

MONDAY


TUESDAY


WEDNESDAY


THURSDAY


FRIDAY


SATURDAY


 5:15 - 6:15 AM  
INSTRUCTOR'S CHOICE


 7:45 - 8:45 AM  
AQUA POWER


 8:30 - 9:30 AM  
RPM


 9:00 - 9:30 AM  
KRAVE 30X


 9:00 - 9:45 AM  
AQUA LITE


 9:00 - 9:45 AM  
CARDIO DANCE


 9:45 - 10:15 AM  
LM CORE


 10:00 - 10:45 AM  
ROM


 10:05 - 10:50 AM  
SENIOR FIT


 10:30 - 11:15 AM  
CHAIR YOGA


 11:00 - 11:30 AM  
SENIOR BALANCE


 12:15 - 1:00 PM  
TRX


 4:30 - 5:00 PM  
CARDIO STEP

 4:30 - 5:25 PM  
BODYPUMP

 5:00 - 6:00 PM  
AQUA POWER

 5:30 - 6:25 PM  
BODYCOMBAT

 5:30 - 6:25 PM  
GENTLE FLOW


 7:00 - 8:00 PM  
\*BEG/INT MARTIAL ARTS


 9:00 - 9:55 AM  
AQUA POWER

 9:00 - 9:55 AM  
GENTLE FLOW

 9:00 - 9:45 AM  
AQUA LITE


 9:00 - 9:55 AM  
BODYPUMP


 10:00 - 10:45 AM  
AQUA LITE


 10:05 - 10:50 AM  
SENIOR FIT


 10:15 - 11:00 AM  
BEG/INT CHI KUNG


 11:15 - 12:00 AM  
TAI CHI FOR ARTHRITIS


 4:30 - 5:00 PM  
CARDIO STEP


 5:00 - 5:45 PM  
AQUA ZUMBA


 5:00 - 5:30 PM  
LM CORE


 5:30 - 6:15 PM  
ZUMBA


 5:45 - 6:15 PM  
KRAVE 30X


 7:00 - 7:45 PM  
MULTI-LEVEL TAI CHI


 5:15 - 6:15 AM  
CARDIO/BODY SCULPT


 7:45 - 8:45 AM  
AQUA POWER


 8:45 - 9:30 AM  
BODYCOMBAT


 9:15 - 9:45 AM  
INTERVAL RIDE


 9:00 - 9:55 AM  
INT/ADV VINAYASA


 9:30 - 10:00 AM  
LM CORE


 10:05 - 10:50 AM  
SENIOR FIT


 10:05 - 10:50 AM  
SENIOR FIT


 10:15 - 11:00 AM  
TAI CHI FOR BEGINNERS


 11:00 - 11:30 AM  
SENIOR BALANCE


 11:15 - 12:00 PM  
INTERMEDIATE TAI CHI


 4:00 - 5:00 PM  
\*WINTER WARM UP


 4:30 - 5:25 PM  
BODYPUMP


 5:30 - 6:15 PM  
RPM/INTERVAL RIDE


 5:30 - 6:25 PM  
GENTLE FLOW


 5:30 - 6:30 PM  
BODYCOMBAT


 7:00 - 8:00 PM  
\*BEG/INT MARTIAL ARTS


 6:15 - 7:00 AM  
POWER YOGA


 9:00 - 9:55 AM  
DEEP WATER CONDITIONING


 9:00 - 9:55 AM  
GENTLE FLOW


 9:00 - 9:45 AM  
AQUA LITE


 10:05 - 10:50 AM  
SENIOR FIT


 10:00 - 10:45 AM  
AQUA LITE


 10:15 - 11:00 AM  
ADVANCED CHI KUNG


 11:15 - 12:00 PM  
INTERMEDIATE TAI CHI


 4:30 - 5:25 PM  
BODYCOMBAT


 5:00 - 6:00 PM  
AQUA POWER


 5:30 - 6:15 PM  
ZUMBA


 5:30 - 6:30 PM  
BODYPUMP


 5:15 - 6:15 AM  
INSTRUCTOR'S CHOICE


 7:45 - 8:30 AM  
AQUA EXPRESS


 8:30 - 9:00 AM  
EXPRESS RIDE


 9:00 - 9:45 AM  
AQUA LITE


 9:00 - 9:55 AM  
BODYPUMP


 9:05 - 9:35 AM  
YOGA EXPRESS


 10:05 - 10:50 AM  
SENIOR FIT


 10:00 - 10:45 AM  
ROM


 10:30 - 11:15 AM  
CHAIR EXERCISE


 11:00 - 11:30 AM  
SENIOR BALANCE


 11:00 - 11:45 AM  
\*AQUATIC THERAPY CLINIC


 4:00 - 5:00 PM  
\*WINTER WARM UP


 5:00 - 5:45 PM  
CARDIO HAPPY HOUR


 8:30 - 9:00 AM  
EXPRESS RIDE  
ALT SATURDAYS


 8:30 - 9:00 AM  
LM CORE  
ALT SATURDAYS

 9:00 - 10:00 AM  
AQUA POWER

 9:00 - 10:00 AM  
YOGA BASICS

 9:00 - 10:00 AM  
BODYCOMBAT OR  
BODYPUMP

 10:00 - 10:45 AM  
AI CHI/AQUA STRETCH

 FAMILY SWIM  
WEDNESDAYS  
6:00 - 7:00PM  
SATURDAYS  
11:00AM - 1:00PM  
FITNESS POOL

GROUP FITNESS  
SCHEDULE  
AT AUGUSTA  
HEALTH

WINTER 2020

LOCATION

THERAPY POOL

FITNESS POOL

FITNESS STUDIO


CYCLING STUDIO

SPECIALTY STUDIO

CLASS TYPE

 CYCLING

 AQUATIC

 CARDIO

 STRENGTH

 MIND/BODY

Schedule is subject to change without notice. All changes will be posted on the Augusta Health Fitness website.

