



JULY

GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 6:15 AM BODYPUMP 45 - MPS ANTIONETTE	5:30 - 6:15 AM AM RUSH - MPS ANTIONETTE class begins 7-18-23	5:30 - 6:15 AM NEW! HYDRO HIIT - FP ANTIONETTE class begins 7-19-23	5:30 - 6:15 AM AM RUSH - MPS ANTIONETTE no class 7-13-23		8:00 - 9:00 AM CYCLE - CS DONALD	
7:00 - 7:45 AM ZUMBA - GX MERI	7:00 - 7:50 AM VIRTUAL RPM - CS	6:00 - 6:45 AM CYCLE - CS AMBER	7:00 - 7:50 AM VIRTUAL RPM - CS	06:00 - 6:45 AM CYCLE - CS CHERRY	8:00 - 9:00 AM BODYPUMP - MPS CHERRY	8:30 - 9:15 AM TKO - GX JULIE
8:00 - 8:45 AM ACTIVE - GX MARIA	8:30 - 9:30 AM BODYPUMP/LM CORE - MPS JENSS	6:00 SUNRISE YOGA - TP VICTORIA no class 7-05-23		6:00 - 6:45 AM SUNRISE YOGA - TP VICTORIA no class 7-7-23	8:00 - 8:45 AM S'WET BOOTCAMP - FP JOY/ANTIONETTE	9:00 - 10:00 AM CYCLE - CS CHERRY
8:30 - 9:25 AM S'WET - FP JILL	8:30 - 9:15 AM NEW LOCATION!! U-JAM - GX TAIPAI	8:00 - 8:45 AM ACTIVE - GX MARIA		7:50 - 8:35 AM ACTIVE - MPS JILL	9:00 - 10:15 AM ZUMBA - GX JODI	9:30 - 10:15 AM NEW TIME! U JAM - GX TAIPAI
8:30 - 9:15 AM BODYSHOP - MPS MICHELLE B	9:30 - 10:15 AM CYCLE - CS RICK	8:30 - 9:15 AM MAT PILATES - MPS SARA W	8:30 - 9:25 AM TKO - GX JULIE	8:30 - 9:15 AM HYDRO HIIT - FP TAWNY	9:15 - 10:10 AM CYCLE - CS JOJO	9:30 - 10:15 AM MAT PILATES - TP SARAH S
9:00 - 10:00 AM CYCLE - CS DONALD	9:30 - 10:15 AM BARRE - GX TAWNY	9:00 - 9:55 AM ZUMBA - GX ELENA	8:30 - 9:10 AM THE TRIP - CS AMY	8:45 - 9:40 AM MAT PILATES - MPS BONNIE	10:00 - 10:45 AM POP PILATES - GX JODI	10:30 - 11:15 AM BODYSHOP - MPS CHERRY
9:00 - 9:45 AM ZUMBA - GX RUDY	9:30 - 10:25 AM S'WET - FP DARE	9:00 - 10:00 AM CYCLE - CS AMY	9:30 - 10:15 AM BARRE - GX JESSIKA	9:00 - 9:45 AM BODYCOMBAT - GX MICHELLE B	9:30 - 10:30 AM VINYASA YOGA - MPS ELIZABETH	11:30 - 12:30 PM YOGA - TP GENEVIEVE
9:00 - 10:00 AM CARDIO TENNIS-COURT 8 ROSS	10:30 - 11:15 AM BONE BUILDING - GX BONNIE	9:45 - 10:45 AM YOGA - TP SARAH L	9:30 AM-10:15 AM MATRIX - MPS JULIE	10:00 - 10:00 AM CYCLE - CS GEORGE	10:00 - 10:55 AM AQUA FIT - FP LINDA	4:00 - 4:55 PM ZUMBA - GX JEN
