

# Walton Family Whole Health & Fitness

## Group Fitness Schedule: August 4 - August 31

■ Aquatics | ■ Mind Body | ■ Dance | ■ Spin | ■ Strength | ■ Total Fitness | \* Premium

Early Morning	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Body Blast 5:15-6:00 AM Studio: 1	Bootcamp 5:15-6:00 AM Studio: 1	Body Blast 5:15-6:00 AM Studio: 1	Bootcamp 5:15-6:00 AM Studio: 1	Body Blast 5:15-6:00 AM Studio: 1		
	* 12 Rounds 5:15-6:15 AM Studio: 4	LIFT 5:15-6:00 AM Studio: 2	* 12 Rounds 5:15-6:15 AM Studio: 4	LIFT 5:15-6:00 AM Studio: 2	* 12 Rounds 5:15-6:15 AM Studio: 4		
	Barre Fusion 5:15-6:00 AM Studio: 6	TRX 6:15-7:00 AM Studio: 4		TRX 6:15-7:00 AM Studio: 4	Barre Fusion 5:15-6:00 AM Studio: 6		
	Spin Lab 6:15-7:00 AM Studio: 3		Spin Lab 6:15-7:00 AM Studio: 3		Spin Lab 6:15-7:00 AM Studio: 3		
	* Heated Yoga 6:15-7:15 AM Studio: 5	* Heated Yoga 6:15-7:15 AM Studio: 5	* Heated Yoga 6:15-7:15 AM Studio: 5	* Heated Yoga 6:15-7:15 AM Studio: 5	* Heated Pilates Sculpt 6:15-7:15 AM Studio: 5		
		Mat Pilates 6:15-7:00 AM Studio: 6		Mat Pilates 6:15-7:00 AM Studio: 6			
Mid-Morning	* FIT ZONE 6:15-7:15 AM The Zone	* FIT ZONE 6:15-7:15 AM The Zone	* FIT ZONE 6:15-7:15 AM The Zone	* FIT ZONE 6:15-7:15 AM The Zone	* FIT ZONE 6:15-7:15 AM The Zone	* Heated Yoga 7:30-8:30 AM Studio: 5	
	Qi Gong 8:30-9:15 AM Studio: 5	Barre Fusion 8:30-9:15 AM Studio: 6	Qi Gong 8:30-9:15 AM Studio: 5	Yoga 7:15-8:00 AM Studio: 6	Mat Pilates 8:30-9:15 AM Studio: 6	Barre Fusion 8:15-9:00 AM Studio: 6	Barre Fusion 8:15-9:00 AM Studio: 6
	Deep Water 8:30-9:15 AM Recreation Pool	Aqua Fit 9:15-10:30 AM Recreation Pool	Deep Water 8:30-9:15 AM Recreation Pool	Aqua Fit 9:15-10:30 AM Recreation Pool	Aqua Barre 8:30-9:15 AM Recreation Pool	* 12 Rounds 8:15-9:15 AM Studio: 4	* Heated Yoga 9:00-10:00 AM Studio: 5
	Mat Pilates 8:30-9:15 AM Studio: 6		Mat Pilates 8:30-9:15 AM Studio: 6	Barre Fusion 8:30-9:15 AM Studio: 6		StrollerFit 8:15-9:00 AM Studio: Outdoor Pavillion	
	StrollerFit 8:15-9:00 AM Studio: Outdoor Pavillion	High Fitness 8:30-9:15 AM Studio: 3		High Fitness 8:30-9:15 AM Studio: 3	Zumba 8:30-9:15 AM Studio: 3	* FIT ZONE 9:00-10:00 AM The Zone	
	Body Blast 8:30-9:15 AM Studio: 1		Body Blast 8:30-9:15 AM Studio: 1		Body Blast 8:30-9:15 AM Studio: 1		
	LIFT 8:30-9:15 AM Studio: 2	LIFT 8:30-9:15 AM Studio: 2	LIFT 8:30-9:15 AM Studio: 2	LIFT 8:30-9:15 AM Studio: 2		* Heated Yoga 9:00-10:00 AM Studio: 5	
	* FIT ZONE 9:30-10:30 AM The Zone		* FIT ZONE 9:30-10:30 AM The Zone	TRX Yoga 9:00-9:45 AM Studio: 4	* FIT ZONE 9:30-10:30 AM The Zone	Spin Lab 9:15-10:00 AM Studio: 3	
		LIFT 9:30-10:15 AM Studio: 2		LIFT 9:30-10:15 AM Studio: 2		Bootcamp 10:15-11:00 AM Studio: 1	
		* Heated Yoga 9:30-10:30 AM Studio: 5			Stretch & Tone 9:30-10:15 AM Studio: 6	Zumba Step 10:15-11:00 AM Studio: 3	
