

August 2026 Group Ex and Aquatic Exercise Schedule

Classes are **FREE** to all **members!!**

Non-Members - \$9.00/\$4.50 on Thursdays

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	Cardio BodyPump		Body Pump		Cardio BodyPump	
8:00 AM	AQFIT-Lap	FINNING-Lap	AQFIT-Lap	FINNING-Lap	AQFIT-Lap	Body Pump
9:00 AM	Group Strength	30 Minute Cycle	Group Strength	30 Minute Cycle	Group Strength	*See Membership for more details on Rock Steady Boxing & Martial Arts. *All Classes are 45 minutes unless otherwise noted on the schedule. *Class schedule is subject to change.
	FUSION-Lap	AQSTRENGTH-Lap	MOVEIT-Lap	AQSTRENGTH-Lap	CHANGE IT UP-Lap	
	AQFIT-Therapy	AQFIT-Lap	AQFIT-Therapy	AQFIT-Lap	AQFIT-Therapy	
9:30 AM	Silver Sneakers		Silver Sneakers			
	Yoga Flow			Yoga Flow		
10:00 AM		AQLITE-Therapy		SILVER SPLASH - Therapy		
10:30 AM		Cardio Drumming		Cardio Drumming	Silver Sneakers	
10:45 AM	Gentle Yoga			Gentle Yoga		
	ArthritisX				ArthritisX	
12:00 PM	Chair Yoga	Silver Sneakers	Yoga Flow	Silver Sneakers		
				Chair Yoga		Lap Pool
2:00 PM	Rock Steady Boxing \$Paid Program		Rock Steady Boxing \$Paid Program		Rock Steady Boxing \$Paid Program	Therapy Pool
5:30 PM	Body Pump			Body Pump		Studio 1
6:00 PM		Yoga Flow				Studio 2
	AQFIT-Therapy	SWIM&SWEAT-Therapy	SWIM&SWEAT	AQFIT-Therapy	2855 Miller Dr. Suite 101 574-936-2333 www.fitnessforum.biz	Studio 3
6:30 PM		Martial Arts \$Paid Program		Martial Arts \$Paid Program		North Studio
	Dance2Fit	Step2Fit		Dance2Fit		Cycling Arena

Therapy pool is closed Tuesday and Thursday 7:45 am - 10 am and 11 am - 2 pm for Physical Therapy



Cardio	Strength	Seniors	Yoga	Aquatics Exercise
DANCE2FIT: is about movement that celebrates the power and rhythm of dance. The class is designed to unleash your inner dancer while delivering a full body workout. These classes incorporate 60% dance and 40% fitness to create a fun, full-body workout.	BODY PUMP: Challenge all your major muscle groups in 50 minutes by using the best weight-room exercises like squats, presses, lifts and curls. Great music; awesome instructors, and your choice of weight inspire you to get the results you came for fast!	SILVER SNEAKERS: In this class we'll focus on strengthening muscles and increasing range of movement for daily life activities while having fun. Participants can use hand-held weights, elastic tubing with handles and an exercise ball. There are seated and standing exercises. Do what you can, use the chair for support if you need it.	YOGA FLOW: Balance, flexibility, strength, stress relief, recovery, and restoration --traditional yoga postures and breath practices with a steady meditative rhythm. Calm your mind and invigorate your body. All experience levels are welcome. Restorative Flow slows the practice down and is a great place to start if you're new.	AQFIT: Exercise without the wear and tear on your body. More challenging than aqualite. AQFIT uses the natural resistance of the water as a great way to get in shape or stay in shape. Swimming skills are not necessary to share in the benefits of flexibility, muscle, toning and cardiovascular fitness!
CARDIO DRUMMING: This class brings together drumsticks and an exercise ball, dance and move to the music for a great brain and body workout. This class can be done in a chair as well, so all levels of fitness are welcome.	GROUP STRENGTH: This class incorporates weights to tone and condition the body. It is a class that will target each major muscle group using barbells, dumbbells and a wide range of body weight exercises.	Visit our website for updates on schedules: www.fitnessforum.biz	GENTLE YOGA: This is a slow moving, meditative class with longer periods of stretching and restorative movement. Relieve stress, recover from injuries, and heal. The entire class is done on the floor with little to no strain on joints.	AQLITE: With emphasis on body awareness and keeping the joints in a stable position you reduce the effort required to do the exercises by using floatation devices and very lightweight equipment this class is great for people with mobility issues or those new to aquatic exercise.
CARDIO BODYPUMP: A barbell workout where every movement plane is worked using weights and bodyweight.	SPIN: A combo of energetic cardio & strength training segments to help you shred fat and build lean muscle.	CLINICAL: Rock Steady Boxing is a paid program that requires a diagnosis of Parkinsons.	BREATH 'N' Motion YOGA: Focus on cultivating self-awareness and self-regulation, you will be guided through practices that support grounded living and holistic wellbeing.	AQSTRENGTH: Work on your posture while strengthening your core. Add bands for the strength element.
STEP2FIT: is a high-energy step workout that combines cardio, strength, music, and toning all in one. Not boring. Not repetitive. Just full-body results with GOOD VIBES.	Check out our FREE Support Groups: Weight Loss, Arthritis & Osteoporosis, Dementia, and Parkinson's.	Martial Arts: A discipline of a variety of styles designed for combat, self-defense, competition, and both mental & physical growth. It's application is actually a way of life. It builds up strength, character, stamina, and physical acuity. It will instill confidence and self-awareness in every aspect of your life. An accomplished Martial Artist does not walk through life in fear or dread but strives for peace and tranquility in balance and harmony. Respect is understanding the value of others.	CHAIR YOGA: Traditional postures are performed while seated or with the aid of a chair. The focus is on balance, flexibility, deep breathing, and improved posture.	SWIM & SWEAT: Yes! The goal is to sweat! The variety of exercises & equipment allow for a fast paced workout. You will burn calories.
CLASS CANCELLATION POLICY: Classes are scheduled based on instructor availability. If an instructor becomes ill or has an emergency, classes may be cancelled without notice. Thank you for understanding. We will do our best to find subs whenever possible.		Attention All High School Students: Earn your PE credit this summer through our Summer PE Course. Workout on your own time!		



