



Land & Water Class Schedule

1/1/24

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Water Class

Low Intensity

Moderate Intensity

High Intensity

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	HIIT Mezzanine Wade 6am - 7am	HIIT Mezzanine Cherri 6am - 7am	HIIT Mezzanine Wade 6am - 7am	HIIT Mezzanine Cherri 6am - 7am	HIIT Mezzanine Wade 6am - 7am	HIIT Shelter Lyndy 8am - 9am	
	Functional Training Mezzanine Lindsay 8am - 8:45am	Easy Does It Aerobics Room Carolyn 8am - 8:45am	Interval Training Aerobics Room Lyndy 8am - 8:45am	Cycle Glutes & Guts Cycle Room Marty 8am - 8:45am	Core and More Aerobics Room Wade 7:30am - 8am	Full body H2O Pool Mary 9am - 9:45am	
	Zumba Aerobics Room Carolyn 8am - 8:45am	Interval Cycle Cycle Room Marty 8am - 8:45am	Flex Sculpt Aerobics Room Wade 9am - 9:45am	Aqua Determination Pool Ellen 9am - 9:45am	Functional Training Mezzanine Lindsay 8am - 8:45am		
	Power Plunge Pool Jim 9am - 9:45am	Power Plunge Pool Jim 9am - 9:45am	Hydro Fit Pool Carol 9am - 9:45am	Yoga Aerobics Room Angie 9am - 9:45am	Fit&Fun For All Pool Molly 9am - 9:45am		
	Barre Blend Aerobics Room Carolyn 9am - 9:45am	Cardio Step Aerobics Room Carolyn 9am - 9:45am	Tik Tok Reverse the Clock Aerobics Room Beth 10am - 10:45am	Silver Sneakers Aerobics Room Molly 10am - 10:45am	Barre Aerobics Room Ellen 9am - 9:45am		
	Aqua Zumba Pool Carolyn 10am - 10:45am	Silver Sneakers Aerobics Room Lyndy 10am - 10:45am		Chair Volleyball Aerobics Room Angie 11am - 11:45am	Easy Does It Strength Aerobics Room Molly 10am - 10:45am		
	Silver Sneakers Aerobics Room Angie 10am - 10:45am	BoxFit Aerobics Room Lyndy 11am - 11:45am		BoxFit Aerobics Room Lyndy 11am - 11:45am			
	Easy Does It Strength Aerobics Room Angie 11am - 11:45am	Barre Blend Aerobics Room Kim 5:30pm - 6:15pm		Green Zone <small>Location Posted at the front desk</small> Kim 5:30pm - 6:30pm			
	Cardio Fusion <small>Location Posted at the front desk</small> Lyndy 5:30pm - 6:30pm	HIIT Mezzanine Wade 6pm - 7pm		Aqua Determination Pool Ellen 6pm - 6:45pm			
		Power Plunge Pool Jim 6pm - 6:45pm					
		Yoga Aerobics Room Bette 6:30pm - 7:15pm					
						Fitness Coordinator Lyndy Buffett lbuffett@rocabymca.org	

What is a low intensity fitness class:

A low intensity fitness class is a type of exercise class that focuses on low-impact movements and exercises that are gentle on the joints and muscles. This type of class is usually designed for beginners or individuals with physical limitations, as it allows them to get moving without putting too much strain on their bodies. Low intensity fitness classes can include activities such as walking, yoga, stretching, and light resistance training. These classes are an excellent way to improve cardiovascular health, flexibility, and overall fitness levels while reducing the risk of injury.

What is a moderate intensity fitness class:

A moderate intensity fitness class is a type of exercise class that is neither too intense nor too easy. It is designed for individuals who want to improve their fitness level without overexerting themselves. These classes typically involve a combination of cardiovascular and strength training exercises that are performed at a moderate intensity. Examples of moderate fitness classes include yoga, pilates, and low-impact aerobics.

What is a high intensity fitness class:

A high intensity fitness class is a type of exercise class that involves short bursts of intense physical activity followed by periods of rest or active recovery. These classes typically incorporate a variety of exercises such as plyometrics, weightlifting, and cardio to challenge the body and promote improvements in strength, endurance, and overall fitness. High intensity fitness classes are often popular for their effectiveness in burning calories and improving cardiovascular health.

What is a water aerobics class:

A water aerobics class is a form of exercise class that takes place in a pool. It typically involves a series of low-impact movements, such as jumping jacks, leg lifts, and arm curls, that are performed in shallow or deep water. The water provides resistance, which can help to strengthen muscles and improve cardiovascular fitness. Water aerobics is a popular form of exercise for people of all ages and fitness levels, as it is easy on the joints and can be modified to suit individual needs.

**A more detailed class description can be found at our website
www.rocabymca.org/saleeby-fisher-schedules**

**Please note that all classes are subject to change due to demand and participation.
For your safety, it is recommended you consult your physician prior to starting any exercise program.**