

# Walton Family Whole Health & Fitness

## Group Fitness Schedule: April 29 – June 2

■ Aquatics | 
 ■ Mind Body | 
 ■ Dance | 
 ■ Spin | 
 ■ Strength | 
 ■ Total Fitness | 
 ◆ Premium

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY MORNING	<b>Bootcamp</b> 5:15 – 6:00 a.m. Studio: 1	<b>Cardio Pulse</b> 5:15 – 6:00 a.m. Studio: 1	<b>Bootcamp</b> 5:15 – 6:00 a.m. Studio: 1	<b>Cardio Pulse</b> 5:15 – 6:00 a.m. Studio: 1	<b>Bootcamp</b> 5:15 – 6:00 a.m. Studio: 1		
	<span style="color: #4CAF50;">◆</span> <b>Box&amp;Burn</b> 5:15 – 6:15 a.m. Studio: 4	<b>LIFT</b> 5:15 – 6:00 a.m. Studio: 2	<span style="color: #4CAF50;">◆</span> <b>Box&amp;Burn</b> 5:15 – 6:15 a.m. Studio: 4	<b>LIFT</b> 5:15 – 6:00 a.m. Studio: 2	<span style="color: #4CAF50;">◆</span> <b>Box&amp;Burn</b> 5:15 – 6:15 a.m. Studio: 4		
		<span style="color: #4CAF50;">◆</span> <b>Heated Yoga</b> 6:15 – 7:15 a.m. Studio: 5		<span style="color: #4CAF50;">◆</span> <b>Heated Yoga</b> 6:15 – 7:15 a.m. Studio: 5			
	<b>RPM</b> 6:15 – 7:00 a.m. Studio: 3		<b>RPM</b> 6:15 – 7:00 a.m. Studio: 3		<b>RPM</b> 6:15 – 7:00 a.m. Studio: 3		
	<span style="color: #4CAF50;">◆</span> <b>Heated Yoga</b> 6:15 – 7:15 a.m. Studio: 5	<b>Mat Pilates</b> 6:15 – 7:00 a.m. Studio: 6	<span style="color: #4CAF50;">◆</span> <b>Heated Yoga</b> 6:15 – 7:15 a.m. Studio: 5	<b>Mat Pilates</b> 6:15 – 7:00 a.m. Studio: 6	<span style="color: #4CAF50;">◆</span> <b>Heated Pilates Sculpt</b> 6:15 – 7:15 a.m. Studio: 5		
	<span style="color: #4CAF50;">◆</span> <b>Fit Zone</b> 6:15 – 7:15 a.m. The Zone	<span style="color: #4CAF50;">◆</span> <b>Fit Zone</b> 6:15 – 7:15 a.m. The Zone	<span style="color: #4CAF50;">◆</span> <b>Fit Zone</b> 6:15 – 7:15 a.m. The Zone	<span style="color: #4CAF50;">◆</span> <b>Fit Zone</b> 6:15 – 7:15 a.m. The Zone	<span style="color: #4CAF50;">◆</span> <b>Fit Zone</b> 6:15 – 7:15 a.m. The Zone		
	<b>Bag Work</b> 6:30 – 7:15 a.m. Studio: 4		<b>Bag Work</b> 6:30 – 7:15 a.m. Studio: 4		<b>Bag Work</b> 6:30 – 7:15 a.m. Studio: 4		
				<b>Yoga</b> 7:15 – 8:00 a.m. Studio: 6		<span style="color: #4CAF50;">◆</span> <b>Heated Yoga</b> 7:30 – 8:30 a.m. Studio: 5	
MID-MORNING	<b>Qi Gong</b> 8:30 – 9:15 a.m. Studio: 5	<b>Barre Fusion</b> 8:30 – 9:15 a.m. Studio: 6	<b>Qi Gong</b> 8:30 – 9:15 a.m. Studio: 5	<b>Barre Fusion</b> 8:30 – 9:15 a.m. Studio: 6	<b>Mat Pilates</b> 8:30 – 9:15 a.m. Studio: 5		<b>Barre Fusion</b> 8:15 – 9:00 a.m. Studio: 6
