

GROUPEFIT & HYDROFIT CLASS SCHEDULE

Nov—Dec
22

Pre-registration for classes is available to Premium Members only. All other members must wait until the "General Public Registration Date" to register for classes. All classes are first come first serve until capacity is reached. Classes may be registered for by day, rather than full sessions. All HydroFit & GroupFit classes are included with the Premium Membership. Spotlight classes are reduced for Premium Members. All Basic Members or other general public patrons must pay the daily class fee of \$10 per class. Punch cards (\$100) are available in packages of 10 hours and never expire.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

This schedule runs from November 1st—December 23rd. **NO HYDROFIT CLASSES 11/13 & 11/14!! No classes on Thanksgiving!** All classes must be individually registered for by date.

MORNING

KICK IT UP A NOTCH
6:00a—7:00a | Anna
442054-02

STRONG BODY & MIND
6:00a—7:00a | Anna
442016-02

STEP IT UP
6:00a—7:00a | Anna
442053-02

STRONG BODY & MIND
6:00a—7:00a | Anna
442016-02

FUN FRIDAY
6:00a—7:00a | Anna
442055-02

TOTAL BODY CONDITIONING
7:05a—8:05a | Anna
442046-02

CORE & MORE
9:00a—10:00a | Leona
442028-02

SILVER&FIT^{EXPERIENCE}
SILVER & FIT EXPERIENCE
8:50a—9:50a | Leona
442042-02

FIT FOR LIFE
9:00a—10:00a | Leona
442044-02

SILVER&FIT^{EXPERIENCE}
SILVER & FIT EXPERIENCE
8:50a—9:50a | Leona
442042-02

TRIATHLON & OPEN WATER SWIM TRAINING
6:30a—7:30a | Chris
10/14—11/18 441080-01
12/2—1/6 441080-02

CHISEL & STRETCH
8:10a—9:10a | Anna
442022-02

WATER MOVEMENT
9:15a—10:15a | Mary
442081-02

SIT & FIT—GREAT FOR REHAB!
10:00a—11:00a | Joan
442059-02

WATER MOVEMENT
9:15a—10:15a | Mary
442081-02

AQUAFIT
10:20a—11:20a | Amy
442084-02

Premium Member: \$5/ class
Basic Member &
General Public: \$10/ class

HYDRO INTENSITY
9:15a—10:15a | Cynthia
442080-02

AFTERNOON

AQUAFIT
10:20a—11:20a | Amy
442084-02

AQUAFIT
10:20a—11:20a | Amy
442084-02

GET MOVING
11:30a—12:30p | Joan
442088-02

YOGALATIES
9:00a—10:00a | Leona
442013-02

YOGA FLOW
9:15a—10:15a | Teresa
442011-02

GET MOVING
11:30a—12:30p | Joan
442088-02

SUNDAY

TOTAL BODY CONDITIONING
9:05a—10:05a | Anna
442046-02

SUNDAY SPLASH
10:50a—11:50a | Joan
442087-02

ADULT LAP TRAINING
12:10p—1:10p | Anna
441070-02

PREMIUM MEMBER REGISTRATION:
Tuesday, October 25th

BASIC MEMBERS & GENERAL PUBLIC REGISTRATION:
Tuesday, November 1st

EVENING

CHISEL & STRETCH
5:55p—6:55p | Anna
442022-01 starts on 11/8

TOTAL BODY CONDITIONING
6:15p—7:15p | Anna
442046-02

CHISEL & STRETCH
5:55p—6:55p | Anna
442022-01 starts on 11/17

HYDRO INTENSITY
6:30p—7:30p | Cynthia
442080-02

HYDRO INTENSITY
6:50p—7:50p | Cynthia
442080-02

HYDRO SPIN
7:50p—8:50p | Meagan
442098-02

Premium Member: \$5/ class
Basic Member &
General Public: \$10/ class

PILATES SCULPT
7:00p—8:00p | Teresa
442092-02

**Aquatic
+Fitness^{EXPERIENCE}
Center**

parksreg.tonawanda.ny.us [ONLINE REGISTRATION]

nsosnowski@tonawanda.ny.us | 716-876-7424 | www.ttypr.com | 1 Pool Plaza, Buffalo, NY

Joseph H. Emminger, Supervisor
Town of Tonawanda

Carl Szarek, Councilman
Chairman, Youth, Parks & Recreation Committee

Mark Campanella, Superintendent
Parks & Recreation Department

HYDROFIT CLASSES

All classes are first come first serve until capacity is reached.



