

GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Circuit Sculpt 6AM (60min) Cheryl Z.		HIIT 6AM (60min) Cheryl Z.	Spinning 6AM (45min) Angela	Circuit Sculpt 6AM (60min) Cheryl Z.	
	Pilates 8AM (60min) Lisa			TRX 8AM (45min) Amanda	Spinning 8:30AM (60min) Rotating Instructor
Spinning 8:30AM (45min) Angela	Spinning 8:45AM (45min) Christine	TRX Circuit 8:45AM (45min) Beau	Spinning 8:45AM (45min) Dawn	Spinning 8:45AM (45min) Christine	Zumba 8:45AM (60min) Carolyn
Total Body Conditioning 9AM (45min) Lisa/Sam	Barre 9AM (45min) Lisa	TRX Circuit Reloaded 9:30AM (45min) Beau	Pilates 9AM (60min) Jean	Total Body Conditioning 9AM (45min) Sam	Yoga Flow 9:45AM (60min) Rotating Instructor
Mindful Yoga 10AM (60min) Eryn	SilverSneakers Classics 10AM (60min) Carolyn	Yin Yoga 10:30AM (60min) Cheryl M.	SilverSneakers Classics 10AM (60min) Jean	Cardio Drumming 10AM (60min) Carolyn	
				Conscious Yoga 11:15AM (60min) Deirdre	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	GROUP FITNESS INFORMATION	
Spinning 6PM (60min) Chris	NEW CLASS! TRX 5PM (45min) Beau			Pre-registration required. Registration opens each Monday at 12AM online. Class participation must be more than 3 people 24 hours in advance to run. Less than 3 people, we may cancel. No call /no show subject to \$10 charge.	
Functional Fitness 6PM (45min) Beau	Yoga Building Blocks 6PM (60min) Jean	Spinning 6PM (60min) Chris	Subtle Strength Yoga 6PM (60min) Jean		

Updated: 12/1/2024

BARRE: This low impact class combines Pilates, dance, and functional fitness training. We incorporate small isolated movements to fatigue muscles, a large range of motion to elevate the heart rate, and sequencing that incorporates the upper and lower body to make every minute count. This results in a total body workout that leaves you mentally strong and feeling accomplished.

CARDIO DRUMMING: Come and sweat to great tunes and get moving! This class will work on your cardiovascular and tone your lower body as well. Several levels are demonstrated and you will have fun!

CIRCUIT SCULPT: This strength-based workout challenges every muscle group using a wide variety of equipment and short bursts of cardio.

CONSCIOUS YOGA: A creative fusion of qigong warm ups, dynamic yin-yang vinyasa and holding poses, breathwork and mindfulness. We will build strength and cardiovascular capacity by linking postures with flowing vinyasas to develop core stability, hip and shoulder opening and spinal flexibility with variations offered for all levels. (Intensity: Gentle/Moderate)

TOTAL BODY STRENGTH & CONDITIONING: Whether you're using weights or your own body, this class changes every time to keep you challenged. Draws on other formats (like Barre, Bootcamp and HIIT) to create variety.

TRX Circuit: We will use the TRX Suspension Trainer and other tools/formats (that's the Plus!) for a full-body workout. In each class we hit legs, chest, back, shoulders, arms, and abs! You're in control of how much you want to challenge yourself on each exercise - because you can simply adjust your body position to add or decrease resistance.

FUNCTIONAL FITNESS: This high intensity, total body workout incorporates balance, core and strength exercises throughout. Beau will put the FUN in functional!!

YIN YOGA: An energizing flow of postures that are geared toward beginners and those who prefer to take it slow. This class will also explore Yin yoga, where poses are held for longer increments of time.

HIIT: Equipment use is minimal, but this high intensity interval class takes calorie burn to the max! Expect to work hard as you tackle a circuit that challenges cardiovascular and muscular strength and endurance.

YOGA BUILDING BLOCKS – LEARNING AND

PRACTICING BASICS: Appropriate for anyone brand new to yoga or looking for a class that is not focused on vinyasa (flow). The class will focus on basic poses, alignment, breath, and building the skills required to be able to join any yoga class. We will spend time getting into poses then hold to build strength. We will also use Somatic techniques and Yin to increase ease and flexibility. Please bring: 1 or 2 yoga mats and a stiff blanket or several beach towels. Requirements: Must be able to get up and down from the floor without help. (Intensity: Gentle/Moderate)

PILATES: Become firm, fit and flexible with a flowing repertoire of stretching, strengthening and stabilizing exercises. Reshape your body and rethink your workout using this total body conditioning exercise!

