



A rapid fat-burning class that uses barbells to give you the fastest way to tone and condition muscles! After an exhaustive study, BODYPUMP was verified by The University of Auckland as providing the fastest body fat loss of any fitness class.

10 AM Hi/Low H2O

Moving back and forth from shallow to deep water increasing cardio levels and muscle conditioning

11 AM Silver Splash

Designed for seniors

6:15 AM H2O Boot Camp

Class designed for intermediate to advance members who want a more challenging workout using intervals of varying intensities.

6:30 PM Liquid Lyrics

Have fun moving to the music with this challenging class which consists of cardio and strength segments for the whole body

8:30 AM Hi/Low H2O

Moving back and forth from shallow to deep water increasing cardio levels and muscle conditioning

8:30 AM Water Works

Work the properties of water for core & muscle strength. Equipment is used in creative ways.

9 AM Deep Water Workout

High-Power utilizing deep water running techniques, interval training & resistance

9 AM Hi/Low H2O

Moving back and forth from shallow to deep water increasing cardio levels and muscle conditioning

Ashtanga Yoga

A sequence of postures designed to release tension from the body and mind while building strength

Body Circuit

All of your favorite classes rolled into one! 45 minutes of cardio bells, bosu, gliders, bands & balls oh my!

Bosu Blast

A combination of cardio, core and stretch all done on the bosu ball

Cardio Step

Get you hearttrate into the fat burning zone with this high energy cardio class. Basic high powered step drills, fun music and motivation is sure to bring new energy to your cardio workouts.

Core-Pilates

This class incorporates pilates based moves to strengthen the body's center of strength "the core". The rest of the body will be sculpted with the use of light weights, bands and balls.

Cycling

You will use a stationary bike and ride with music that motivates! All fitness levels are welcome to participate in this dynamic workout

Gut Busters

30 minute class dedicated to strengthening and toing the core.

Hatha Yoga

Focuses on stretching to create stability, strength and balance in yoga postures, as well as afocus on breathing techniques to encourage peace of mind and body.

Kickboxing

A high powered 45-55 minute high energy cardio and resistance class using bags, gloves and other conditioning equipment

Kripalu Yoga

Kripalu Yoga uses classical hatha yoga postures and breathing techniques to help students enter a state of meditation in motion. Kripalu yoga teachers offer guidance in these yoga techniques and provides an atmosphere in which sensations, thoughts and emotions can be experienced in safety and relaxation.

MSROM-Silver Sneakers(R)

Seniors - Total body conditioning designed to increase muscular strength, range of motion, balance, agility and coordination. A chair is available for members who prefer seated or standing support

Pilates

Designed to strengthen your core muscles and produce overall balance and flexibility.

Power Hour

A bootcamp drill based class full of action packed boxing, plyo and cardio moves.

WWE Training

Workout with the employees! Join us on the court for a fun workout that will condition the entire body

Yoga Flow

Yoga Flow introduces increased movement and breath connection to basic yoga postures. Focus is on alignment techniques, as well as connection to your breathing and relaxation and meditation skills. The overall result of yoga flow is a full mind/body workout that is appropriate for people of all ages and skill levels

Yoga Strength

Challenge your strength and flexibility with proper alignment in hatha yoga postures. Each class focuses on a physical theme with similar poses to enhance the understanding and execution of the pinnacle pose.

Yoga Stretch-Silver Sneakers(R)

Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of poses designed to increase flexibility, balance and range of motion.

Zumba

Hi/Lo cardio workout done to a fusion of Latin and international music using a mixture of body sculpture movements with easy to follow dance steps

Fall Group X Schedule WTSC