Adult Lap Training—Anna & Brandon

This program is designed for any adult looking for a good swim workout!

Participants will be provided a workout to their level.

Participants must be able to swim several lengths of the pool within the designated class time. Whether you are trying to get into shape, a triathlete, or competitive swimmer, the coaches design a program to work on stroke technique and intensity to suit your ability.

Suggested Age: 18+

Level: Intermediate—Advanced

AquaFit—Amy

An advanced program of at least 40 minutes of aerobics, followed by strengthening exercises. Resistance equipment will be used in this class.

Suggested Age: All Ages

Level: All Levels

Get Moving—Joan

A variety of moves that will cover the entire body. Moves will be modeled for different ability levels. Some resistance equipment will be used to enhance specific moves.

Suggested Age: All Ages

Level: Beginner—Intermediate

Hydro Intensity—Cynthia

This class will rotate emphasis on abs, arms and legs.

Incorporates wall work, Tabata and kickboxing techniques.

Suggested Age: All Ages

Level: Intermediate—Advanced

Sunday Splash—Joan

This class will keep you moving with a variety of exercises that you will recognize from land classes. The class will be adapted for all skills levels. Resistance equipment will be used at times to make sure that exercises are safe, yet still challenging.

Suggested Age: All Ages

Level: Beginner—Intermediate

Water Movement—Mary

A non-stop, very effective and guided, body-toning movement in the shallow end of the pool. It offers a peaceful, full-body workout including wall work, aquatic exercise equipment and a cool down. The intensity can be adjusted by individual as strength, flexibility, range of motion, coordination, balance and endurance improve.

Suggested Age: Adult/ Senior Adult

Level: All Levels

GROUPFIT CLASSES

All classes are first come first serve until capacity is reached.



Body Shred—Anna

This cardio-weight interval class in the perfect midweek class to get you to Friday! The class will incorporate functional movements that will provide the ultimate workout to develop strength, endurance, balance, coordination, flexibility, power and core stability.

Suggested Age: 18+

Level: Advanced Beginner

Chisel & Stretch—Anna

This class is designed to help build strength and endurance. This class includes strength training, cardio exercises, bodyweight exercises and finishes with core training and 20-30 minutes stretching for a complete workout.

Suggested Age: 18+

Level: Beginner

Core & More—Leona

For any adult who wants to improve their core strength and stability while improving their flexibility, posture, balance and body awareness. The class uses mats and various Pilates equipment and various light resistance equipment. The course uses methods from mat Pilates, yoga, and corrective exercises. Various levels and modifications for each exercise.

Suggested Age: Adult

Level: All Levels

Fit For Life—Leona

For Adults who need to improve their fitness level. Exercises will include resistance, core, balance, cardio and stretching using a variety of equipment. Emphasis on proper body alignment. Various levels and modifications for each exercise.

Suggested Age: Adult/ Senior Adult

Level: All levels

Fit Mama—Bethany

This boot camp-style class is outlined the same as our **Warrior Bootcamp** class, but is designed specifically for Women! Participants will work through a variety of strength and high intensity training sequences.

Suggested Age: Adult/ Senior Adult

Level: All levels

F- AB Friday—Bethany

An advanced 1 hour workout that will work every angle of your core. This class goes above and beyond sit-ups and crunches to define and sculpt the abdominals, obliques, and lower back.

Suggested Age: 18+

Level: All levels

FUN Friday—Anna

This cardio-weight interval class will kickstart your weekend. We want to keep you guessing - each class is designed to be different and “FUN.” Variety is the spice of life. Be ready for ANYTHING!

