

# GROUP FITNESS SCHEDULE

## Wellness & Aquatics Center

Monday - Saturday 6:00 am - 8:00 pm

Sunday 12:00 pm - 6:00 pm

301-475-4200 ext. 1821

[www.stmaryscountymd.gov/recreate/wellnesscenter](http://www.stmaryscountymd.gov/recreate/wellnesscenter)



Land Fitness  
Classes



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 am Dig DEEP		8:00 am Burn & Stretch		8:00 am Dig DEEP	
9:00 am Body Balance & Flex	9:00 am Spin	9:00 am Body Balance & Flex	9:00 am Spin	9:00 am Body Balance & Flex	9:00 am Zumba Wukkup
9:00 am Aqua Blast	9:00 am Aqua Rock	9:00 am Aqua Blast	9:00 am Aqua Rock	9:00 am Aqua Blast	9:00 am Aqua Blast
10:15am Zumba	10:15am Ageless Athletes	10:15 am Zumba Gold	10:15am Sit & Sweat		
10:00am Aqua EZ	10:00 am Flex & Stretch	10:00 am Aqua Anything Goes	10:00 am Flex & Stretch	10:00 am Flex & Stretch	10:15 am Aqua Zumba
	11:00 am Aqua Arthritis		11:00 am Aqua Arthritis	11:00 am Aqua Arthritis	
	12:00 pm Aqua Express		12:00 pm Aqua Express		
	1:00 pm Aqua Arthritis		1:00 pm Aqua Arthritis		
5:45 pm Zumba	5:45 pm H.I.I.T	5:45 pm Gentle Yoga	5:45 pm 30/30 Tabata & Core		
					Updated 2.13.24



# Class Descriptions



## **ZUMBA**

An energizing dance fitness class featuring Latin and International music. Exercise in disguise! You'll burn lots of calories and have a great time doing it!

## **ZUMBA GOLD**

Great for active older adults looking for a modified Zumba class at a lower intensity that introduces easy-to-follow choreography with a focus on balance, range of motion, and coordination.

## **ZUMBA WUKKUP**

A high energy Soca based dance fitness class that's designed to make you sweat and have fun, just like you would at a Caribbean carnival!

## **30/30 TABATA & CORE**

Looking for a fast, simple, total body workout? This high intensity class will have you burning calories from warmup to cooldown. Tabata is 20 seconds of short intense anaerobic exercise followed by 10 seconds of rest and will have your heart pumping! The second half of class is 30 minutes of strength and core exercises that will ensure better posture and balance.

## **HIIT AND HIIT EXPRESS**

HIIT is geared toward all fitness levels and combines body resistance with free weights and plates to strengthen your total body. Classes vary each time and utilizes timed tracks and tabata. Movements vary from burpees to overhead lunges with/without plates to pushups and air squats. Jump rope and running/jogging may also show up from time to time! This class will guarantee a sweat in a motivational group environment. HIIT Express is a condensed 30 min version of the class.



# Class Descriptions



## **GENTLE YOGA**

Gentle Yoga is a class structured around rejuvenating and healing the body. This class provides a workout without putting unnecessary strain on joints. Employing modifications and props as necessary to standard yoga poses allows for a safe practice-all while allowing the body to achieve each position comfortably.

This class focuses on stretching all areas of the body, while releasing stress and tension. Appropriate for beginners and experienced students who simply prefer to move at a more comfortable pace. Gentle Yoga Express is a condensed 30 min version of the class.

## **BODY BALANCE AND FLEXIBILITY**

Body Balance is a gentle total body, low impact, muscle-building workout with an emphasis on barre work, what more can you ask for!? We'll work the entire body but give your core the special treatment it deserves. Suitable for all fitness levels.

## **BARRE**

You don't need to be a ballerina to workout at the barre! Join us for a low impact, muscular endurance workout that focuses on high repetitions and small, isometric movements. Instructors are sure to have your muscles shaking and burning so you walk out of class feeling sleek, toned and accomplished. All fitness levels welcome.

## **BODY BARRE**

Body Barre is a body-toning, weight-lifting workout! Barre is full of benefits like improved muscle definition, greater flexibility and better posture. Barre is also a great way to help manage and reduce your stress levels.



# Class Descriptions



## **SPIN**

An indoor cycling workout that focuses on endurance, strength, intervals and high intensity work. Energizing music and challenging terrain will motivate you and leave you wanting more at the end of class. Spin offers an environment to work out at your pace no matter where you are on your fitness journey. All fitness levels welcome.

## **RISE & GRIND**

Set the TONE for your day with this full body morning workout. Build strength, cardio endurance and your core through various formats, Workouts are suitable for all fitness levels.

## **BOOTCAMP**

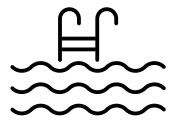
A muscle building, fat burning workout that utilizes cardio, body weight, dumbbells and other exercise equipment in varying formats including circuits, tabata and more! Workouts are suitable for all fitness levels.