	Surge Fit 9:30-10:15 AM Studio: 1	Surge Strength 9:30-10:15 AM Studio: 1	Surge Fit 9:30-10:15 AM Studio: 1	Surge Strength 9:30-10:15 AM Studio: 1	Surge Fit 9:30-10:15 AM Studio: 1		
	Gentle Flow 10:15-11:00 AM Studio: 5		Gentle Flow 10:15-11:00 AM Studio: 5	* Yoga for Alignment 10:15-11:15 AM Studio: 6	Gentle Flow 10:15-11:00 AM Studio: 5	* FAMILY FIT ZONE 10:30-11:30 AM The Zone	

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■ Aquatics | ■ Mind Body | ■ Dance | ■ Spin | ■ Strength | ■ Total Fitness | \* Premium

Lunch & Afternoon	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		* 12 Rounds 11:00-12:00 PM Studio: 4		* 12 Rounds 11:00-12:00 PM Studio: 4		Restorative Yoga 10:30-11:15 AM Studio: 5	* FAMILY 12 Rounds 12:00-1:00 PM Studio 4
	* FIT ZONE 11:15-12:15 PM The Zone	* FIT ZONE 11:15-12:15 PM The Zone	* FIT ZONE 11:15-12:15 PM The Zone	* FIT ZONE 11:15-12:15 PM The Zone	* FIT ZONE 11:15-12:15 PM The Zone	Athletic Mobility 11:00-11:45 AM Studio: 6	* FAMILY FIT ZONE 1:15-2:15 PM The Zone
	Bootcamp 11:15-12:00 PM Studio: 1	LIFT 11:15-12:00 PM Studio: 2	Bootcamp 11:15-12:00 PM Studio: 1	LIFT 11:15-12:00 PM Studio: 2	Bootcamp 11:15-12:00 PM Studio: 1	Pedal Camp 11:15-12:00 PM Studio: 3	
	Essentrics 11:15-12:00 PM Studio: 6		Essentrics 11:15-12:00 PM Studio: 6	Gentle Flow 11:15-12:00 PM Studio: 5	Restorative Yoga 11:15-12:00 PM Studio: 5	* 12 Rounds 11:30-12:30 PM Studio: 4	Body Blast 2:00-2:45 PM Studio: 1
	* Sound Bath 11:15-12:15 PM Studio: 5		* Sound Bath 11:15-12:15 PM Studio: 5	Aqua Ballet 11:30-12:00 PM Recreation Pool			
	Bootcamp Express 12:15-12:45 PM Studio: 1	Pedal Camp 11:30-12:15 PM Studio: 3	Bootcamp Express 12:15-12:45 PM Studio: 1	Pedal Camp 11:30-12:15 PM Studio: 3	Bootcamp Express 12:15-12:45 PM Studio: 1		Gentle Flow 2:15-3:00 PM Studio: 5
Evening		Stretch 4:15-5:00 PM Studio: 6	Midday Mobility 3:30-4:15 PM Studio: 5	Stretch 4:15-5:00 PM Studio: 6			* Heated Yoga 3:30-4:30 PM Studio: 5
		* Yoga for Pregnancy 5:00-6:00 PM Studio: 5	Mat Pilates 4:15-5:00 PM Studio: 6	Yoga 5:15-6:00 PM Studio: 5			* Sound Bath 5:00-6:00 PM Studio: 5
	TRX 5:00-5:45 PM Studio: 4		TRX 5:00-5:45 PM Studio: 4				
			Restore & Meditate 5:15-6:00 PM Studio: 5				
	Gentle Flow 5:15-6:00 PM Studio: 5	Barre Fusion 5:15-6:00 PM Studio: 6	Barre Fusion 5:15-6:00 PM Studio: 6	Barre Fusion 5:15-6:00 PM Studio: 6			
	Zumba 5:15-6:00 PM Studio: 3	Zumba 5:15-6:00 PM Studio: 3	Zumba 5:15-6:00 PM Studio: 3	Fitness Dance 5:15-6:00 PM Studio: 3			
		LIFT 5:15-6:00 PM Studio: 2	Surge Fit 5:15-6:00 PM Studio: 1	LIFT 5:15-6:00 PM Studio: 2			
	Hydro Tone 5:45-6:30 PM Recreation Pool		Hydro Tone 5:45-6:30 PM Recreation Pool				
