

**Splash & Sculpt:** A fun and safe exercise program geared to all fitness levels as participants control the amount of intensity in this deep water workout. Join the fun in a workout that increases cardiovascular endurance and joint mobility. This workout is designed to tone the upper and lower body using foam hand barbells and noodles which help build lean body mass and increase body awareness while fine tuning your coordination!

**Spring Into Shape:** A great way to take your workout to the next level – alternating short stints of cardio exercises with diverse strength training sets make for a circuit type class that keeps you on your toes as you build muscle tone and stamina alike!

**Stretch & Tone:** A 45 minute total body conditioning class. This class covers all the major muscle groups, as well as the core, using a combination of dumbbell and body weight exercises. This class is suitable for all ages and fitness levels.

**Total Body Blast:** A full body workout beginning with a light cardio warmup followed by a series of floor exercises, touching upon each of the major muscle groups. This class is a great way to tone and build body awareness while focusing on proper form and connecting movements with core strength. The class concludes with extensive stretch, further encouraging great posture and injury prevention.

**Yoga:** This class works the mind and body through flexibility and strength.

**Zumba:** A great way to burn calories and have fun at the same time! Cardio Dance includes dance and exercise combinations which are great for all levels!