



## CORNERSTONE AQUATICS CENTER

### Group Fitness Classes January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	6:15-7:10 a.m. <b>Boot Camp</b> w Mario		6:15-7:10 a.m. <b>Boot Camp</b> w Mario	9:00-9:55 a.m. <b>Zumba</b> w Liz
10:00-10:55 a.m. <b>Pilates</b> w Carrie	9:30-10:25 a.m. <b>Barre Blend</b> w Carrie	10:00-10:55 a.m. <b>Pilates</b> w Carrie	9:30-10:25 a.m. <b>Barre Blend</b> w Carrie	10:00-10:55 a.m. <b>Pilates</b> w Carrie
4:00-4:55 p.m. <b>Flow Yoga</b> w Kristi	10:30-11:25 a.m. <b>Yogilates</b> w Carrie		10:30-11:25 a.m. <b>Yogilates</b> w Carrie	
5:00-5:55 p.m. <b>Boot Camp</b> w Mario				
6:00-6:55 p.m. <b>Zumba</b> w Liz	6:00-6:55 p.m. <b>Zumba</b> w Liz		6:00-6:55 p.m. <b>Zumba</b> w Liz	

**Flow Yoga:** 55 minutes. A creative blend of various poses for core and balance. All levels.

**Boot Camp:** 55 minutes. HIIT (high-intensity interval training), a full-body workout designed to improve fitness, strength, and endurance.

**Pilates:** 55 minutes. This challenging, low-impact class strengthens muscles while improving postural alignment and flexibility. Exercises target abdominal muscles, arms, hips, glutes, thighs and back for a full-body workout. All levels.

**Yogilates:** 55 Minutes. This class combines yoga and Pilates for a low-impact mat workout. Develop a stronger core, increased flexibility, and better balance. Beginner through intermediate.

**Barre Blend:** 55 minutes. This hybrid workout combines Pilates and barre isometric exercises designed to strengthen hips, glutes, and thighs. Balance, postural alignment, and engaged core are emphasized. Beginners welcome!

**Zumba:** 55 minutes. This fitness program combines latin/international music with dance moves. Interval training - alternating fast and slow rhythms - helps improve cardiovascular fitness!

Questions? Contact Fitness Coordinator Carrie Critton [corebycarrie@gmail.com](mailto:corebycarrie@gmail.com).