9:30 - 10:15 AM MAT PILATES - MPS BONNIE	10:30 AM-11:15 AM MATRIX - MPS TAWNY	10:00 - 10:55 AM AQUA FIT - FP LINDA	9:30 - 10:25 AM POWER WAVES - FP JOY	11:00 - 11:50 AM VIRTUAL TRIP - CS	11:00 - 12:00 PM YOGA - GX GENEVIEVE	
10:00 - 10:45 AM BODYCOMBAT - GX JENSS	11:30 AM - 12:15 PM TAIJI FIT - GX NURY S	10:00 - 10:45 AM BOSU BLAST - GX TAWNY	10:30 - 11:15 AM POUND - MPS JILL	11:00 - 12:00 PM YOGA FIT - FP LINDA	11:00 - 11:55 AM AQUA FIT - FP LINDA	
10:00 - 10:55 AM AQUA FIT - FP LINDA	12:30 - 1:30 PM GENTLE YOGA - GX BRITNEY	11:00 - 12:00 PM YOGA - GX SARAH L	11:00 - 11:45 AM INTERMEDIATE TAI CHI - GX MIN no class 7-6-23	12:00 - 1:00 PM BODYPUMP/LM CORE - MPS JENSS	12:00 - 1:00 PM BODYPUMP/LM CORE - MPS JENSS	
11:00 - 12:00 PM YOGA - MPS SARAH L	12:30 - 1:00 PM (30 minutes) VIRTUAL SPRINT - CS	12:00 - 12:45 PM BODYPUMP - MPS SANDI	12:30 PM - 1:30 PM GENTLE YOGA - GX BRITNEY	12:30 - 1:00 PM (30 minutes) VIRTUAL SPRINT - CS	12:30 - 1:00 PM (30 minutes) VIRTUAL SPRINT - CS	
11:00 - 11:45 AM BEGINNING TAI CHI - GX MIN no class 7-3-23		12:00 - 12:50 PM VIRTUAL RPM - CS	12:30 - 1:00 PM (30 minutes) VIRTUAL SPRINT - CS			
12:00 - 12:45 AM NEW! CIRCUIT CIRCUS - GX TAWNY						
12:00 - 12:50 PM VIRTUAL RPM - CS	4:30 - 5:15 PM MAT PILATES - MPS BONNIE		4:30 - 5:15 PM MAT PILATES - MPS BONNIE	4:30 - 5:25 PM ZUMBA - GX MERI		
5:00-5:45 PM POUND - MPS TONEE (ANTIONETTE)	6:00 - 6:45 PM BODYCOMBAT - GX JENNY	5:00 - 5:45 PM ZUMBA - GX MERI/JENN	5:30 - 6:15 PM BARRE - GX TAWNY	5:30 - 6:15 PM BODYSHOP - MPS CECILIA		
6:00 - 6:45 PM ZUMBA - GX JILL	6:00 - 6:55 PM POWER WAVES - FP JILL	6:00 - 6:45 PM POP PILATES - GX JILL	6:00 - 6:55 PM S'WET BOOTCAMP - FP JOY	6:00-6:45 PM S'WET - FP DARE no class 7-28-23		
6:00 - 6:45 PM BODYSHOP - MPS CECILIA	6:00 - 6:45 PM STEP IT UP - MPS CECILIA no class 7-12-23	6:00 - 7:00 PM BODYPUMP/LM CORE - MPS MICHELLE B	6:30 - 7:15 PM ZUMBA - GX PATTY	6:00 - 6:45 PM THE TRIP - CS CHERRY		
6:00 - 7:00 PM CYCLE - CS GEORGE	6:30 - 7:30 PM CYCLE - CS GEORGE	6:00 - 7:00 PM CYCLE 30/30 - CS AMY	6:30 - 7:30 PM CYCLE - CS RICK			
7:00 - 8:00 PM RESTORATIVE YOGA - GX VICTORIA no class 7-3-23	7:00 - 8:00 PM VINYASA YOGA - GX ELIZABETH	7:00 - 8:00 PM GENTLE/RESTORATIVE YOGA - MPS VICTORIA	7:00 - 8:00 PM NEW!! VINYASA YOGA - MPS ELIZABETH			