Class minimum is 3 participants, so bring a friend!

\*Registration required

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## AQUATIC CLASSES

AI CHI - Ai Chi is a water-based total body strengthening and relaxation progression that bridges East and West philosophies, and integrates mental, physical, and spiritual energy. It is performed standing in shoulder-depth water using a combination of deep breathing and slow, broad movements of the arms, legs, and torso.

AQUA EXPRESS - This is a 45 min, purely cardio, class! The movements within this class are great for toning and are not stressful on your joints! No Swimming Required. 45 min.

AQUA POWER - This cardio respiratory workout is aerobically challenging! NO STRESS to your joints! Powerful movements! Great toning exercises!! No Swimming Required.

AQUA YOGA - Release stress and balance the body with yoga inspired moves in the water. Aqua yoga is super low impact, making it an ideal way for people with joint pain to improve their strength, flexibility, and range of motion.

AQUA ZUMBA - Those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine should try Aqua Zumba. Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss!

DEEP WATER CONDITIONING- This workout will challenge even the most fit of individuals, with no stress on the joints of the body. Deep water work, swimming is not required.

AQUA LITE - Cross over class between Range of Motion and Aqua Power. Light cardio workout as well as flexibility training. Great for those with medical conditions! No Swimming Required.

RANGE OF MOTION (ROM)- These workouts will move you in all directions giving you better flexibility and a fuller range of motion. Perfect for those with arthritis, body aches and pains and rehabilitating injuries. No Swimming Required.

## MIND BODY CLASSES

GENTLE FLOW –In a safe, inviting and relaxing atmosphere, students will learn the benefits of yoga with easy vinyasa sequences.

INTERMEDIATE / ADVANCED (INT/ADV) FLOW –Students will work on synchronizing mind, breath and body, while you challenge your strength, flexibility and focus on a deeper level. Yoga experience required.

POWER VINYASA FLOW - In a power yoga class, students will build strength, flexibility and concentration while cleansing the body and calming the mind. Yoga experience encouraged.

BARRE-PILATES: the perfect combination of Barre and Pilates. Both exercises work well solo, but combined they pack an even bigger punch

CHI KUNG- Chinese Health Exercise. Movements from the five-element form are performed slowly and are very easy on the joints of the body

TAI CHI- Balanced walking techniques and slow movements with controlled stances. Tai Chi offers gentle warm-ups and stretches and is great for those recovering from illnesses or injuries.

MARTIAL ARTS- Students will learn the discipline forms and develops coordination, internal discipline, physical stamina, mental alertness, increased awareness, and confidence in their ability to defend them. Beginner and Intermediate classes available! Cost is \$55 per month for members & \$85 per month for nonmembers. Please see membership to register.

YOGA BASICS –This class will take an instructional approach to each Yoga pose. Good for beginners.

YOGA EXPRESS - a full yoga experience in just 30 minutes. Class is good for beginners.

YIN YOGA is a slow-paced style of yoga with postures that are held for longer periods of time. Yin yoga poses apply moderate stress to connective tissue with the aim on increasing circulation and improving flexibility

## STRENGTH & CARDIO CLASSES

BODYCOMBAT: This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai.

BODYPUMP - the original LES MILLS™ barbell class will sculpt and strengthen your entire body, fast!

CARDIO/ BODY SCULPT: This class combines the strength training with a splash of cardio. Format will vary depending on instructor.

CARDIO DANCE: Is there a better way to move your body than by getting lost in the rhythm of music? Is there a better way to move your body than by getting lost in the rhythm of music?

CARDIO STEP: Simple, athletic movements and an adjustable step height enable you to determine the intensity that is just right for you. And the best part is you will HAVE A BLAST because all of the exercises are set to motivating, energetic music.

CXWORX: provides the vital ingredient for a stronger body a strong core. The class focuses on the abdominal muscles but also hits the hips, butt, shoulders and lower back.

CHAIR EXERCISE: A class designed to help with range of motion, flexibility, and strength while in contact with a chair.

FALL PROOF: They will work on helping you improve your balance, coordination and strength.

Please register for this class at the front desk prior to the first session. \$8 for members, \$13 for non-members.

HIIT BOOTCAMP: High Intensity Interval workouts are designed to improve your overall fitness – strength, cardio, flexibility, agility and endurance!

KRAVE 30X : This is a 30 minute workout consisting of 10 - 2 minute stations and 30 second active transitions. Please warm up briefly before class.

SENIOR FIT : It's never too late to feel great! Senior Fit is a cardio and strength training class that will increase muscle strength, range of movement and improve activities for daily living.

STRONG by ZUMBA combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

TOTAL BODY STRENGTH: This strength training class uses hand weights, bars and bands for an total body strength and conditioning workout. For beginners and moderate fitness levels.

TRX: TRX is an incredible body weight suspension training tool that can be adjusted to meet the needs of a beginner as well as an advanced fitness level.

ZUMBA: A fun way to get a great workout! Zumba combines different Latin dance moves and core movements to give you a full body workout!

## CYCLE STUDIO CLASSES

ENDURANCE RIDE: This class will offer you a mid-high aerobic workout with threshold training.

EXPRESS RIDE: Looking for a quick cardio workout. A great ride in 30 minutes.

INTERVAL TRAINING: This class will offer you low, mid, high aerobic training with anaerobic and strength intervals.

INSTRUCTOR'S CHOICE RIDE: This ride is completely up to the instructor. You may get intervals or endurance or a combination of both.

RPM™: RPM uses a series of simulated climbs and sprints to create a workout where you control the intensity.