



The Wellness Center

THE LEAGUE

AEROBICS SCHEDULE 2026

Session I:	January 5th - February 28th	<i>Makeup week: March 2nd - 7th</i>
Session II:	March 9th - May 2nd	<i>Makeup week: May 4th - 9th</i>
Session III:	May 11th – July 4th	<i>Makeup week: July 6th - 11th</i>
Session IV:	July 13th - September 5th	<i>Makeup Week: September 7th - 12th</i>
Session V:	September 14th - November 7th	<i>Makeup Week: November 9th - 14th</i>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:30 - 12:30 PM Aqua Shock Karen Wilson		11:30 - 12:30 PM Aqua Shock Karen Wilson			7:00-8:00 AM AM Jam Gail Williams-Glasser
7:00-8:00 PM Aqua Happy Hour Gail Williams-Glasser		5:30PM-7:00PM Aerobox & Pilates Donnacize			9:30AM-11:00 AM Abs, Tone & Stretch Donnacize
	7:00-8:00 PM Water Aerobics Karen Wilson	7:00-8:00 PM Aqua Zumba Tamarra Fleming	7:00-8:00 PM Water Aerobics Karen Wilson		
Aerobics 8-Week Session					

	Premier Member	Regular Member	Non-Member
<i>1 Class</i>	Included	\$45	\$55
<i>2 Class</i>	Included	\$65	\$75
<i>3 Class</i>	Included	\$85	\$95
<i>4 Class</i>	\$35.00	\$105	\$115
<i>Drop-In Fee (Space Permitting)</i>	\$10.00	\$10.00	\$10.00

CLASS DESCRIPTIONS

- **AM JAM:** This is the class for those who want to JAM first thing in the morning. This is a full, active, one-hour cardio class in the water. We use floats and constantly move. Leave refreshed and ready to start your weekend. All fitness levels are welcome; participants are requested to use water shoes.

Instructor: Gail Williams-Glasser

- **AQUA HAPPY HOUR :** A non-impact intense 60-minute workout that improves cardiovascular endurance. The class is for all levels of fitness. Be sure to inform the instructor of any medical concerns.

Instructor: Gail Williams-Glasser

- **WATER AEROBICSA** non-impact intense 60-minute workout that improves cardiovascular endurance. The class is for all levels of fitness. Be sure to inform the instructor of any medical concerns.

Instructor: Karen Wilson

- **AQUA ZUMBA** features exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students.

Instructor: Tamarra Fleming-Winbish

- **Aqua Shock**

Aqua Shock is for those who want to energize their morning in the pool. Enjoy a low- to moderate-impact, one-hour cardio workout in the water. We use floats and keep the body moving with controlled, steady movements. Leave refreshed and balanced for the rest of your day. All fitness levels welcome; water shoes are recommended.

Instructor: Karen Wilson

- **AEROBOX & PILATES**

Aerobox

A non cardiovascular aerobic workout that incorporates boxing techniques, such as kicks, punches ,squats etc. The Aerobox class will also work the upper body (arms, chest, shoulders) and your core muscle groups (rectus abdominals and love handles).

- **Pilates**

A method of exercise and physical movement designed to stretch, strengthen, and balance the body. It helps with flexibility, alignment, and stabilizing & strengthen your core which helps relieve and prevent back pain. When doing Pilates, you gain proper breathing. And the greatest benefit of all is that you tone your body, lose weight and feel great!

Instructor: Donnacize

- **ABS,TONE & STRETCH (Dumbbells Required & Bands are included)**

This dumbbell and band resistant workout will challenge your major muscle groups. This consists of squats, presses, lifts and curls as you strengthen, tone and define your entire body. You determine the level you'll work at by choosing the appropriate dumbbell weight and band resistance.

You will:

- * Build strength
- * Tone muscle
- * Shed fat
- * Burn calories

Aerobics

An repetitive movement that causes you to lose weight by moving the largest muscles in your legs, hips and arms. Your heart rate is increased and your body benefits in many ways.

You will:

- * Burn calories
- * Lower Your risk of heart disease
- * Boost your mood ,immunity and stamina

Instructor: Donnacize

CLASS & REGISTRATION REMINDERS

- ***There will be **NO REFUNDS!*****
- ***Please plan to arrive **15 minutes prior to the start of class** to allow adequate time for scanning in, making drop-in or session payments and changing clothes.***
- ***Please re-register at the beginning of each 8-week session. If you are not registered for a class, your name will not be listed on the class roster at the beginning of each class, which means if a class is canceled for any reason, we have no way in which to notify you.***
- ***Instructors subject to change without notice. Check with the Wellness Center for updates.***
- ***All classes **60 MINUTES** unless otherwise indicated.***