SUBTLE STRENGTH YOGA: We quiet the mind then put it to work with empowering poses to strengthen the whole body. Focus on the proper alignment and endurance for all levels of participants. The key to safety is building strength over time. So commit to feeling and being mind-body strong.

SILVER SNEAKERS CLASSIC: Focus on muscular strength and range of motion to ultimately increase agility, improve functional capabilities and your fitness level while boosting your sense of well-being.


SLOW FLOW YOGA: This class focuses on the exploration of basic yoga poses. Postures are broken down and modifications are offered as we flow and connect attention to breath, alignment and mindfulness. All levels are welcome. (Intensity: Moderate)

SPINNING: This cardio workout isn't boring! Challenge your mind, push your strength and improve your endurance. All levels are welcome.

ZUMBA: The fusion of Latin and International music creates a dynamic dance party that doubles as an effective workout. You'll burn calories and tone your body in this high-energy class. Modifications will be taught to include all dancers. You'll have a great time dancing "around the globe".

MINDFUL YOGA: This gentle yoga class offers a mix of meditation and yoga stretches. This class includes breathwork exercises as well as savasana/meditation at the end.

AQUATIC SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Swim 5AM - 5:30AM	Open Swim 5AM - 6AM	Open Swim 5AM - 5:30AM	Open Swim 5AM - 6AM	Open Swim 5AM - 5:30AM	Open Swim 6:30AM - 4PM
Tri-Training 5:30AM - 7AM	HIIT Class 6AM - 6:45AM	Tri-Training 5:30AM - 7AM	HIIT Class 6AM - 6:45AM	Tri-Training 5:30AM - 7AM	
Open Swim 7AM - 8:15AM	Open Swim 6:45AM- 5:45PM	Open Swim 7AM - 8:15AM	Open Swim 6:45AM- 5:45PM	Open Swim 7AM - 8:15AM	
Aqua Fitness 8:15AM - 9AM		Maximum Liquid 8:15AM - 9AM		Aqua Fitness 8:15AM - 9AM	
Silver Splash 9:45AM- 10:30AM		Silver Splash 9:45AM- 10:30AM		Silver Splash 9:45AM- 10:30AM	
Open Swim 10:30AM-8PM	Maximum Liquid 5:45PM- 6:30PM	Open Swim 10:30AM-8PM	Maximum Liquid 5:45PM- 6:30PM	Open Swim 10:30AM - 7PM	SUNDAY Open Swim 9AM - 4PM
	Open Swim 6:30PM - 8PM		Open Swim 6:30PM - 8PM		

Pre-Registration is required for all aquasize classes. Check online or call the front desk. 269.429.2101

Equipment is provided for all classes.

Class Descriptions

HIIT - High Intensity Interval Training

Maximum Liquid - Fun-filled aerobic moves

Senior Splash - Low impact with a focus on flexibility and strength conditioning

Tri-Training - Advanced swimming workouts. Participants must be able to swim 500 yards (10 Laps) continuously in under 10 minutes. The average swim consists of approximately 2500 yards.

Updated: 09/01/2024

Aquatic Center Information

The Aquatic Center at South Shore Health & Racquet Club has something for everyone. We hope you enjoy your experience. We are committed to your health and safety. With this in mind, please take a moment to read the rules and regulations for the Aquatic Center.

Rules & Regulations

- **The Aquatic Center closes ONE HOUR before the club.**
- **Aquatic Center locker rooms close when the Aquatic Center closes.**
- There is NO lifeguard on duty.
- Children between the ages of 10-14 must pass our swim test to swim during open swim. (Parents must be in the building)
- Children under the age of 14 are not permitted to use the spa or steam room.
- All guests must enter the pool facing forwards with a feet first entry, no diving is permitted.
- No street shoes are allowed on the pool deck.
- No running or rough housing.
- All guests must shower using soap before entering the pool or spa and after steam room use.
- No food, gum, or glass containers are permitted in the Aquatic Center.

Lane Reservation Policy

In order to be fair to ALL members and guests we ask that you follow these simple rules.

- Lane #1 & 2 are available for reservation up to 1 week in advance
- Reservations may be made using the South Shore App. Please see our Front Service Desk for additional information
- You may also call our Front Service Desk to make reservations.
- Lane #3 is a drop in lane and you may only sign up at our Front Service Desk upon arrival at the club.
- Lane reservations may be made for 1 - 30 minute time in a 6 hour time period per day
- Any swimmer with 3 “no-shows” in a 30 day period may be charged a \$5.00 fee for the missed reservation and may lose reservation privileges
- Lane reservations will only be held for 5 minutes
- Time is kept on our “digital clock” in the Aquatic center.
- Cancellations must be called in to our Front Service Desk at 429-2101.
- The shallow side of our pool is NOT a lap lane. You must yield to any other activity in that area.