	<b>Deep Water</b> 8:30 – 9:15 a.m. Recreation Pool	<b>Aqua Zumba</b> 8:30 – 9:15 a.m. Recreation Pool	<b>Deep Water</b> 8:30 – 9:15 a.m. Recreation Pool			<b>Box&amp;Burn</b> 8:15 – 9:15 a.m. Studio: 4	<span style="color: #4CAF50;">◆</span> <b>Box &amp; Burn</b> 8:15 – 9:15 a.m. Studio: 4
	<b>Mat Pilates</b> 8:30 – 9:15 a.m. Studio: 6	<b>Breathwork Meditation</b> 8:30 – 9:15 a.m. Studio: 5	<b>Mat Pilates</b> 8:30 – 9:15 a.m. Studio: 6				
	<b>Bootcamp</b> 8:45 – 9:30 a.m. Studio: 1		<b>Bootcamp</b> 8:45 – 9:30 a.m. Studio: 1		<b>Bootcamp</b> 8:45 – 9:30 a.m. Studio: 1		
	<b>LIFT</b> 8:45 – 9:30 a.m. Studio: 2	<b>LIFT</b> 8:45 – 9:30 a.m. Studio: 2	<b>LIFT</b> 8:45 – 9:30 a.m. Studio: 2	<b>LIFT</b> 8:45 – 9:30 a.m. Studio: 2		<span style="color: #4CAF50;">◆</span> <b>Fit Zone</b> 9:00 – 10:00 a.m. The Zone	
	<b>Zumba</b> 8:45 – 9:30 a.m. Studio: 3	<b>High Fitness</b> 8:45 – 9:30 a.m. Studio: 3	<b>Zumba</b> 8:45 – 9:30 a.m. Studio: 3	<b>High Fitness</b> 8:45 – 9:30 a.m. Studio: 3	<b>Zumba</b> 8:45 – 9:30 a.m. Studio: 3	<span style="color: #4CAF50;">◆</span> <b>Heated Yoga</b> 9:00 – 10 :00 a.m. Studio: 5	
					<span style="color: #4CAF50;">◆</span> <b>Fit Zone</b> 9:30 – 10:30 a.m. The Zone	<b>RPM</b> 9:15 – 10:15 a.m. Studio: 3	
		<span style="color: #4CAF50;">◆</span> <b>Heated Yoga</b> 9:30 – 10:30 a.m. Studio: 5		<span style="color: #4CAF50;">◆</span> <b>Heated Yoga</b> 9:30 – 10:30 a.m. Studio: 5	<b>Stretch &amp; Tone</b> 9:30 – 10:15 a.m. Studio: 6	<b>Bootcamp</b> 10:15 – 11:00 a.m. Studio: 1	
				<b>Dynamic Breathwork</b> 9:30 – 10:15 a.m. Studio: 6	<b>LIFT</b> 9:45 – 10:30 a.m. Studio: 2	<b>Zumba Step</b> 10:15 – 11:00 a.m. Studio: 3	<span style="color: #4CAF50;">◆</span> <b>Kickboxing</b> 10:15 – 11:15 a.m. Studio 4
	<b>Surge Fit</b> 9:45 – 10:30 a.m. Studio: 1	<b>Surge Strength</b> 9:45 – 10:30 a.m. Studio: 1	<b>Surge Fit</b> 9:45 – 10:30 a.m. Studio: 1	<b>Surge Strength</b> 9:45 – 10:30 a.m. Studio: 1	<b>Surge Fit</b> 9:45 – 10:30 a.m. Studio: 1	<b>Restorative Yoga</b> 10:30 – 11:15 a.m. Studio: 5	<span style="color: #4CAF50;">◆</span> <b>Heated Yoga</b> 10:30 – 11:30 a.m. Studio: 5
<b>Gentle Flow</b> 10:15 – 11:00 a.m. Studio: 5		<b>Gentle Flow</b> 10:15 – 11:00 a.m. Studio: 5		<b>Gentle Flow</b> 10:15 – 11:00 a.m. Studio: 5			