Suggested Age: 18+

Level: Intermediate

Glove Up—Bethany

Come and try this introduction to kickboxing class. The class will consist of a variety of cardio kickboxing moves mixed with a variety of HIIT & stations!

Suggested Age: 18+

Level: Beginner

Kick It Up A Notch—Anna

Kick up your fitness with this Kickboxing workout. It's a great cardiovascular workout of both force and speed. It improves your strength, cardiovascular fitness, flexibility, coordination and balance. Also, a great (and healthy) way to relieve stress and help mental clarity.

Suggested Age: 18+

Level: Intermediate

Morning Tai Chi—Mary

Learn the “soft” martial art of Tai Chi. It is great for relaxation, balance, and energy. Experience the mental, physical and spiritual balance of this relaxing yet stimulating form of exercise. We offer instruction in the standard 24 Form Tai Chi known around the world.

Suggested Age: All Ages

Level: Beginner

Pilates—Teresa

Focus on building strength, stabilize your core, back muscles and an overall full body stretch. This will allow you to achieve cardio goals with minimal injury!

Suggested Age: All Ages

Level: All Levels

Sit & Fit—Joan

This class will offer a variety of moves that can be done in a chair (or standing). We will use resistance equipment on some exercises, too. This class would be great for those looking for a fresh start at fitness or those rehabbing.

Suggested Age: Senior Adult

Level: Beginner

Step It Up—Anna

This step fitness class will get your heart pumping. You will follow a choreographed routine which uses the elevated bench (step) providing a great low-impact workout while developing balance and flexibility. Boost your cardio endurance and then finish the class by doing some strength and core training.

Suggested Age: Ages 18+

Level: Intermediate

Silver & Fit Experience—Leona

A class open to all but strongly recommended for our Silver&Fit® members. Silver&Fit® Experience is for moderately active older adults who exercise in some way one or two days per week. The class is designed to increase the participant's flexibility, joint stability, dynamic balance, coordination, agility, reaction-time, muscular strength, and cardiovascular endurance.

Suggested Age: Senior Adult

Level: Beginner

Stretch It Out—Anna

A great way to wind down. This evening class will work out all of your tension from your day. Who doesn't need a stretch? Stretching keeps the muscles flexible and healthy. We all need that flexibility to maintain range of motion in the joints. If you tend to NOT stretch after a workout, then this class is for you.

Suggested Age: 18+

Level: Intermediate

Strong Body & Mind—Anna

What a fantastic way to start your day. This early morning class will work your body and mind. It will challenge you physically and mentally. This class is a total body, heart pumping, cardio, and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance, and clear your mind before you start your busy day!

Suggested Age: 18+

Level: Intermediate

Strength Training—Matt

If you have ever been interested in getting stronger or gaining muscle, but didn't know where to begin, this class is ideal. You will learn the proper technique and safety on a variety of exercises, while simultaneously becoming stronger and more confident. **LOCATED IN GYM**

Suggested Age: All Ages

Level: Beginner

Tai Chi—Mary

Enjoy this centuries- old soft martial art. The gentle fluid movements of this moving meditation provide a head-to-toe workout increasing your balance, strength, relaxation and energy.

Suggested Age: All Ages

Level: All Levels

Total Body Conditioning—Anna

Work all muscle groups with a variety of strengthening and conditioning exercises. This athletic-based sculpting class tones upper and lower body using resistance like hand weights, body bars and your own body weight.

Suggested Age: 18+

Level: Advanced Beginner

Warrior Bootcamp—Bethany

This boot camp-style class will work on all a full body conditioning experience. Participants will work through a variety of strength and high intensity training sequences.

Suggested Age: Adult

Level: Intermediate—Advanced

Yogalities—Leona

Work all muscle groups with a variety of strengthening and conditioning exercises. This athletic-based sculpting class tones upper and lower body using resistance like hand weights, body bars and your own body weight.

Suggested Age: 18+

Level: Advanced Beginner