

2022 GroupX Schedule

Available with all PREMIER/Performance memberships!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am	Cycle Marion		Cycle Becky			
7:00 am		Cycle Marion		Cycle Marion		
8:00 am	Regular Step Sarah	Double Step Sarah			Interval Step Sarah	
8:15 am						Strength & Conditioning Courtney (starting 3/26/22)
9:00 am	Cycle Becky Muscle Express Sarah	Cycle Liz Pilates Kandy	Cycle Katie Muscle Express Courtney	Pilates Christi	Cycle Liz Muscle Express Katie	
9:15 am	Yoga 2 Sally	Upper Body Burn Lezli		Lower Body Burn Lezli	Yoga 2-3 Sally	Cycle Rotation Yoga 2 Tina
9:30 am	Zumba Jane		TBC Katelin		HIIT Express Katie	
9:45 am			Pilates Kandy			
10:00 am		Zumba Mel		Zumba Mel	Zumba Jane	
10:30 am	BASIC Toning Becky		BASIC Toning Katie			
11:15 am		Yoga 1 Candace		Yoga 1 Candace		
11:30 am	Chair Yoga Candace		Chair Yoga Candace			
12:15 pm		BASIC Toning Kandy		BASIC Toning Kandy		
5:00 pm	TBC Lauren		TBC Christi			
5:30 pm	Stretch Yoga Cherie	Zumba Amy	Stretch Yoga Cherie			
6:00 pm		Cycle Dan				

Enrollment is required for every class via the Bluewater Fitness app. Space in class is first come, first serve based on who is enrolled in the class. If you are on the "waitlist", you aren't in the class until you are offered a spot.

NOTE: All "EXPRESS" classes are only 30 minutes long!

- ◆ **Basic Toning** - Designed for both beginners and active older adults, beginner toning targets all major muscle groups while utilizing various types of equipment and focusing on proper form.
- ◆ **Chair Yoga** – Seated and standing stretching and strengthening movements to improve posture, range of motion, and strengthen joints, muscles and core; maintain joint mobility and flexibility; increase balance and stability; assist in stress release; facilitate deep breathing; perfect for all ages who do not want to sit or lie down on the floor.
- ◆ **Cycle** - An indoor cycling workout where you ride to the rhythm of powerful music. Your team coach will guide you through hills, flats, mountain peaks, time trials, and interval training as you discover your athlete within and reach your endorphin high. Each workout begins at an easy pace to get your legs warmed up and then speed and intensity increase as you work toward your top personal pace.
- ◆ **Double Step** - A challenging hour work-out using 2-4 benches, intermediate choreography, and lots of fun. All levels welcome.
- ◆ **HIIT Express** – HIIT is a 30-minute, high-intensity interval training workout. It is a total body workout comprised of short bursts of all out effort followed by an active recovery. It builds cardiovascular fitness as well as strengthening and improving muscular power and endurance.
- ◆ **Interval Step** - Fun packed hour of muscle work and step all worked into one total body workout.
- ◆ **Lower Body Burn** – 45 minute lower body workout
- ◆ **Muscle Express** – This 30 minute muscle conditioning class includes bars, weights and balls and is suitable for all work-out levels.
- ◆ **Pilates** - The goal of Pilates is overall body fitness, elongated supple muscles, and balance between body and mind with everything working as a whole. Pilate's class focuses on developing strength through the core of the body which provides a foundation to work the rest of the body. Pilates is a very efficient form of exercise because you build strength, flexibility, and coordination at the same time. All levels welcome.
- ◆ **Regular Step** – Group aerobics with easy to follow choreography for the beginner to the advanced stepper.
- ◆ **Stretch Yoga** – Stretch Yoga is a yin style yoga focused on deep passive stretches that are designed to improve flexibility. This is a very slow paced class that allows time for the mind to settle in each pose. Recommended for all levels but especially beneficial for active individuals to help maintain joint health.
- ◆ **TBC (Total Body Conditioning)** – TBC will get you a "head to toe" workout. This full body workout is achieved through high repetition movement and cardio exercises. This class uses body bars, barbells, dumbbells, battle ropes and more.
- ◆ **Upper Body Burn** – 45 minute upper body workout
- ◆ **Yoga 1** - A Hatha/Vinyasa flow class to improve posture, range of motion, and strength; maintain joint mobility and flexibility; increase balance and stability; assist in stress release; facilitate deep breathing and strengthen joints muscles, and core. Perfect for golfers, tennis players, and anyone wishing to improve functional fitness!
- ◆ **Yoga 2** – A combination of Vinyasa and Hatha yoga with more experienced poses and transitions of those described in Yoga 1.
- ◆ **Yoga 3** - This Vinyasa (Flow) style yoga class focuses on advanced poses and transitions. Move through "Vinyasa" with each pose "flowing" into another with synchronized breathing. Naturally increase full body strength, stamina, and flexibility while calming and steadying the mind. The instructor offers options so students can enjoy the challenge and benefit of each pose at any level (Because this class moves at a faster pace, it is recommended that new-to-yoga students take a lower level class first to get a foundation of basic poses).
- ◆ **Zumba** - This is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — and resistance training. Ditch the work out and Join the Party!!!



Bluewater Fitness
FitMetrix by MINDBODY

Don't forget to download the BLUEWATER FITNESS app if you are a PREMIER member! Sign up on the app using the email you gave us when you signed up for a membership. If you aren't sure, check in with the Welcome Desk. Reservations in classes are required and this app will allow you to easily enroll in eligible group X classes so you can reserve your spot.