	* 12 Rounds 6:00-7:00 PM Studio: 4		* 12 Rounds 6:00-7:00 PM Studio: 4	* 12 Rounds 6:00-7:00 PM Studio: 4	* 12 Rounds 5:00-6:00 PM Studio: 4		
	Breath & Stress Reset 6:00-6:45 PM Studio: 6	Gentle Flow 6:15-7:00 PM Studio: 5	* Heated Yoga 6:15-7:15 PM Studio: 5	Gentle Flow 6:15-7:00 PM Studio: 5	Yoga 6:00-6:45 PM Studio: 5		
	* FIT ZONE 6:15-7:15 PM The Zone	Essentrics 6:15-7:00 PM Studio: 6	* FIT ZONE 6:15-7:15 PM The Zone	* FIT ZONE 6:15-7:15 PM The Zone			
	Rhythm Ride 6:15-7:00 PM Studio: 3	* FIT ZONE 6:15-7:15 PM The Zone	Rhythm Ride 6:15-7:00 PM Studio: 3				
	Body Blast 6:30-7:15 PM Studio: 1	Club Fitness 6:15-7:00 PM Studio: 3	Body Blast 6:30-7:15 PM Studio: 1	Club Fitness 6:15-7:00 PM Studio: 3			
	* Heated Yoga 6:30-7:30 PM Studio: 5	Bootcamp 6:30-7:15 PM Studio: 1		Bootcamp 6:30-7:15 PM Studio: 1			
	Tai Chi 7:00-7:45 PM Studio: 6				Warrior Flow 6:00-6:45 PM Studio: 6		
	Zumba 7:15-8:00 PM Studio: 3	Fitness Dance 7:15-8:00 PM Studio: 3	Zumba 7:15-8:00 PM Studio: 3		Tai Chi 7:00-7:45 PM Studio: 6		
	Warrior Flow 8:00-8:45 PM Studio: 6		Breath & Stress Reset 7:30-8:15 PM Studio: 5				

Class Descriptions			
12 Rounds	Total Fitness	Premium	12 rounds combines mitt & bag work, cardio drills, core exercises, and strength training for a high-intensity workout guaranteed to make you sweat. You'll master footwork and punching combinations while enhancing your cardio conditioning. Shoes are required, and gloves and wraps are highly recommended. Gloves can be rented for free, just stop by the fitness desk!
Athletic Mobility	Mind Body	Included	Dynamic group fitness class designed to enhance flexibility and movement efficiency through targeted myofascial release techniques using foam rollers. Participants will engage in a series of stretching exercises and flow sequences that promote muscle recovery, reduce tension, and improve overall mobility. Perfect for athletes and fitness enthusiasts alike, this class will help you unlock your body's potential and move with greater ease.
Aqua Ballet	Aquatics	included	Dive into grace and strength with Aqua Ballet - a unique fusion of classical ballet technice and water fitness. Set in the pool, this low-impact class is designed for adults of all ages and experience levels. Using the support of the pool wall as a barre, participants engage in fluid ballet-inspired movements that are enhanced by the buoyancy of the water, promoting balance, flexibility, and joint-friendly alignment.
Aqua Barre	Aquatics	included	A fun and fresh class using the principles of Barre, Pilates, and aquatic resistnace training. Aqua Barre is a low-impact class that is designed for toning and sculpting, improving flexibility, strength, and balance. This class is appropriate for all levels and uses the resistance of water for a full-body workout.
