

- Aerobics** *Mon/Wed/Fri 615 AM-715 AM Instructor-Patty Wood* Focus on the 3 W's-Warm-up, Walking and Weights.
- Blood Pressure/Diabetes Class** *Tue/Fri 930 AM-12 PM Instructor/Barbara Mathis* Offers education, blood pressure and glucose monitoring. Exercise supervision will be provided by an Exercise Physiologist.
- Cardio Splash** *Mon/Wed/Fri 9-10 AM Instructor-Audrey Williams* Variations of water exercises with cardio and weights emphasizing use of the noodles.
- Cardio Strength** *Mon/Wed/Fri 8-9 AM and Tue/Thu 5-7 PM Instructor-Carolyn Young* Aerobic dance to warm-up, then cardio exercises-Strength training with handheld weights and ankle weights, ab work, stretching and cool down. Some step aerobics.
- Childcare** *Mon-Fri 8 AM-12 PM and Mon-Thu 330-7 PM* Available to all members and guests, during scheduled hours; \$2.50/child for a 2-hour maximum/day. Children between the ages of six (6) weeks and twelve (12) years are welcome.
- Core Conditioning** *Mon/Fri 915-945 AM Instructor-Ginger Hipp* Works your core (abs and lower back) for greater strength, stability and balance.
- DEGREE** *Mon 530-630 PM & Tue/Thu 515-615 PM & Every 1st and 3rd Sat 8-9 AM Instructor-Ginger Hipp* Full body workouts focusing on the main components of fitness: power, speed, strength and agility. Appropriate for all ages and fitness levels.
- Family Swim Time** *Fri 4-8 PM & Sat 8-1130 AM* Members' children and grandchildren, 12 years and younger, are welcome to swim. Member must stay in the pool or pool area. Children not related to the member are allowed with a \$5 guest fee. Limit of three (3) children/member.
- Interval Training** *Tue/Thu 8-9 AM Instructor-Sandy James* Aerobics to warm-up and raise your heart rate. Toning with weights, Swiss balls, tubes, etc. Ab work for 10 minutes and a cool down.
- OWLS** *Tue/Thu 1030-11 AM Instructor-Ginger Hipp/Sandy James* Older, Wiser, Leaner, Stronger Strength & resistance training for mature adults Stay tone and fit while gaining strength and endurance.
- Pilates I** *Wed 915-1015 AM Instructor-Sandy James* Aimed at improving flexibility, strength and balance in the body.
- Restorative Yoga** *Tue/Thu 915-1015 AM & Every 1st and 3rd Sat 915-1015AM Instructor-Ginger Hipp* The art of "active relaxation", designed for when you feel fatigued, weak or stressed out. Great class for beginners.
- Viyasa Flow Yoga** *Wed 5-6 PM Instructor-Cherie Hale* Characterized by focus on flow between traditional yoga postures. Attention placed on linking breathing with the motion of the body, with the pace of breathing dictating the movement and length of time held in postures.
- Water Strength/Yoga** *Tue/Thu 9-10 AM Instructor-Sharon Mock* Foam weights, noodles, stretch bands. Gentle stretching to strengthen core muscles and improve balance. Water walking with knee lifts, straight leg lifts, etc.
- Water Therapy** *Mon-Fri 1-2 PM Instructor-Shelley Westbury* Targets those who suffer from a variety of bone and joint problems. The program helps to promote weight loss, increase range of motion and improve stability.
- Water Therapy** *Tue/Thu 1030-1130 AM Instructor-Sharon Mock* Targets those suffering from a variety of bone and joint problems. Promotes weight loss, increased range of motion and improves stability.
- Yoga at Wyboo** *Mon/Fri 945-1045 AM and Thu 11 AM Instructor-Cherie Hale/Ginger Hipp* Active yoga class that combines strength training, core stability, use of breathing and flexibility. Strengthen arms, legs and core muscles creating stability for balance and posture.
- Zumba** *Wed 6-7 PM & Sat 11 AM-12 PM Instructor-Sheila Tindal* Combination of Latin and international music combined with active dance elements to make exercise fun and effective.