

# January 2019 CVPH Wellness & Fitness Center Schedule

**LOWER** Intensity  
**MODERATE** Intensity  
**HIGHER** Intensity

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	<b>Boot Camp</b> Cari - Gym		<b>Boot Camp</b> Greg -Gym		<b>Boot Camp</b> John - Gym		
7:00 AM			<b>Pickleball Free Play</b> 7:00-9:00am		<b>Pickleball Free Play</b> 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	<b>Progressive Chair Yoga</b> PAID PROGRAM 7:45am 1/4 - 3/8 - Ginny	<b>Pick-Up Basketball</b> 8-9am	<b>Pick-Up Basketball</b> 8-11am
9:00 AM	<b>Strong Bones</b> Cari - Gym	<b>Functional Fitness</b> (Chair Exercises) Kara - Gym	<b>Strong Bones</b> Greg - Gym	<b>Functional Fitness</b> (Chair Exercises) Becky - Gym	<b>Strong Bones</b> Kara- Gym	<b>Spin &amp; Tone</b> Megan-Gym	
		<b>NEW TIME - 9:15am</b> <b>HIIT the Step (45min)</b> Katie - Studio		<b>NEW TIME - 9:15am</b> <b>HIIT the Step (45min)</b> Katie - Studio			
10:00AM		<b>Next Steps</b> PAID PROGRAM	<b>Barre Strength &amp; Stretch</b> Victoria - Studio	<b>Next Steps</b> PAID PROGRAM		<b>Yoga</b> Rita - Studio	
		<b>Pickleball Free Play</b> 11:00-2:00pm - Gym		<b>Pickleball Free Play</b> 11:00-2:00pm - Gym			
1:00 PM	<b>Total Body Fit</b> Katie- Gym	<b>Next Steps</b> PAID PROGRAM	<b>Total Body Fit</b> Cari - Gym <b>Healthy Steps -Studio</b>	<b>Next Steps</b> PAID PROGRAM	<b>Total Body Fit</b> Greg-Gym	<b>Pickleball Saturday</b> 1-3pm	<b>Free Play Sunday</b> Gym
2:00 PM	<b>Pickleball Free Play</b> 2:00-3:00pm - Gym		<b>Pickleball Free Play</b> 2:00-4:00pm - Gym		<b>Pickleball Free Play</b> 2:00-4:00pm - Gym		
4:30 PM	<b>Spin &amp; Stretch</b> Rachel - Studio	<b>Spin &amp; Sculpt (75min)</b> Kelly - Gym	<b>Butts &amp; Guts (45min)</b> 4:15pm Christiana-Studio	<b>Zumba</b> Jenna - Studio	<b>Burn &amp; Tone</b> Kelly - Studio		<b>4:00pm(75min)</b> <b>Spin Strength &amp; Stretch</b> Kelly - Studio
	<b>Step &amp; Tone</b> Christiana - Gym		<b>Next Steps</b> PAID PROGRAM	<b>Step &amp; Tone</b> Kelly - Gym	<b>Next Steps</b> PAID PROGRAM		
5:15pm		<b>Intro to Exercise</b> PAID PROGRAM 1/15 - 2/21 - Greg	<b>Mega Meltdown -5:00pm</b> PAID PROGRAM 11/26 - 1/23 - Katie	<b>Intro to Exercise</b> PAID PROGRAM 1/15 - 2/21 - Greg			
5:30 PM	<b>Cardio Circuit &amp; Strength</b> Megan - Gym	<b>BarreFlow (45min)</b> Kathy - Studio	<b>Interval Training Camp</b> Katie - Gym	<b>Yoga</b> Todd - Studio	<b>Interval Training Camp</b> Greg - Gym		
	<b>Mega Meltdown</b> PAID PROGRAM 11/26 - 1/23 - Katie		<b>POUND®</b> Alison - Studio	<b>Intro Suspension Training</b> PAID PROGRAM 1/10 - 2/28 - Megan	<b>Mega Meltdown</b> PAID PROGRAM 11/26 - 1/23 - Katie		
5:45 PM				<b>5:45pm Spin (45min)</b> Jason - Gym			
6:00 PM		<b>Next Steps</b> PAID PROGRAM		<b>Next Steps</b> PAID PROGRAM			
6:30 PM	<b>Volleyball League</b> COMMUNITY RENTAL 6:45 - 9:00PM - Gym (Hoops not available)	<b>Champlain Valley Dance</b> COMMUNITY RENTAL 6:30-8:00PM - Studio 8:00-8:45PM - Gym		<b>Karate - PAID PROGRAM</b> 6:30-8:00pm - Gym (Hoops not available)	<b>Pickleball Free Play</b> 7:00-9:00pm - Gym		
		<b>Karate - PAID PROGRAM</b> 6:30-8:00pm - Gym (Hoops not available)	<b>NEW!</b> <b>Beginning Belly Dance</b> Lizzie - Studio				