CLASS LOCATIONS

- GROUP EXERCISE STUDIO - GX**
 - FAMILY POOL - FP**
 - CYCLE STUDIO - CS**
 - MULTI PURPOSE STUDIO - MPS**
 - TENNIS PAVILLION - TP**
 - CONFERENCE ROOM - CR**
- Reservations are required for all classes on TCC app

ANNOUNCEMENTS

- JULY 4TH**
- MODIFIED CLASS SCHEDULE**
- CHECK TCC FOR UP TO DATE INFORMATION

- JULY POP UP CLASS**
- ABBA AQUA**
- THURSDAY JULY 6 11:00AM

- LES MILLS LAUNCH WEEK**
- BEGINS JULY 17
- BODYPUMP, BODYCOMBAT, THE TRIP

- JULY 4-WEEK SPECIALTY CLASSES**
- \$80 PER PERSON/\$25 DROP IN
- SOCIAL DANCE** - FRIDAYS 6:00 PM
- SOUNDBOWL REIKI** - SUNDAYS 1:00 PM

GROUP EXERCISE CLASS DESCRIPTIONS

ACTIVE: This class is the perfect mix of cardio, strength, balance, and core. If you are just starting an exercise program, getting back to it, or want a class that will continue to keep you fit for an active life, then this is for you.

AIR-BUSH: Join us for this outdoor early morning high energy class that focuses on strength, endurance, cardio, core and community. The goal is to challenge you where you are at and keep you moving forward on your path to fitness.

AQUANT: Water is the fitness equalizer. Using the resistive and buoyant properties of the water, this class will help to improve your muscular and cardiovascular endurance, core strength and range of motion. Perfect class for all levels!

BARRE: This class combines dance, pilates and strength moves using small props and the ballet barre to get your heart pumping & a toned body!

BEGINNING TAI CHI: This class is for everyone regardless of prior experience. It introduces the basics of Tai Chi, starting from a standing posture, breathing, and whole body coordination, building up strong and flexible body movements with a peaceful inner universe. It lays out a firm foundation to move on to the next level.

BODYCOMBAT™: We strike, punch and kick, but without contact. Participants get their whole bodies fit and strong, burn massive calories, relieve stress, feel empowered and have a blast!

BODYSHOP: Join us each week for new exercises to keep your body guessing. Intervals of bodyweight, free weight, balance and core mixed with combinations of resistance training. Varying types of equipment used. This is a fun and effective class for all levels!

BODYPUMP™: This barbell class is based on THE REP EFFECT™, a proven formula that exhausts muscles using light weights and high repetitions, to sculpt, tone and strengthen the entire body.

BOSU BLAST: Challenging workout that combines balance training, strength, and cardio to strengthen the core, improve functionality, and create strong body awareness. We use the BOSU along with other props to provide an additional challenge. Participants should be able to get up and down off the floor easily.

BONE BUILDING CLASS: Designed to benefit those with low bone density, safe for those with spinal stenosis or disc herniation, it is also a lot of FUN. Accessible to anyone who is mobile enough to get down and up from the ground.

CARDIO SPLASH: Improve your cardiovascular fitness, endurance, and range of motion by performing simple choreographed moves. This class uses music and the resistance of the water to turn up the heat! Shallow and deepwater options. Floatation belts are used in the deep water.

CIRCUIT CIRCUIS: Join us for a 45-minute high-intensity Circuit extravaganza incorporating dynamic cardio, strength, and plyometric exercises using various props and equipment. Be prepared to squat, lunge, jump, and run around.

CYCLE: Challenging and fun class on our Kater bikes. You get a great cardio workout, as well as build endurance, strength, power and mental fortitude. Many types of terrains are simulated during your ride. SPD clips are needed for cycling shoes, but cycling shoes are not required.

CYCLE 30/30: Great for beginners and seasoned cyclists alike! This class is broken into two parts. The first 30 minutes will focus on endurance as well as deepening your comfort and ability to be challenged on the bike. The second half will transition to a more challenging ride including things like power climbs, sprints and high intensity intervals. Riders are welcome to stay for the entire class or cool down after the first 30 minutes.

