### Fall 2019 Aerobics Schedule

**Hours of Operation:** Monday - Friday: 5:00am-8:00pm

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<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<td>8:00-9:00am</td>
<td>Rise &amp; Shine Yoga</td>
<td>8:00-9:00am</td>
<td>Water Pilates</td>
<td>8:00-9:00am</td>
<td>Pilates Barre</td>
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<td>9:00-10:00am</td>
<td>Splash</td>
<td>9:30-10:30am</td>
<td>SRC Pool</td>
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<td>9:15-10:15am</td>
<td>Move &amp; Groove</td>
<td>9:15-10:15am</td>
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<td>9:30-10:30am</td>
<td>Sports Intervals</td>
<td>9:30-10:30am</td>
<td>TRX Intervals</td>
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<td>10:00-11:00am</td>
<td>Vinyasa Flow</td>
<td>9:30-10:30am</td>
<td>H.I.I.T</td>
<td>Studio B</td>
<td>Yoga Flow</td>
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<td>10:00-11:00am</td>
<td>iff &amp; Be Fit</td>
<td>9:30-10:30am</td>
<td>10:00-11:00am</td>
<td>Step Conditioning</td>
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<td>10:00-11:00am</td>
<td>Sr Stretch</td>
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<td>Stretch Pilates</td>
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<td>12:00-1:00pm</td>
<td>Yoga Stretch</td>
<td>3:00-4:00pm</td>
<td>Sports Stretch</td>
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<td>3:00-4:00pm</td>
<td>Sports Stretch</td>
<td>6:00-7:00pm</td>
<td>Cardio Boxing</td>
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**All Classes have Limited Space please arrive early to ensure your space**

**Classes and Instructors Subject to Change**

**Direct Line 561-627-4444**
Aerobics Class Descriptions

1. **Aerobics Class Descriptions**

- **iCycle Express**
  - Designed to increase the heart rate, improve endurance, strength and balance by utilizing water resistance.
  - This class incorporates water rowers, TRX and heavy ropes to give you a full body interval workout.

- **iCycle Mash**
  - A morning yoga class combining yoga poses and core strength exercises, using the TRX.
  - Designed to improve core strength and flexibility.

- **Rise & Shine Yoga**
  - A morning yoga class combining relaxation, flexibility, balance and breath awareness.
  - Stretch and tone your body while relaxing your mind and energizing your spirit.

- **Pilates**
  - A morning yoga class using traditional yoga poses which combine relaxation, flexibility, balance and breath awareness.
  - Stretch and tone your body while relaxing your mind and energizing your spirit.

- **Yoga Flow**
  - A morning yoga class combining relaxation, flexibility, balance and breath awareness.
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- **Yin Yoga**
  - A morning yoga class combining relaxation, flexibility, balance and breath awareness.
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- **Yoga for Health**
  - A morning yoga class combining relaxation, flexibility, balance and breath awareness.
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- **Zumba**
  - A morning yoga class combining relaxation, flexibility, balance and breath awareness.
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