# Walton Family Whole Health & Fitness

## Group Fitness Schedule: April 29 – June 2

■ Aquatics | 
 ■ Mind Body | 
 ■ Dance | 
 ■ Spin | 
 ■ Strength | 
 ■ Total Fitness | 
 ◆ Premium

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LUNCH & AFTERNOON		<b>◆ Box&amp;Burn</b> 11:00 – 12:00 p.m. Studio: 4		<b>◆ Box&amp;Burn</b> 11:00 – 12:00 p.m. Studio: 4	<b>◆ Box&amp;Burn</b> 11:00 – 12:00 p.m. Studio: 4		
	<b>◆ FIT ZONE</b> 11:15 – 12:15 p.m. The Zone	<b>◆ FIT ZONE</b> 11:15 – 12:15 p.m. The Zone	<b>◆ FIT ZONE</b> 11:15 – 12:15 p.m. The Zone	<b>◆ FIT ZONE</b> 11:15 – 12:15 p.m. The Zone	<b>◆ FIT ZONE</b> 11:15 – 12:15 p.m. The Zone	<b>Rhythm Ride</b> 11:15 – 12:00 p.m. Studio: 3	
	<b>Cardio Pulse</b> 11:15 – 12:00 p.m. Studio: 1	<b>LIFT</b> 11:15 – 12:00 p.m. Studio: 2	<b>Cardio Pulse</b> 11:15 – 12:00 p.m. Studio: 1	<b>LIFT</b> 11:15 – 12:00 p.m. Studio: 2	<b>Cardio Pulse</b> 11:15 – 12:00 p.m. Studio: 1		
	<b>Eccentrics</b> 11:15 – 12:00 p.m. Studio: 6	<b>Gentle Flow</b> 11:15 – 12:00 p.m. Studio: 6	<b>Eccentrics</b> 11:15 – 12:00 p.m. Studio: 6	<b>Gentle Flow</b> 11:15 – 12:15 p.m. Studio: 5	<b>Restorative Yoga</b> 11:15 – 12:00 p.m. Studio: 5		
		<b>Qi Gong</b> 12:00 – 12:45 p.m. Studio: 5		<b>Dynamic Breathwork</b> 11:30 – 12:15 p.m. Studio: 6		<b>◆ Kickboxing</b> 12:15 – 1:15 p.m. Studio: 4	<b>Gentle Flow</b> 2:15 – 3:00 p.m. Studio: 5
	<b>Bootcamp Express</b> 12:15 - 12:45 p.m. Studio: 1	<b>Bag Work</b> 12:15 – 1:00 p.m. Studio: 4	<b>Bootcamp Express</b> 12:15 - 12:45 p.m. Studio: 1	<b>Bag Work</b> 12:15 – 1:00 p.m. Studio: 4	<b>Bootcamp Express</b> 12:15 - 12:45 p.m. Studio: 1		<b>◆ FIT ZONE</b> 2:15 – 3:15 p.m. The Zone
		<b>Rhythm Ride Express</b> 12:15 – 12:45 p.m. Studio: 3			<b>Rhythm Ride Express</b> 12:15 – 12:45 p.m. Studio: 3		<b>◆ Heated Yoga</b> 3:30 – 4:30 p.m. Studio: 5
EVENING		<b>Stretch</b> 4:15 – 5:00 p.m. Studio: 6	<b>Mat Pilates</b> 4:15 – 5:00 p.m. Studio: 5	<b>Stretch</b> 4:15 – 5:00 p.m. Studio: 6			<b>◆ Sound Bath</b> 5:00 – 6:00 p.m. Studio: 5
	<b>Bootcamp</b> 5:00 - 5:45 p.m. Studio 1		<b>◆ Box&amp;Burn</b> 5:00 – 6:00 p.m. Studio: 4		<b>◆ Box&amp;Burn</b> 5:00 – 6:00 p.m. Studio: 4		
