

**Monday**

6:00-6:45	Outdoor Cycle	Vince	PD
6:00-6:45	Workit Circuit	Josh	OC
6:15-7:00	Masters Swim	Karen	LP
7:00-7:45	Masters Swim	Karen	LP
7:45-8:45	Gentle Yoga	Kathy R.	OT
8:00-9:00	Water Fitness	Walter	RP
9:00-9:45	Body Burn	Whitney	OC
9:30-10:30	Water Fitness	Walter	RP
10:00-11:00	Pilates Mat (Beg./Int)	Amy	OC
10:30-11:00	Pod Crushers	Josh	POD
10:45-11:30	Masters Swim	Alex	LP
11:30-12:15	Masters Swim	Alex	LP
11:30-12:30	Not-So-X-Treme Muscle	Walter	OC
4:30-5:15	Pilates Mat	Dahdri	OC
5:00-6:00	Water Fitness	Jeanne	RP
6:00-6:45	Outdoor Cycle	Lee	PD

**Tuesday**

6:00-6:45	Outdoor Cycle	Lee	PD
6:00-6:45	Shred	Tiffani	OC
7:00-8:00	Water Fitness	Honorah	RP
7:00-7:30	Pod Crushers	Josh	POD
7:45-8:30	50+ Circuit	Tiffani	OC
8:15-9:15	Water Fitness	Honorah	RP
9:00-9:45	Body Burn	Whitney	OC
9:30-10:30	Water Fitness	Joel	RP
10:00-11:00	Pilates Mat	Lisa	OC
10:30-11:15	Outdoor Cycle	Erin	PD
11:15-12:15	Flexibility In Movement	Shelley	OC
12:30-1:30	Vinyasa Yoga	David	OC
4:00-5:00	Water Fitness	Walter	RP
4:30-5:30	Ripped	Lindsay	OC
5:00-6:00	Water Fitness	Walter	RP
5:30-6:45	Masters Swim	Alex	LP

**Studio****Wednesday**

6:00-6:45	Outdoor Cycle	Vince	PD
6:00-6:45	Ripped	Josh	OC
6:15-7:00	Pre Masters Swim	Ann	LP
7:00-7:45	Pre Masters Swim	Ann	LP
7:00-7:30	Pod Crushers	Josh	POD
8:00-9:00	Water Fitness	Judy	RP
9:00-9:45	Body Burn	Aleshia	OC
9:30-10:30	Water Fitness	Judy	RP
10:00-11:00	Pilates Mat	Lisa	OC
10:30-11:00	Pod Crushers	Josh	POD
10:45-11:30	Masters Swim	Karen	LP
11:30-12:15	Masters Swim	Karen	LP
11:30-12:30	Not-So-X-Treme Muscle	Walter	OC
12:45-1:45	Hatha Yoga	Vickie	OT
4:30-5:30	Body Burn	Whitney	OC
5:00-6:00	Water Fitness	Jeanne	RP
6:00-6:45	Outdoor Cycle	Traci	PD

**Studio****Friday**

6:00-6:45	Outdoor Cycle	Roseanne	PD
6:00-7:00	Pilates Mat	Alice	OC
6:00-6:30	Pod Crushers	Josh	POD
6:15-7:00	Pre Masters Swim	Ann/Catherine	LP
7:00-7:45	Pre Masters Swim	Ann/Catherine	LP
7:45-8:45	Not-So-X-Treme Muscle	Alice	OC
8:00-8:30	Pod Crushers	Josh	POD
8:00-9:00	Water Fitness	Judy	RP
9:00-9:45	Body Burn	Aleshia	OC
9:30-10:30	Water Fitness	Judy	RP
10:00-11:00	Pilates Mat	Lisa	OC
10:45-11:30	Masters Swim	Karen	LP
11:30-12:15	Masters Swim	Karen	LP
11:30-12:30	Not-So-X-Treme Muscle	Walter	OC
12:45-1:45	Restore Yoga	Kathy R.	OC

**Studio****Saturday**

8:00-8:30	Pod Crushers	Aleshia	POD
8:00-9:00	Water Fitness	Tami/Pauline	RP
8:30-9:30	Boot Camp	JoJo/Lindsay	OC
9:00-10:00	Water Fitness	Tami/Pauline	RP
9:45-10:45	Pilates Mat	Alice	OC
10:30-11:15	Outdoor Cycle	Jennifer/Lori	PD

