



CORNERSTONE AQUATICS CENTER

Group Fitness Classes March 2022

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

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

Boot Camp: HIIT (high-intensity interval training), a full-body workout designed to improve cardiovascular health, strength, agility and endurance.

Running Group: New and seasoned runners can train for a race and/or get in better running condition. Emphasis on pre/post-run stretching and running techniques.

Pilates: This low-impact class strengthens muscles while improving postural alignment and spinal flexibility. Exercises target abdominal muscles, arms, chest, hips, glutes, thighs and back for a full-body workout engaging the “powerhouse” (core). Beginners welcome!

Pilates Plus: Take your core work to the next level! Option to bring a 36” long high-density foam roller to class! Pilates experience recommended.

Yogilates: This class combines elements from yoga and Pilates for a stretchy, low-impact mat workout. Develop a stronger core, increased flexibility, and better balance. Beginners welcome!

Barre Blend: This hybrid workout combines abdominal work and barre isometric exercises to strengthen and tone hips, glutes, and thighs and arms. Balance, postural alignment, and engaged core are emphasized. All levels.

Zumba: 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.