

December 2018 CVPH Wellness & Fitness Center Schedule

LOWER Intensity
MODERATE Intensity
HIGHER Intensity

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	Boot Camp Cari - Gym		Boot Camp Greg -Gym		Boot Camp John - Gym		
7:00 AM		HIIT the Step (45min) Katie - Studio	Pickleball Free Play 7:00-9:00am	HIIT the Step (45min) Katie - Studio	Pickleball Free Play 7:00-9:00am		
7:45 AM 8:00 AM	<i>7:45am Yoga</i> Ginny - Studio	<i>8:00am Yoga</i> Gretchen - Studio		<i>8:00am Yoga</i> Gretchen - Studio		Pick-Up Basketball 8-9am	Pick-Up Basketball 8-11am
9:00 AM	Strong Bones Cari - Gym	Functional Fitness (Chair Exercises) Kara - Gym	Strong Bones Greg - Gym	Functional Fitness (Chair Exercises) Becky - Gym	Strong Bones Kara- Gym	Spin & Tone Megan-Gym	
10:00AM		Next Steps PAID PROGRAM	NEW TIME! Barre Strength & Stretch Victoria - Studio	Next Steps PAID PROGRAM		Yoga Rita - Studio	
		Pickleball Free Play 11:00-2:00pm - Gym		Pickleball Free Play 11:00-2:00pm - Gym			
1:00 PM	Total Body Fit Katie- Gym	Next Steps PAID PROGRAM	Total Body Fit Cari - Gym Healthy Steps -Studio	Next Steps PAID PROGRAM	Total Body Fit Greg-Gym	Pickleball Saturday 1-3pm	Free Play Sunday Gym
2:00 PM	Pickleball Free Play 2:00-3:00pm - Gym		Pickleball Free Play 2:00-4:00pm - Gym		Pickleball Free Play 2:00-4:00pm - Gym		
4:00 PM	Body Weight Blast (30min) NEW TIME! Megan - Gym						
4:30 PM	Spin & Stretch Rachel - Studio Step & Tone Christiana - Gym	Spin & Sculpt Kelly - Gym	Butts & Guts (45min) 4:15pm Christiana-Studio Next Steps PAID PROGRAM	Zumba Jenna - Studio Step & Tone Christiana - Gym	Burn & Tone (75min) Kelly - Studio Next Steps PAID PROGRAM		4:00pm(75min) Spin Strength & Stretch Kelly - Studio
5:30 PM	Cardio Circuit & Strength Megan - Gym Mega Meltdown PAID PROGRAM 11/26 - 1/23 Katie - Gym	BarreFlow (45min) Kathy - Studio	NEW! POUND® Alison - Studio Interval Training Camp Katie - Gym Mega Meltdown PAID PROGRAM 11/26 - 1/23 5:00-5:30pm Katie - Gym	<i>5:45pm</i> Spin Class (45min) Jason - Gym NEW! Yoga Todd - Studio	Interval Training Camp Greg - Gym Mega Meltdown PAID PROGRAM 11/26 - 1/23 Katie - Gym		
6:00 PM		Next Steps PAID PROGRAM		Next Steps PAID PROGRAM			
6:30 PM	Volleyball League COMMUNITY RENTAL 6:45 - 9:00PM - Gym (Hoops not available)	Champlain Valley Dance COMMUNITY RENTAL 6:30-8:00PM - Studio 8:00-8:45PM - Gym Karate - PAID PROGRAM 6:30-8:00pm - Gym (Hoops not available)		Karate - PAID PROGRAM 6:30-8:00pm - Gym (Hoops not available)	Pickleball Free Play 7:00-9:00pm - Gym		

December 2018 CVPH Wellness & Fitness Pool Schedule

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM		Aqua Combat (30 min) Henry		Aqua Combat (30 min) Henry			
10:00 AM	Aqua Aerobics Lizzie	Aqua Aerobics Instructor Rotation	<i>10:15am</i> Deep Aqua Aerobics Instructor Rotation	Aqua Aerobics Lydia	Power WAVE (45 min) <i>10:15am - Katie</i>		Deep/Shallow Aqua Aerobics Lydia
5:00 PM		Preschool Aquatics PAID PROGRAM Shallow end 5:00-6:00pm (11/6 – 12/18)			Family Swim Free to members \$2 per non-member 5:00-7:00pm		
5:30 PM	Aqua Aerobics (Mary)		Deep Aqua Aerobics (Bridgette)	Aqua Aerobics (Bridgette)			

During 3:30-5:30pm on weekdays an extra lane may be put in, providing 2 lanes for programs, 2 lanes for lap swim, 2 lanes for exercise area

DECEMBER INFORMATION / EVENTS / RENTALS

CHRISTMAS EVE HOURS – 6:00AM-12:00PM CLOSED ON CHRISTMAS
NEW YEAR'S EVE HOURS – 6:00AM-12:00PM CLOSED ON NEW YEAR'S DAY

MEMBER HOLIDAY GIFT: As a treat to our members, we have gift certificates at the front desk to hand out. Each member can receive 2 certificates that they can then give to a non-member as a holiday gift. The non-member can redeem the certificate for one free month, a 30min fitness assessment and a 30min personal training appointment. Certificates available starting on December 5th.

NEW CLASS: Yoga on Thursdays at 5:30pm with Todd in the Studio. Prana Vinyasa Flow Yoga is a system of Hatha Yoga in which each asana (pose) flows in to the next, preparing, building and deepening the expression of asana and the experience. The practice will increase your mobility, awareness of your body and the breath, body, movement connection. Ultimately the practice of yoga will improve Strength, Flexibility, Coordination, Agility, Balance and aid in recovery.

NEW CLASS: POUND® on Wednesdays at 5:30pm with Alison in the Studio. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable, and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

NEW CLASS TIME: Barre Strength & Stretch is now at 10:00am on Wednesdays with Victoria in the Studio.
NEW CLASS TIME: Body Weight Blast is now at 4:00pm on Mondays with Megan in the Gym.

DISCONTINUED CLASSES FROM NOVEMBER: Zumba on Mondays & Fridays at 10:00am. Boot Camp on Tuesdays at 4:30pm. Beginning Belly Dance on Thursdays at 6:30pm

HOLIDAY KID'S NIGHT OUT: Join us for a fun filled night of crafts, games, and swimming. Ages: 5 - 12yrs. Cost: \$10 per child. Friday, December 14th 5:30PM to 8:00 PM. Preregister by Dec. 12th.

FRIDAY NIGHT FAMILY SWIM: November 2nd – May 31st Fridays 5:00 – 7:00pm. These fun filled evenings run during the Winter months. Free for members, and open to non-members in the community for \$2.00 per person.

SCUBA RENTAL: Saturday, Dec 29th and Sunday, Dec 30th from 2:00-5:00pm. Scuba rents ½ the pool. Lap lanes and open exercise area are still available but limited during this time.

BASKETBALL TEAM RENTAL: A youth basketball team will rent the full court in the gym on Saturdays – 12/8, 12/15, 12/22 from 4:00-5:30pm

Center Hours

Monday – Friday 5:00AM - 9:00PM
 Saturday / Sunday 7:00AM-6:00PM

Pool Hours

Monday-Thursday 5:30AM-8:45PM
 Friday 5:30AM – 7:00PM
 Saturday / Sunday 7:00AM-5:45PM