

Swim & Fitness Center

September-December 2024



General & Specialty Fitness Classes*

General and specialty fitness classes at City Park Fitness Center, West View, The MAC and Swim & Fitness Center are included with All-Facility and SilverSneakers® passes. Individual facility passes include all fitness classes at that facility.

NON-PASSHOLDER OPTIONS:

- General fitness classes are included with general admission.
- Specialty fitness class FlexFit 10-visit punch card: \$70
- Specialty fitness class drop-in fee: \$10

General Class • = All levels •• = Intermediate/Advanced
 Specialty Class SilverSneakers® class (also for RenewActive® members)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Total Body Remix 9-10 a.m.	Body Flex 9-10 a.m.		Body Flex 9-10 a.m.	
Flex & Flow 10:15-11:15 a.m.	Pilates Mat 10:15-11:15 a.m.		Flex & Flow 10:15-11:15 a.m.	Mindful Flow Yoga 10:15-11:15 a.m.
	Tai Chi 11:30 a.m.-12:30 p.m.	Mindful Flow Yoga 12-1 p.m.	Tai Chi 11:30 a.m.-12:30 p.m.	
		Pilates Mat 4:30-5:30 p.m.	Total Body Remix 4:30-5:30 p.m.	
Yin & Restorative Yoga 5:45-6:45 p.m.	Barre (less) Bliss 5:45-6:45 p.m.	Yin & Restorative Yoga 5:45-6:45 p.m.	Zumba 5:45 p.m.-6:45 p.m.	
Soca Fit 7-8 p.m.	Zumba 7-8 p.m.			

*Updated 11/4/2024

*All classes listed are subject to change or cancellation.

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Class Descriptions

Total Body Remix

Maximize your time for the most efficient calorie burn utilizing high-intensity interval training that includes functional resistance exercises to build cardiovascular and muscular endurance, core strength, and flexibility.

Flex & Flow

Focus on building strength, toning your body, improving your cardio and then move into a yoga flow to elongate muscles, release connective tissue, and gain mobility.

Pilates Mat

Feel long and lean as you develop core strength and body awareness. Stretch, strengthen, lengthen and tone while improving core strength, posture, flexibility and balance.

Yin & Restorative Yoga

Yin Yoga helps produce stronger ligaments, joints, and bones by holding poses on the floor for long periods of time to release the fascial system. Restorative Yoga is designed to move you into a parasympathetic state to restore and recharge your vital organs. Expect to hold poses on bolsters and blankets for long periods to let go of stressors of everyday life.

SocaFit® Dance

SocaFit® is a Caribbean Carnival style full body workout, giving lots of attention to stamina, strength, and cardio with a lot of action on the waistline. Upbeat rhythms from the islands to get you moving.

Body Flex

Hit the weights! Utilizes dumbbells and resistance tools to build strength & muscle, boost metabolism and increase stamina and endurance.

Barre (less) Bliss

Fusing the best of Pilates, Yoga, aerobics, and dance, Barre delivers a results-driven workout that is fun, dynamic and will sculpt you into amazing shape! Typically used with a traditional dance barre, but no barre required for this dynamic class.

Tai Chi

Re-energize, build awareness and empower your mind. Flow through gentle, thoughtful movements to relieve stress as you improve balance, posture, flexibility and internal energy.

Mindful Flow Yoga

Align mind, body and breath in this all-levels class that increases flexibility, strength and balance while focusing on breath and body awareness in space.

Zumba®

Ditch the workout.... Join the party! Zumba® fuses Latin and other world dance rhythms to create an exhilarating fitness experience. Escape from the daily grind and dance away your worries!