

GROUP FITNESS - ONE WEEK SCHEDULE



October 19th - October 24th, 2020

	Monday - 19th	Tuesday - 20th	Wednesday - 21st	Thursday - 22nd	Friday - 23rd	Saturday - 24th
5:00 AM	HQ Extreme - Eric	HQ Extreme - Barbara	HQ Extreme - Eric	HQ Extreme - Barbara		
6:00 AM	HQ Extreme - Eric	HQ Extreme - Barbara	HQ Extreme - Eric	HQ Extreme - Barbara		
6:15 AM						
6:45 AM	Body Burn - Paula		Body Burn - Paula			
8:00 AM	Rise & Tone - Barbara	Water Works - Paula	Rise & Tone - Barbara		Rise & Tone - Barbara	
8:15 AM						Cycling - Kellie
8:30 AM	Super Sizzle - Barbara		Super Sizzle - Barbara		Super Sizzle - Barbara	
9:00 AM	Flex & Stretch - Barbara	Silver Sneakers Classic-Barbara	Flex & Stretch - Barbara	Silver Sneakers Classic-Bonnie	Flex & Stretch - Barbara	
9:45 AM	Line Dancing - Leslie		Line Dancing - Leslie		Line Dancing - Leslie	
10:00 AM						Aqua Motion - Johnnie
10:30 AM		Silver Sneakers Circuit-Barbara		Silver Sneakers Circuit-Bonnie		
11:00 AM	Silver Sneakers Classic-Barbara	Aqua Motion - Johnnie	Silver Sneakers Classic-Barbara	Aqua Motion - Johnnie	Silver Sneakers Classic-Barbara	Joint Action - Johnnie
12:00 PM	Joint Action - Kendra	Joint Action - Kendra	Joint Action - Kendra	Joint Action - Johnnie	Joint Action - Kendra	
12 PM-7:30 PM	Family Swim Time - Lap Only	Family Swim Time - Lap Only	Family Swim Time - Lap Only	Family Swim Time - Lap Only	Family Swim Time - Lap Only	
1:00 PM						
2:00 PM	Aqua Motion - Bonnie	Silver Sneakers Classic-Barbara	Aqua Motion - Bonnie	Silver Sneakers Classic-Bonnie	Aqua Motion - Bonnie	SATURDAY AND SUNDAY 1p-4:30p Family Swim Time - Lap and Therapy Pool
4:00 PM						
4:30 PM				HS Swim Team 4:30-6p		
5:15 PM		Walk 15 - Brittani		Walk 15 - Brittani		
5:30 PM	Tone It Up - Charlene		Step Interval - Charlene			
6:00 PM	Junior/Teen Fit - Frankie	HQ Extreme - Frankie	Abs & Core - Charlene	HQ Extreme - Frankie		
	Cycling - Kellie		Junior Fit/Teen Fit-Frankie	Cycling - Kellie		
6:30 PM		Aqua Motion - Bonnie		Water Works - Paula		

FAMILY SWIM TIME - Lane reservations are required. A maximum of one adult member (age 12 & up) and one child (age 11 & under) per lane.

AQUA FITNESS

INDOOR FITNESS

SPECIALS (additional fee required for members & nonmembers)

{ REMINDER: YOU MUST CALL ONE DAY BEFORE TO RESERVE YOUR SPACE IN ALL AQUA & CYCLING CLASSES. 919-938-7581 (all other classes are 1st come/1st serve.)

NOTE: All instructors reserve the right to make necessary changes to meet the needs of the class.

CLASS DESCRIPTIONS

ABS & CORE (30 min) Packed full of core-focused exercises that aim to improve the way you feel and live. This all-new core workout defines your abs, strengthens your back and improves your posture for a healthier lifestyle. Challenge your core like never before as you improve your balance & strength.

BODY BURN (45 min) A total body workout using an array of equipment to build strength and cardiovascular endurance.

BODY CARE (45 min) After a long hard week of exercising, it is important to take time and implement self care. This class offers relaxation and self alignment to help improve circulation, build better breathing techniques and increase flexibility.

FAMILY SWIM TIME - An opportunity for the entire family to swim. Lane reservations are required. A maximum of one adult (age 12 & up) and one child (age 11 & under) per lane.

FLEX & STRETCH (30 min) A relaxing class that combines breathing, balance & stretching to improve flexibility, body alignment and soothe stiff joints and tight muscles.

HIGH SCHOOL SWIM TEAM PRACTICE - local high school swim teams utilize HQ pools to learn and practice various swimming techniques, increase endurance and swim times. One lane will be made available for members to use during this time.

HQ EXTREME (45 min) utilizes highly effective physical fitness techniques guaranteed to challenge & improve the body. An intense program designed to give an extra push to achieve fitness goals.

HEALTHY FAMILIES PROGRAM (HFP) A program designed to empower the entire family with group exercise and nutritional counseling. Eight week program including a two month membership to HealthQuest - Members \$300 | Nonmembers \$325 (Scholarships available)

LINE DANCING (60 min) Cardiovascular workout incorporating fun line dances.

RISE & TONE (30 min) A varied strength training session to build muscle and develop strength and endurance.

SILVERSNEAKERS CIRCUIT (45 mins) Standing circuit workout to increase cardiovascular and muscular endurance using hand weights, elastic tubing with handles, and a SilverSneakers ball, and incorporating non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

SILVERSNEAKERS CLASSIC (45 mins) Varied exercises to increase muscular strength, range of movement, and activity for daily living skills. A chair may be used for seated/standing support.

STEP INTERVAL (60 min) A combination of traditional step aerobic moves and cardio/toning exercises arranged in an interval format. Cardiovascular training and full body toning. All fitness levels are welcome, modifications will be provided to accommodate those desiring a low impact workout.

SUPER SIZZLE(30 min) This class is designed to provide straight 30 minutes of cardiovascular exercise to help improve your overall cardiovascular endurance.

TONE IT UP (45 min) This class is designed to provide 45-60 minutes of strengthening and toning along with burst of cardio mixed in to help improve your overall endurance. Great for all fitness levels!

20/20/20 (60 min) 20 minutes of Step, 20 minutes of Kick Boxing, and 20 minutes of Body Sculpting all in one class.

Walk 15® (30 min) Walk 15® features low impact, aerobic-style easy & effective exercise. A quick warm-up with a BIG 15 minute Calorie-Burning Miles system moving right into a relaxing cool-down.

Classes listed BELOW have limited spots available, please call a day ahead to reserve your spot. 919-938-7581

AQUA MOTION (45 min) Exercises for all levels to increase endurance, strength and flexibility. Class held in the LAP POOL.

JOINT ACTION (45 min) Warm water exercises to keep joints moving and improve flexibility, strength, coordination, endurance and mobility for individuals with arthritis, fibromyalgia or other musculoskeletal problems. Class held in the THERAPY POOL. This class is a designated Silver&Fit exercise class.

WATER WORKS (45 min) A fun and energetic class for all fitness levels that's that increases endurance, strength and flexibility. Class held in the LAP POOL.

CYCLING (30 - 40 min) Group cycling session to improve cardiovascular endurance. Classes are held in the cycle room.