Aqua Fit	Aquatics	included	Intermediate level water aerobics class will expose you to other forms of water fitness combining HIIT (High Intensity Interval Training), Circuit, Cardio and aerobics moves. Dumbbells, noodles, and kickboards will be incorporated for a full body workout all set to great music.
Aqua Fitness for Mamas	Aquatics	Included	Stay active and happy during pregnancy with our refreshing Aqua Fitness class! Experience a perfect mix of strength training and cardio while staying cool and weightless. The water supports your body, easing back and body aches, and boosts your mood with endorphins. Ideal for both expectant and new moms, or anyone seeking a gentile, effective workout. Join us for a splash of health and happiness!
Aqua Zumba	Aquatics	included	The get fit pool party! Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning and body-toning.
Barre Fusion	Mind Body	Included	A total body workout that targets, shapes, and defines all major muscle groups through resistance-based strength trainings.
Bootcamp	Total Fitness	Included	Strengthen your body by pushing and pulling your weight while boosting your cardio through circuit drills. Get ready to challenge yourself and see results!
Body Blast	Total Fitness	Included	Instructor-led class will leave you feeling energized, accomplished, and ready to tackle anything that comes your way. Body Blast is designed to push your limits with a combination of intense bursts of exercise followed by short periods of rest, allowing you to maximize calorie burn and build muscular endurance in no time.
Breath & Stress Reset	Mind Body	Included	Feeling stressed and in need of a reset? This is your perfect chance to relax, rejuvenate, and release tension through dynamic breathwork. Explore various breathing exercises designed to boost energy, enhance lung capacity, and relieve stress. Suitable for everyone, from beginners to regulars.
Club Fitness	Strength	Included	Club Fitness is designed to get your heart rate pumping by combining cardiovascular and strength building exercises while moving to the best hip hop tunes. Move, groove, and get fit!
Deep Water	Aquatics	Included	A non-weight bearing class that offers a high-intensity challenge to improve balance, strengthen your core, and reduce body fat. Dive in for a refreshing and effective workout.
Essentrics	Mind Body	Included	A full-body workout that rapidly changes the shape of your body through a dynamic combination of strengthening and stretching. Perfect for men and women of all fitness levels, this program rebalances the body, prevents and treats injuries and unlocks tight joints.
FIT ZONE	Total Fitness	Premium	Experience the thrill of all-around training in our FIT ZONE class — a dynamic 60-minute workout combining cardiovascular, strength and power exercises.
Fitness Dance	Dance	Included	Move and groove to the sound of today's tunes! Dancing is a fun way to burn calories and break a sweat without the impact.
Gentle Flow	Mind Body	Included	A gentle flow that encourages physical, mental, and emotional relaxation. Practiced at a slow pace, focusing on long holds, deep stretching and breathing to help release stress, tension and tightness. Appropriate for all levels. This class is not heated.
High Fitness	Dance	Included	Have you heard? AEROBICS is Back! Bigger, Better, HIGHER! A choreographed workout that alternates between cardio peaks and toning tracks that will take your heart rate to the sky and strength to the next level.
Heated Pilates Sculpt	Mind Body	Premium	Musically driven heated class using Pilates ring, ball, small hand weights, bands and gliders to lengthen and strengthen your entire body with an emphasis on your core strength.
Heated Yoga	Mind Body	Premium	Immerse yourself in our Heated Yoga class, set to a warm 85 degrees for enhanced flexibility and a deeper mind-body connection. Join us for a revitalizing practice that leaves you feeling invigorated and centered.
Hydro Tone	Aquatics	Included	An intermediate-level water aerobics class combining HIIT, circuit training, cardio, and classic moves. Use water equipment like dumbbells, noodles, and kickboards for a full-body workout aimed at total body conditioning with balance and mobility elements, all set to great music.
LIFT	Strength	Included	A functional-fitness class geared to improve muscular strength and endurance using a variety of different implements.
Mat Pilates	Mind Body	Included	Focuses on proper core training to improve muscle strength, length, mobility, stabilization, and body alignment. Perfect for building a strong foundation.
Midday Mobility	Mind Body	Included	Prime your body to move through your greatest range of motion, gain space in your joints, and build your capacity for daily life, exercise, and other activities.
