Class Intensity Guide

Land & Water Class Schedule



03/11/24

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------------------------|--------------------------|------------------------------|-----------------------|---------------------------------|----------------------|-------------|
| HIIT | HIIT | HIIT | HIIT | HIIT | HIIT | /////// |
| Mezzanine | Mezzanine | Mezzanine | Mezzanine | Mezzanine | Shelter | |
| Wade | Cherri | Wade | Cherri | Wade | Lyndy | |
| 6am - 7am | 6am - 7am | 6am - 7am | 6am - 7am | 6am - 7am | 8am - 9am | |
| Functional Training | Easy Does It | | Cycle Glutes & Guts | Core and More | Full body H20 | |
| Mezzanine | Aerobics Room | Aerobics Room | Cycle Room | Aerobics Room | Pool | |
| Lindsay | Carolyn 8am - 8:45am | Lyndy | Marty | Wade 7:30am - 8am | Mary 9am - 9:45am | |
| 8am - 8:45am | Interval Cycle | 8am - 8:45am | 8am - 8:45am | | 9am - 9.43am | |
| Zumba | | Flex Sculpt Aerobics Room | Aqua Determination | Functional Training | | |
| Aerobics Room | Cycle Room Marty | Wade | Pool | Mezzanine | | |
| Carolyn 8am - 8:45am | 8am - 8:45am | 9am- 9:45am | Ellen | Lindsay | | |
| Power Plunge | Power Plunge | Hudes Eis | 9am - 9:45am Yoga | 8am - 8:45am Fit&Fun For All | | |
| Pool | Pool | Hydro Fit | Aerobics Room | Pool | | |
| Jim | Jim | Pool Carol | Aerobics Room | Molly | | |
| 9am - 9:45am | 9am - 9:45am | 9am - 9:45am | 9am-9:45am | 9am - 9:45am | | |
| Barre Blend | (Cardio Step) | Tik Tok Reverse the Clock | Silver Sneakers | Barre | | //////// |
| | Aerobics Room | | Aerobics Room | Aerobics Room | | |
| Aerobics Room Carolyn | Carolyn | Aerobics Room Beth | Molly | Ellen | | |
| 9am - 9:45am | 9am - 9:45am | 10am - 10:45am | 10am - 10:45am | 9am - 9:45am | | //////// |
| Aqua Zumba | Yoga | Silver Sneakers Circuits | Chair Volleyball | Easy Does It | | //////// |
| Pool | Cycle Room | Aerobics Room | Gymnasium | Strength Aerobics Room | | |
| Carolyn | Angie | Lyndy | Angie | Molly | | |
| 10am - 10:45am | 9am-9:45am | 11am - 11:45am | 11am-11:45am | 10am - 10:45am | | |
| Silver Sneakers | Silver Sneakers | | Green Zone | | | /////// |
| Aerobics Room | Aerobics Room | | Location Posted | | | |
| Angie | Lyndy | | at the front desk Kim | | | |
| 10am-10:45am | 10am - 10:45am | | 5:30pm - 6:30pm | | | |
| Easy Does It | Barre Blend | | Aqua Determination | | | /////// |
| Strength Aerobics Room | Aerobics Room | | Pool | | | |
| Angie | Kim | | Ellen | | | |
| 11am - 11:45am | 5:30pm - 6:15pm | | 6pm - 6:45pm | | | |
| Cardio Fusion | HIIT | | | | | |
| Location Posted at the front desk | Mezzanine | | | | | |
| Lyndy | Wade | | | | | |
| 5:30pm - 6:30pm | 6pm - 7pm | | | | | |
| | Power Plunge | | | | | |
| | Pool | | | | | |
| | Jim 6pm - 6:45pm | | | | | |
| | | | | | | |
| | Yoga | | | | | //////// |
| | Aerobics Room | | | | | /////// |
| | Bette 6:30pm - 7:15pm | | | | | //////// |
| | 0.30pm - 7.13pm | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | Fitness Co | ordinator |
| | | | | | Lvndv | Buffett |
| | | | | | | |
| | | | | | iburrett@ro | cabymca.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.

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.