



Group Fitness

Schedule: January 2nd - March 1st

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00am	Circuit Xpress (DP)		Circuit Xpress (DP)		Circuit Xpress (DP)
6:30am	Sunrise Yoga (BJ)				
8:00am	Water Aerobics* (MA)		Water Aerobics* (MA)		Water Aerobics* (MA)
9:15am		Senior Yoga (BJ)			
12:10pm		WOD Fit (DP)		WOD Fit (DP)	
5:00pm		H.I.I.T. with Britt (BJ)		H.I.I.T. with Britt (BJ)	
5:30pm	Zumba (RR) Boot Camp (KW)	Spin Class (KW) Water Aerobics* (MA)		Spin Class (KW) Water Aerobics* (MA)	
6:30pm			Boxing/Kickboxing (VR)		

Staff Hours

Monday-Thursday
7am-7pm
Friday
7am-5pm
Saturday
10am-2pm

Kid's Club Hours

Monday-Friday Mornings
9am-11am
Monday-Thursday Evenings
4pm-7pm

Class Teachers

BJ-Brittany Johnson
DP-Dez Peterson
KW-Kathy West
MA-Mary Abeyta
RR-Rose Ramirez
VR-Victor Ramirez

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Class Updates, Schedule Changes and More!



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*ALL CLASSES ARE
INCLUDED WITH
YOUR MEMBERSHIP!*

Non-Members: Ask about our punch cards!

*Must have Pool Membership for this class

Class	Description	Duration
Circuit Xpress	An intense, full body workout that includes burpees, box jumps, pull-ups, push-ups, kettlebells and much more! Keep your body guessing with this intense workout that is never the same! All levels welcome.	60 minutes
Water Aerobics	Low impact water exercise class incorporates cardio, strength, and core training movements—all at your own pace.	60 minutes
Zumba	Zumba® is an exhilarating, easy-to-follow, international dance inspired, calorie-burning fitness-party™. A fun mix of low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness class. Why do Zumba? It's a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, and boosted energy.	60 minutes
Bootcamp	High intensity total body workout that combines strength and endurance through a combination of calisthenics, core work, interval training, plyometric exercises, and muscle conditioning. All levels welcome.	60 minutes
Senior Yoga	This class offers a slow and gentle approach to yoga for seniors. This is a slower paced class focusing on stretching to release tension while increasing circulation and flexibility. All levels welcome.	30 minutes
Sunrise Yoga	Start your week off right with a 30 minute session of yoga! This class will include traditional asanas (poses) and sequences: sun salutations, standing poses, seated poses, and a brief meditation to clear your mind for the week ahead.	30 minutes
HIIT with Britt	High Intensity Interval Training—30 minutes consisting of cardio drills, weights, and core work. This class includes Tabata and other training techniques that will alternate between your max effort and short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time.	30 minutes
Spin	Low impact, cardiovascular indoor cycling class. Pedal through hill climbs, sprints, and many other challenging drills and exercises. Go at your own pace and enjoy a group exercise session full of motivation and sweat! All levels welcome!	45 minutes
WOD Fit	Get back to the basics! After a quick warmup, Des will lead you through some fundamental and skills training (improving your squats, progressing to a pull-up, etc), followed by a quick, intense workout!	30 minutes
Boxing/ Kickboxing	This class teaches self-defense and the fundamental skills of boxing. You can expect a great cardio and endurance workout with a variety of drills. All levels welcome.	60 minutes