Aquatics Exercise

RTHRITISX: Just what the doctor ordered! This program is geared for anyone who could benefit from joint mobility and muscle strength for daily living. It includes accommodations for individual limitations and does not encourage activities that might aggravate arthritis symptoms.

MOVEIT: You've go to move it, move it! This class offers the benefits of high energy calorie burning and calorie burning and the experience of cross training in the water, reducing the impact on the joints, specifically, the knees. Set to great music it's sure to be a fun workout!

CHANGE IT UP: You will use noodles, aqua bells & kickboards in this class. All 3 pieces of equipment allow for stretching, strength & cardio by pulling yourself up and down the rails & running across the pool!

FUSION: For the people who like to exercise to good music with a lively beat. It has a latin flavor with a little pop. It is a choreographed routine that is easy to catch on to and easy to remember!

FINNING: A great way to tone and strengthen your entire body. We use fins, noodles, kickboards & more. This class is great for the casual exerciser or the athlete who wants to improve endurance &/or speed in the pool. You do not need to know how to swim to participate in the class!

Studio 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	Cardio BodyPump		Body Pump		Cardio BodyPump	
8:00 AM						Body Pump
9:00 AM	Group Strength		Group Strength		Group Strength	
10:30 AM		Cardio Drumming		Cardio Drumming		
12:00 PM		Silver Sneakers		Silver Sneakers		
5:00 PM						
5:30 PM	Body Pump					
6:30 PM		Martial Arts \$ Paid Program		Martial Arts \$ Paid Program		\$ = Paid Program

CARDIO BODYPUMP: A barbell workout where every movement plane is worked using weights and bodyweight.

CARDIO DRUMMING: This class brings together drumsticks and an exercise ball, dance and move to the music for a great brain and body workout. This class can be done in a chair as well, so all levels of fitness are welcome.

BODY PUMP: Challenge all your major muscle groups in 50 minutes by using the best weight-room exercises like squats, presses, lifts and curls. Great music; awesome instructors, and your choice of weight inspire you to get the results you came for fast!

SILVER SNEAKERS: In this class we'll focus on strengthening muscles and increasing range of movement for daily life activities while having fun. Participants can use hand-held weights, elastic tubing with handles and an exercise ball. There are seated and standing exercises. Do what you can, use the chair for support if you need it.

GROUP STRENGTH: This class incorporates weights to tone and condition the body. It is a class that will target each major muscle group using barbells, dumbbells and a wide range of body weight exercises.