**Studio**

**PD = Pool Deck   LP = Lap Pool   RP = Recreation Pool  
 OC = Outdoor Tennis Court   PBC = Pickle Ball Court  
 POD = Outdoor Pods on Tennis Court**

***The group exercise schedule and brochures  
 are available to download from our website.***

***Revised on: 02.11.2021***

# CLASS DESCRIPTIONS

## GROUP EXERCISE

**Body Burn:** This class will combine muscle strength and endurance with core toning elements.

**Boot Camp:** An advanced high-energy workout using the step, weights, bands, and floor aerobics.

**50+ Circuit:** Participants will get a great workout that is fun and interactive while transitioning through cardio, strength and balance work.

**Flexibility in Movement:** A gentle exercise class that promotes flexibility for all people. Specially designed for those just starting an exercise program and anyone with arthritis, autoimmune disease, or recovering from a stroke, surgery or cancer.

**Outdoor Cycle:** A group cycle fitness program. A great cardiovascular workout appropriate for all levels of fitness. First time? Please arrive 10 minutes prior to class.

**Light & Lively:** This is an easy to follow class and a favorite among our 50+ members. Class includes low impact movement with muscle conditioning.

**Not-So-X-Treme Muscle:** This class is perfect for all who want a light muscle class. You will get a full body workout at a moderate level.

**Ripped:** A full-body weight-training workout. All levels welcome!

**Shred:** This class will help you shed fat, make your muscles appear more defined and rev up your metabolism.

**Workit Circuit:** Hit every muscle group as you burn calories, get stronger and gain endurance. Get ready for a full body workout! All levels welcome! Modifications will be given.

## AQUATICS

**Water Fitness:** A great cardiovascular and strength-building workout in the water. Classes feature a variety of equipment for a great total body workout without impact on the joints.

**Pre-Masters Swim:** This class will improve your speed and help you become comfortable with interval training.

**Masters Swim:** An invigorating and intense lap swim featuring stroke drills and use of the lap clock. #appool



Airport Health Club

# GROUP EXERCISE SCHEDULE

## Class Protocols

Classes are limited in size, we strongly recommend that you sign up to reserve your spot. There will be a wait list for those who weren't able to make it into class. An email will be sent to you letting you know if you moved up and made it into class.

You can sign up for classes 25 hours in advance on our website or by calling the service desk.

You may cancel your reservation online or by calling the service desk. Please cancel your reservation 2 hours before class time. Classes that start before 9:00am must be cancelled by 9:00pm the night before. A \$10.00 cancellation fee will be charged to your account if you don't cancel in time or don't show up to class.

There will be a 5 minute grace period to arrive in class as we anticipate navigating into and through the club may be slowed down a bit. Your spot may be given to a waiting member if you are more than 5 minutes late.

If you are new to class, please come 5 minutes early to connect with your Instructor to exchange pertinent information.

Classes are subject to change/cancellation.

Please do not wear cologne, scented oils or scented lotions to any class. Thank you!

# CLASS DESCRIPTIONS

## PILATES MAT & YOGA

**Pilates Mat:** A unique, method of mind/body conditioning. A blend of breath control, abdominal strength exercises, core stability and balance for the whole body.

**Gentle Yoga:** A calming, therapeutic class that uses props to support the body. Class focuses on floor stretching, standing poses, deep breathing, and relaxation; perfect for beginners or those recovering from illness or injury.

**Hatha Yoga:** Encompasses many different styles of yoga all of which emphasize proper alignment, core strength, flexibility, balance and breath awareness. May include some Vinyasa (flow) and use of props. All levels welcome! Please inform the instructor if you are new to class, healing an injury or pregnant.

**POD Crushers:** A cardio and strength training Group Personal Training class. It is an individual pod based circuit training format. FREE to our members the months of September and October.

**Restore:** A Hatha based practice that includes alignment focused standing postures, seated poses, deep stretching and relaxation. No Yoga experience necessary. Perfect for beginners!

**Vinyasa Yoga:** Is characterized by stringing postures together so that you move from one pose to another, seamlessly, using breath.

**Club hours:** MON. - FRI. 5:30am - 7:00pm

SATURDAY 7:30am –1:00pm

SUNDAY \*Temporarily Closed

**Contact the Club:** 707.528.2582 | WWW.AIRPORTCLUB.COM

**Group Fitness Director**

**Lori Ennis | 707.521.2443**