GROUP FITNESS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 AM BALLROOM HIIT *LED BY CAMILA CAICEDO*	10:00 AM BALLROOM Silver Strength *LED BY DAVID ARAKELIAN*	11:00 AM BALLROOM Silver Cardio *LED BY YLCA RAMIREZ*	11:30 AM BALLROOM Silver Strength + Stretch *LED BY DAVID ARAKELIAN*	9:00 AM POOL Aqua Fit *LED BY SAMUEL SUAREZ*		9:00 AM BALLROOM Pilates Mat *LED BY REBECCA PEEBLES*
	5:30 PM BALLROOM Bodyweight Training *LED BY REBECCA PEEBLES*	6:00 PM BALLROOM Sculpt *LED BY CAMILA CAICEDO*	6:00 PM BALLROOM HIIT *LED BY CAMILA CAICEDO*	10:00 AM BALLROOM Silver Strength *LED BY YLCA RAMIREZ*		10:00 AM POOL Aqua Fit *LED BY LUIS CABALLERO*
	6:45 PM BALLROOM Studio Cycling *LED BY CATE IOVANI*	6:45 PM POOL Aqua Fit *LED BY CAMILA CAICEDO*		11:00 AM BALLROOM Silver Cardio *LED BY YLCA RAMIREZ*		
				5:30 PM BALLROOM Pilates Mat *LED BY REBECCA PEEBLES*		
				6:30 PM POOL Aqua Fit *LED BY REBECCA PEEBLES*		
				6:45 PM BALLROOM Studio Cycling *LED BY CATE IOVANI*		

POOL FREE LANE RESTRICTIONS:

AquaFit Classes: Refer to this Schedule
Aquabilities w/Jennifer Swim Lessons:
Sundays: 8:30 AM-1:30 PM
Mondays/Wednesdays: 3:30 PM-7:30 PM
Free use of this lane is NOT PERMITTED during these times.

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Please reserve your spot in class. For any questions or concerns email whitehallclub3333@gmail.com.

CLASS DESCRIPTIONS

Pilates Mat

TRANSFORM THE WAY YOUR BODY FEELS AND PERFORMS BY MOVING THROUGH A SERIES OF EXERCISES ROOTED IN THE WORK OF JOSEPH PILATES. INCREASE STRENGTH AND IMPROVE FLEXIBILITY.

Dance Cardio

LET THE MUSIC MOVE YOU THROUGH THIS CARDIO-CENTRIC DANCE CLASS AS IT FLOWS THROUGH A SERIES OF SIMPLE, INTENSE, AND CONSCIOUSLY CHOREOGRAPHED STEPS.

Studio Cycling

CLASSES ARE TECHNIQUE BASED AND/OR REAL TERRAIN BASED AND FOCUSED ON HEART- RATE, CADENCE, CLIMBS AND SPRINTS THAT CAN MAKE AN UNPREDICTABLE RIDE THAT IS FUN AND CHALLENGING.

Silver Strength

UTILIZING A SERIES OF EASY-TO-FOLLOW EXERCISES, THIS WORKOUT IS DESIGNED TO INCREASE STRENGTH, BALANCE, COORDINATION, RANGE OF MOTION AND IMPROVE OVERALL PHYSICAL WELL-BEING. THIS CLASS IS OPEN TO ALL LEVELS AND PROPS SUCH AS CHAIRS MAY BE USED FOR STABILITY AND SUPPORT.

Bodyweight Training

TRANSFORM YOUR BODY IN THIS MUSCLE BUILDING WORKOUT WHICH EFFECTIVELY USES BODY WEIGHT AS RESISTANCE IN COMBINATION WITH CARDIO INTERVALS.

Silver Cardio

THIS HIGH-ENERGY CLASS USES LOW-IMPACT MOVEMENTS THAT FOCUS ON BUILDING UPPER-BODY STRENGTH, CORE STABILITY AND CARDIOVASCULAR ENDURANCE.

Sculpt

A NON-STOP BLEND OF LOW IMPACT CARDIOVASCULAR AND WEIGHT BEARING EXERCISES, CREATIVELY WOVEN TOGETHER TO DEVELOP LEAN MUSCLE AND REV UP YOUR METABOLISM.

Aqua Fit

JUMP IN THE POOL TO GIVE YOUR KNEES AND BACK A BREAD FROM LAND-BASED CARDIO. WATER PROVIDES UP TO 12 TIMES MORE RESISTANCE THAN AIR, MAKING IT AN IDEAL NO-IMPACY ALTERNATIVE FOR STRENGTH TRAINING AND CARDIOVASCULAR CONDITIONING.

HIIT

THIS HIGH ENERGY WORKOUT COMBINES HIGH INTENSITY CARDIO INTERVALS WITH A FAST MOVING CONDITIONING CIRCUIT DESIGNED TO IMPROVE ATHLETIC PERFORMANCE.

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