	<b>Dynamic Breathwork</b> 5:00 – 5:45 p.m. Studio: 6	<b>Gentle Flow</b> 5:15 – 6:00 p.m. Studio: 5	<b>Barre Fusion</b> 5:15 – 6:00 p.m. Studio: 6	<b>Barre Fusion</b> 5:15 – 6:00 p.m. Studio: 6			
	<b>Gentle Flow</b> 5:15 – 6:00 p.m. Studio: 5	<b>Barre Fusion</b> 5:15 – 6:00 p.m. Studio: 6	<b>Meditation</b> 5:15 – 6:00 p.m. Studio: 5	<b>Fitness Dance</b> 5:15 – 6:00 p.m. Studio: 3			
	<b>Zumba</b> 5:15 – 6:00 p.m. Studio: 3	<b>Zumba</b> 5:15 – 6:00 p.m. Studio: 3	<b>Zumba</b> 5:15 – 6:00 p.m. Studio: 3	<b>LIFT</b> 5:15 – 6:00 p.m. Studio: 2	<b>Yoga</b> 6:00 - 6:45 p.m. Studio: 6		
	<b>Aqua Tone</b> 5:30 – 6:15 p.m. Rec Pool	<b>LIFT</b> 5:15 – 6:00 p.m. Studio: 2	<b>Surge Fit</b> 5:15 – 6:00 p.m. Studio: 2	<b>Aqua Fit</b> 6:00 – 6:45 p.m. Rec Pool			
	<b>Dynamic Breathwork</b> 6:00 – 6:45 p.m. Studio: 6	<b>Aqua Fit</b> 6:00 – 6:45 p.m. Rec Pool	<b>Bootcamp</b> 6:15 – 7:00 p.m. Studio: 1	<b>◆ Fit Zone</b> 6:15 – 7:15 p.m. The Zone			
	<b>◆ Box&amp;Burn</b> 6:00 - 7:00 p.m. Studio: 4	<b>◆ Fit Zone</b> 6:15 – 7:15 p.m. The Zone	<b>◆ Fit Zone</b> 6:15 – 7:15 p.m. The Zone	<b>◆ Kickboxing</b> 6:15 – 7:15 p.m. Studio: 4			
	<b>◆ Fit Zone</b> 6:15 – 7:15 p.m. The Zone	<b>Club Fitness</b> 6:15 – 7:00 p.m. Studio: 3	<b>◆ Kickboxing</b> 6:15 – 7:15 p.m. Studio: 4	<b>Club Fitness</b> 6:15 – 7:00 p.m. Studio: 3			
	<b>Rhythm Ride</b> 6:15 – 7:00 p.m. Studio: 3	<b>Gentle Flow</b> 6:15 – 7:00 p.m. Studio: 5	<b>Rhythm Ride</b> 6:15 – 7:00 p.m. Studio: 3	<b>Gentle Flow</b> 6:15 – 7:00 p.m. Studio: 5			
	<b>◆ Heated Pilates Sculpt</b> 6:30 – 7:30 p.m. Studio: 5	<b>Bootcamp</b> 7:00 – 7:45 p.m. Studio: 1	<b>◆ Heated Yoga</b> 6:15 – 7:15 p.m. Studio: 5	<b>Bootcamp</b> 7:00 – 7:45 p.m. Studio: 1			
	<b>Tai Chi</b> 7:00 – 7:45 p.m. Studio: 6	<b>◆ Sound Bath</b> 7:15 – 8:15 p.m. Studio 5		<b>◆ Sound Bath</b> 7:15 -8:15 p.m. Studio 5	<b>Tai Chi</b> 7:00 – 7:45 p.m. Studio: 6		
	<b>Fitness Dance</b> 7:15 – 8:00 a.m. Studio: 3		<b>Bag Work</b> 7:30 – 8:15 p.m. Studio: 4	<b>Bag Work</b> 7:30 – 8:15 p.m. Studio: 4			