# January 2019 CVPH Wellness & Fitness Pool Schedule

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM		<b>Aqua Combat (30 min)</b> Henry		<b>Aqua Combat (30 min)</b> Henry			
10:00 AM	<b>Aqua Aerobics</b> Lizzie	<b>Aqua Aerobics</b> Instructor Rotation	<b>10:15am Deep Aqua Aerobics</b> Instructor Rotation	<b>Aqua Aerobics</b> Instructor Rotation	<b>Power WAVE (45 min)</b> <b>10:15am - Katie</b>	<b>9:30am Aqua Aerobics (45min)</b> <b>NEW!</b> Henry	
4:00 PM 5:00 PM	<b>Learn to Swim</b> PAID PROGRAM 4:00-6:00PM 1/23 – 3/20	<b>Parent &amp; Child</b> PAID PROGRAM 5:00-6:00pm 1/22 – 2/26 <b>Pre-Team</b> PAID PROGRAM 4:00-5:00pm 1/22 – 3/14	<b>Learn to Swim</b> PAID PROGRAM 4:00-6:00PM 1/23 – 3/20	<b>Pre-Team</b> PAID PROGRAM 4:00-5:00pm 1/22 – 3/14	<b>Family Swim</b> \$2 per non-member 5:00-7:00pm		
5:30 PM	<b>Aqua Aerobics</b> (Mary)		<b>Deep Aqua Aerobics</b> (Bridgette)	<b>Aqua Aerobics</b> (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**

**JANUARY INFORMATION / EVENTS / RENTALS NEW YEAR'S DAY:** Tuesday, January 1<sup>st</sup> Center is Closed

**NEW CLASSES:** Aqua Aerobics (45min) at 9:30am on Saturdays with Henry. Beginning Belly Dance at 6:30pm on Thursdays with Lizzie.

**NEW TIME:** HIIT the Step with Katie is now at 9:15am on Tuesdays and Thursdays.

**DISCONTINUED CLASSES FROM DECEMBER:** Body Weight Blast at 4:00pm on Mondays. Deep/Shallow Aqua Aerobics at 10:00am on Sundays.

**INTRO TO EXERCISE:** Paid Program. Jan 15<sup>th</sup> – Feb 21<sup>st</sup>. Tuesdays & Thursdays at 5:15pm with Greg. Cost: \$80. Limited to first 10 participants to register and pay.

**INTRO TO SUSPENSION TRAINING:** Paid Program. Jan 10<sup>th</sup> – Feb 28<sup>th</sup>. Thursdays at 5:30pm in the Gym with Megan. Cost: \$60. Limited to first 10 participants to register and pay.

**PROGRESSIVE CHAIR YOGA:** Paid Program. Jan 4<sup>th</sup> – March 8<sup>th</sup>. Fridays at 7:45am in the Studio with Ginny. Cost: \$60. Limited to first 10 participants to register and pay.

**LEARN TO SWIM:** Paid Program. Mondays & Wednesdays 4:00-6:00pm. Jan 23 – March 20. See center website for details. Cvphwellfit.com

**PARENT & CHILD:** Paid Program. Tuesdays 5:00-6:00pm. Jan 22 – Feb 26. See Center website for details. Cvphwellfit.com

**PRE-TEAM:** Paid Program. Tuesdays & Thursdays 4:00-5:00pm. Jan 22 – March 14. See Center website for details. Cvphwellfit.com

**VOLLEYBALL TOURNAMENT RENTAL:** Saturday, January 5<sup>th</sup> 10:30-5:30pm. Uses full court with 2 nets set-up. Track and equipment is still accessible to members.

**VOLLEYBALL LEAGUE RENTAL:** Mondays 6:45-9:00pm in the Gym. Uses full court with 2 nets set-up. Track and equipment is still accessible to members.

**SCUBA RENTAL:** Sat. Jan. 19<sup>th</sup> & Sun. Jan. 20<sup>th</sup> 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 – Jan 12<sup>th</sup>, Jan 19<sup>th</sup>, & Jan 26<sup>th</sup> from 4:00-5:30pm. Also, on Wed. Jan. 30<sup>th</sup> from 7:00-8:00pm

**CHAMPLAIN VALLEY DANCE RENTAL:** Tuesdays in the Studio from 6:30-8:00pm and in the Gym from 8:00-8:45pm.

## 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