Qi Gong	Mind Body	Included	A mind-body-spirit practice that improves one's mental and physical health by integrating posture, movement, breathing technique.
Restore & Meditate	Mind Body	Included	Settle into stillness with Restore & Meditate. Pause to let go of distractions, notice your breath, thoughts, and emotions without attachment, and choose the focus of your meditation. Reflect on how insights gained can guide your choices outside of practice.
Restorative Yoga	Mind Body	Included	When your mind and body need to slow down and recover. Emphasis on slow, easy transitions, awareness of movement and intentional breathing. This class is not heated.
Rhythm Ride	Spin	Included	A dynamic beat-based cycle class set to energizing music. Each session is curated to synchronize movement with the beat, ensuring a full-body workout. Cycle shoes not required.
Spin Lab	Spin	Included	Go the distance in this in this cycling class. Each day the primary focus will change from power, to endurance, and hills.
Sound Bathing	Mind Body	Premium	Join a relaxing pause in your day with sound bath meditation. Reduce anxiety, decrease stress hormones, and improve sleep and mood. Just bring yourself and, if you choose, a blanket.
Stretch	Mind Body	Included	An all-levels class designed to extend, open, enhance posture, and lengthen muscles. Uses foam rollers to aid in muscle recovery.
Surge Fit	Total Fitness	Included	High intensity cardio that pushes fat burning systems into high gear are intertwined with high-rep strength training to shape and tone your body for maximum results.
Surge Strength	Strength	Included	Surge Strength is a high-rep, targeted, ALL weight training workout - set to music you know and love!
Tai Chi	Mind Body	Included	Experience the gentle flow of Tai Chi in this low-impact class designed to improve balance, flexibility, and mental clarity. Perfect for all fitness levels, promoting harmony of body and mind.
TRX Suspension Training	Total Fitness	Included	Elevate your fitness routine with TRX Suspension Training, a full-body workout that uses your body weight and gravity to build strength, balance, flexibility, and core stability. This class is perfect for all fitness levels, as exercises can be easily modified to meet your needs.
TRX Yoga	Mind Body	Included	Join us for an innovative blend of TRX suspension training and yoga. Combine strength-building benefits with mindfulness and flexibility for a balanced approach to fitness.
FAMILY FIT ZONE	Total Fitness	Premium	Get the family together to build strength, endurance, and coordination while fostering teamwork. With a mix of individual and partnered exercises, you'll improve physical fitness and strengthen family bonds. Both parent and child must be present during the class.
FAMILY 12 Rounds	Total Fitness	Premium	Get the family together to learn how to bob, weave, and strike with precision in a dynamic, full-body boxing workout. Shoes are required, and gloves and wraps are highly recommended. Gloves can be rented for free, just stop by the fitness desk! It is required that both parent are child are present during the class.
Yoga	Mind Body	Included	An all-levels class consisting of flow series, holding of postures, modifications, yoga props, and peaceful music.
Yoga for Alignment	Mind Body	Premium	Using a specially designed wall to enhance alignment, flexibility, and strength. Perfect for all levels, this class offers support and stability, allowing you to safely explore deeper stretches and challenging postures. Build a strong foundation in your practice with the guidance of expert instruction and the added benefit of wall-based props.
Yoga for Pregnancy	Mind Body	Premium / Included	A nurtaceted approach that empowers and supports women through each stage of pregnancy and lactation. Use gentle stretching and mindful movement to strengthen your body's natural abilities and deepen your connection to yourself, your baby, and your community. Premium classes are held in Studio 5, with a complimentary Prenatal Yoga class in labeta.
Zumba	Dance	Included	Take the "work" out of workout with Zumba! Mix low-intensity and high-intensity moves with Latin dance for an interval-style, calorie-burning dance fitness party.
Zumba Step	Dance	Included	Combine the toning and strengthening power of step aerobics with the fun fitness-party vibe of Zumba. Step up to a new level of fitness.
Warrior Flow	Mind Body	Included	Combining mindful breathing, powerful holds, and the rhythm of martial arts flows to cultivate both inner and outer strength. Perfect for all levels, this class will help you tap into your warrior spirit!