## **AGELESS ATHLETES**

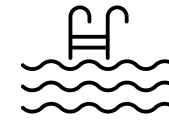
A great workout for any age and any fitness level. Experience a full body workout that will increase your strength, mobility and flexibility through low impact cardio and strength exercises.

## **SIT & SWEAT**

Get ready to sit and sweat with our seated aerobics class. Experience a full body workout increasing strength, balance, flexibility and mobility with the assistance of a chair. Appropriate for all fitness levels!



# Class Descriptions



## **AQUA BLAST**

A great aerobic workout in shallow or deep water, depending on your comfort level. Have fun exercising at mid to high intensity, geared for all fitness levels. Join us for a dynamic cardiovascular and strength-building workout!

## **AQUA ROCK**

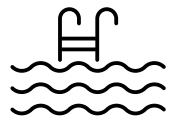
An energizing cardio pump aerobic workout set to a mix of your favorite tunes. Have fun exercising at mid to high intensity in both shallow and deep water. The class utilizes a variety of equipment to enhance your experience. Join us for a dynamic cardiovascular and strength-building workout!

## **AQUA FLEX & STRETCH**

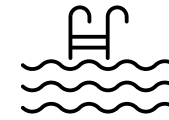
A warm water, muscle target training and stretching class. This is a low impact class using water resistive training to isolate and target specific muscle groups to improve muscular endurance and strength. Aquatic stretching will improve overall flexibility and balance.

## **ARTHRITIS FOUNDATION AQUATICS**

The Arthritis Foundation Aquatic Program provides instruction for individuals who suffer from arthritis including methods and treatments to increase strength and flexibility. Exercises include range of motion and muscle strengthening exercises with optional equipment. Topics include how to use water resistance to improve health and wellbeing, improve muscular strength, flexibility and balance. The program follows the Arthritis Foundation Aquatic Program guidelines. Participants do not need to know how to swim in order to participate.



# Class Descriptions



## **DIG DEEP AQUATICS**

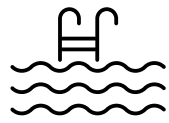
Shake up your daily exercise routine with a challenging, low impact, deep water workout! This 60-minute high-intensity workout focuses on strength, endurance and aerobic fitness, utilizing a variety of aqua equipment. Dig DEEP is great for all participants but is particularly beneficial for runners, swimmers or cyclists looking to give their joints a rest and get the heart pumping. Participants must be able to swim.

## **AQUA ZUMBA**

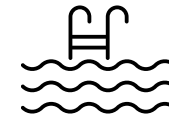
Keep the Zumba fitness workout party going in the pool. Typical land-based Zumba dance steps, such as cha-cha, meringue, salsa, reggaeton and mambo are more exaggerated and slower in the water. The integration of these movements mixed with the philosophy of traditional aqua fitness disciplines blend together into a safe, challenging, water-based workout that is cardio-conditioning, muscle strengthening, and most of all, exhilarating beyond belief. Certified instructors will lead you through this fun, low-impact exercise class using Latin-inspired music to get you moving.

## **AQUA ANYTHING GOES**

This total body water workout could include cardio, core, balance and strength training... but how? A variety of formats including but not limited to Tabata, noodle work, weight training, Barre, or maybe just your body weight combined with the water's resistance will keep your body guessing... Expect to groove while you move as the time flies by to a variety of tunes! Most classes will have a playlist theme... After you find out what it is, will you be able to guess any of the day's songs? You have to go if you want to know!



# Class Descriptions



## **AQUA EZ**

Aqua EZ is a low impact, warm water aerobic exercise class suitable for all age groups. The class is designed to maintain and improve range of motion, flexibility, muscle strength and boost endurance. Class will include gentle aerobic exercises, as well as strength training, utilizing noodles and dumbbells for added resistance.

## **BURN & STRETCH**

Wake up and smell the chlorine! This energizing aquatics class uses a combination of stretching, muscle toning, and cardio work to get the day started. This class utilizes a variety of aqua equipment. All levels welcome, students do not have to be swimmers to participate.

## **AQUA MOTION**

Aqua Motion will focus on traveling & movement in the water. We will add in muscle strengthening, flexibility, balance, & finish with a deep stretch. We will introduce exercising with aquatic equipment such as dumbbells, noodles & belts. This is a great introductory class for those who have never exercised in the lap pool or taken an aqua aerobics class before.

## **AQUA EXPRESS**

Join us for a 45 minute express aqua workout at lunchtime. This warm water class will focus on light cardio, muscle strengthening, flexibility, and balance. We will utilize aquatic exercise equipment such as noodles and dumbbells for resistance and floatation.



St. Mary's County Recreation & Parks  
Wellness & Aquatics Center