			Class Descriptions
Aqua Fit	Aquatics	Included	Dive into a low-impact workout suitable for all levels with Aqua Fit! Harnessing the resistance of water, this class improves cardiovascular health, strength, and conditioning while keeping stress off your joints.
Aqua Zumba	Aquatics	Included	Integrating the Zumba formula and philosophy with traditional aqua fitness. Aqua Zumba blends it all together with a safe challenging water-based workout that's cardio conditioning and body toning.
Aqua Tone	Aquatics	Included	This intermediate level water aerobics class will expose you to other forms of water fitness combining HIIT (High Intensity Interval Training), Circuit, Cardio and classic water aerobics moves. Stretching, jogging, isolation moves, cardio, water equipment; dumbbells, noodles, and kickboards will all be incorporated for a full body workout. The goal is for a total body conditioning class adding elements for balance and mobility, all set to some great music.
Bag Work	Total Fitness	Premium	Learn the basic technique of boxing including the boxer's stance, the jab, the cross, the hook, uppercut punches, and use of the heavy bag. Gloves and wraps are highly recommended.
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 improving cardio through circuit drills.
Box & Burn	Total Fitness	Premium	A boxing conditioning class that includes an intense cardio warmup, boxing with intervals of bodyweight exercises, and core work. Shoes are recommended in some cases but not required. Gloves and wraps are highly recommended.
Breathwork Meditation	Mind Body	Included	Through conscious and active breathing exercises, you will connect deeper to a state of mindfulness and meditation. Pause. Notice. Choose. Breathe. This is a great class for beginners and those interested in a gentle, calming, and mindful flow.
Cardio Pulse	Total Fitness	Included	A cardio-based class that will challenge you to move through each of the 5 heart-rate zones. A MyZone belt or other heart rate monitor is recommended, not required.
Dynamic Breathwork	Mind Body	Included	Join our dynamic breathwork class where you will practice a variety of breathing exercises and techniques geared to increase energy, improve lung capacity, stretch the body, and release stress. This class consists of a moderate level of movement and intensity, but is great for all levels of breathers!
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.
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.
Essentrics	Mind Body	Included	Essentrics is 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 Yoga	Mind Body	Included	A gentle Yoga 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, where the room is set to a warm 85 degrees, allowing for enhanced flexibility and a deeper mind-body connection. Join us for a revitalizing practice that will leave you feeling invigorated and centered.
LIFT	Total Fitness	Included	A functional-fitness class geared to improve muscular strength and endurance using a variety of different implements.
Kickboxing	Total Fitness	Premium	Join our high-energy kickboxing class, where we combine a series of kick boxing movements to make you sweat. Gloves are highly recommended for your safety and shoe removal is required when kicking the heavy bag. Unleash your strength and agility in a supportive environment designed for all skill levels.
Mat Pilates	Mind Body	Included	Focuses on proper core training to improve muscle strength and length, mobility, stabilization, and body alignment.
Meditation	Mind Body	Included	During Meditation, you will settle into stillness. Pause to let go of distractions. Notice your breath, thoughts, and emotions without attachment. Choose the focus of your meditation, whether it's the breath, a mantra, or a sensation. Reflect: How can the insights gained in meditation guide your choices outside of your practice?
Qigong	Mind Body	Included	A mind-body-spirit practice that improves one's mental and physical health by integrating posture, movement, breathing technique.
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.
RPM	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 a sound bath meditation. All you need is yourself and if you choose, a blanket. Sound baths can help reduce anxiety, decrease stress hormones, improve sleep and mood.
Stretch	Mind Body	Included	This all-levels class will assist in allowing the body to extend, open, enhance posture, and lengthen muscles. Class 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. Class size limited to 25.
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	A tai chi practice involves slow-motion flow – and with that comes a cadre of health benefits, too, including better balance, mobility, and coordination.
Yoga	Mind Body	Included	An all-levels class consisting of flow series, holding of postures, modifications, yoga props, and peaceful music.
Zumba	Dance	Included	Zumba takes the "work" out of workout, by mixing low-intensity and high-intensity moves with Latin dance for an interval-style, calorie-burning dance fitness party. Class size limited to 20.
Zumba Step	Dance	Included	Zumba Step combines the awesome toning and strengthening power of Step aerobics, with the fun fitness-party that only Zumba brings to the dance-floor. Class size limited to 20.