GENTLE YOGA: A sequence of simple postures and stretches performed at a slower pace to allow space for deep breathing and relaxation. A great addition to any fitness routine!

INTERMEDIATE TAI CHI: This Tai Chi class teaches standing meditation, Qigong, and basic Tai Chi movements to build muscle strength and balance, raise self-consciousness, and enhance the flow of energy.

LES MILLS CORE™: 30-minute class that mixes body weight exercises along with resistance tubing and plates to train the muscles of the core. Instructors will guide you through moves and give options, so it's challenging yet achievable for every level of fitness.

MAT PILATES: Helps build muscular endurance, balance, body awareness, core strength, and flexibility for all fitness levels. Small props are used for standing and mat exercises. Participants should be able to get up and down off the floor independently.

MATRIX: Total body strength and conditioning class using movement patterns to pre-fatigue certain muscles in order to target others. Challenging, fun and effective!

POP PILATES™: Where strength meets flexibility. Think highly-focused movements that leave your body toned and transformed. This isn't your average workout. It's a dance on the mat.

POUND™: Instead of listening to music, you become the music in this exhilarating full-body workout. Using lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Drumsticks provided! All levels welcome!

FOUND UNPLUGGED™: Connects mind, body, and sound to create immersive, sensory experiences, unlike anything you've experienced in a group fitness class. High-intensity exercises with restorative movements, rhythmic breathing, and meditation. The instructor guides you through a deeply intentional journey designed to promote the health and fitness of the whole person – mental, physical, and emotional.

POWER WAVES: An intense aqua workout with interval training, plyometrics, power moves, and choreography to improve cardio fitness, muscular endurance, strength, and flexibility. No equipment – just you, the water, and great music! Floatation belts may be used in the deep water.

RESTORATIVE YOGA: Excellent pathway to quiet the mind and calm the body. Restorative postures release tension and encourage surrender into a deeper sense of relaxation and stillness through long passive holds in a series of restful poses. All levels are welcome and flexibility is not required!

SWEET™: Structured Water Exercise Training program designed to incorporate unique blocks of activity, each with a specific purpose, focused on H.I.I.T., strength and advanced cardio training, and a splash of fun that will challenge our entire body and make you SWEET!

SUNRISE YOGA: The morning is a sacred time when our spiritual energy is at its peak. Clarity and mindfulness throughout the day are just a few of the benefits of a morning practice. Come and join us outside as we open our bodies, hearts, and minds with gentle yoga. The class focuses on flexibility and mobility. All levels are welcome.

TAUJI FIT™: Taiji fit is a mind-body workout that combines the best of traditional Tai Chi with modern western fitness for any age or fitness level.

THE TRIP™: 40-minute class takes motivation and energy output to the next level, burning serious calories. Lose yourself in the experience and come out the other side mentally and physically invigorated.

TKO (TOTAL KNOCK OUT): A high energy workout combining a mix of martial arts and athletic conditioning. Heavy bag gloves are recommended, but not required.

U-JAM™: Combining the energy and grittiness of urban dance with fitness, U-Jam brings the party to every class. Expect fun, adrenaline-based urban beats from around the world with easy-to-follow dance moves.

VINYASA YOGA: A series of postures, one flowing seamlessly into the next, uniting body, mind, and breath, designed as a moving meditation. This class creates the opportunity to become stronger, more flexible, and balanced while practicing being present in the moment.

VIRTUAL RPM: A virtual instructor takes you on a journey of hill climbs, sprints and flat riding. You control the resistance levels and speed so you can build your fitness level over time.

VIRTUAL SPRINT: 30-Minute High-Intensity Interval Training workout with a virtual instructor, using an indoor bike to achieve fast results. It's a short intense style of training where the thrill and motivation comes from pushing your physical and mental limits.

YOGA: No matter your fitness goals or "Yoga is for every" body"! This class combines postures that coordinate with the breath and are performed at a gentle pace allowing time to be present and provide the opportunity to improve strength, flexibility, stability, alignment, and balance.

ZUMBA™: We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.