CHAIR YOGA: Traditional postures are performed while seated or with the aid of a chair. The focus is on balance, flexibility, deep breathing, and improved posture.

MARTIAL ARTS: A discipline of a variety of styles designed for combat, self-defense, competition, and both mental & physical growth.

It's application is actually a way of life. It builds up strength, character, stamina, and physical acuity. It will instill confidence and self-awareness in every aspect of your life. An accomplished Martial Artist does not walk through life in fear or dread but strives for peace and tranquility in balance and harmony. Respect is understanding the value of others.

Studio 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 AM	Silver Sneakers		Silver Sneakers			
10:30 AM					Silver Sneakers	
12:00 PM	Chair Yoga			Chair Yoga		
5:30 PM				Body Pump		
6:30 PM	Dance2Fit	Step2Fit		Dance2Fit		

SILVER SNEAKERS: In this class we'll focus on strengthening muscles and increasing range of movement for daily life activities while having fun. Participants can use hand-held weights, elastic tubing with handles and an exercise ball. There are seated and standing exercises. Do what you can, use the chair for support if you need it.

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DANCE2FIT: is about movement that celebrates the power and rhythm of dance. The class is designed to unleash your inner dancer while delivering a full body workout. These classes incorporate 60% dance and 40% fitness to create a fun, full-body workout.

STEP2FIT: is a high-energy step workout that combines cardio, strength, music, and toning all in one. Not boring. Not repetitive. Just full-body results with GOOD VIBES.

October-December

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Cycling Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM		30 Minute Cycle		30 Minute Cycle		

SPIN: A combo of energetic cardio & strength training segments to help you shred fat and build lean muscle.

North Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 AM	Yoga Flow			Yoga Flow		
10:45 AM	Gentle Yoga			Gentle Yoga		
12:00 PM			Yoga Flow			
2:00 PM	Rock Steady Boxing \$ Paid Program		Rock Steady Boxing \$ Paid Program		Rock Steady Boxing \$ Paid Program	\$ = Paid Program
5:00 PM						
6:00 PM		Yoga Flow				

YOGA FLOW: Balance, flexibility, strength, stress relief, recovery, and restoration --traditional yoga postures and breath practices with a steady meditative rhythm. Calm your mind and invigorate your body. All experience levels are welcome. Restorative Flow slows the practice down and is a great place to start if you're new.

GENTLE YOGA: This is a slow moving, meditative class with longer periods of stretching and restorative movement. Relieve stress, recover from injuries, and heal. The entire class is done on the floor with little to no strain on joints.

CLINICAL: Rock Steady Boxing is a paid program that requires a diagnosis of Parkinsons.

Therapy Pool

	Monday	Tuesday	Wednesday
9:00 AM	MOVEIT-		
	AQFIT		AQFIT
10:00 AM		AQLITE	
10:45 AM	RTHRITISX		RTHRITISX
6:00 PM	AQFIT	SWIM&SWEAT	SWIM&SWEAT

MOVEIT: You've go to move it, move it! This class offers the benefits of high intensity interval training and the experience of cross training in the water, reducing the impact on your joints. Set to great music it's sure to be a fun workout!

AQFIT: Exercise without the wear and tear on your body. More challenging than traditional fitness, the use of the water as a great way to get in shape or stay in shape. Swimmers will enjoy the benefits of flexibility, muscle, toning and cardiovascular fitness.

RTHRITISX: Just what the doctor ordered! This program is geared for anyone with arthritis or joint pain. It builds muscle strength for daily living. It includes accommodations for activities that might aggravate arthritis symptoms.

AQLITE: With emphasis on body awareness and keeping the joints in a stable position, this class teaches the exercises by using floatation devices and very lightweight equipment. Great for those with mobility issues or those new to aquatic exercise.

SWIM & SWEAT: Yes! The goal is to sweat! The variety of exercises & equipment used will help you burn calories.

Therapy pool is closed Tuesday and Thursday 7:45 am - 10 am



Thursday	Friday
	AQFIT
SILVER SPLASH	
	RTHRITISX
AQFIT	

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individual limitations and does not encourage

position you reduce the effort required to do
quipment this class is great for people with

ment allow for a fast paced workout.

and 11 am - 2 pm for Physical Therapy

Lap Pool

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 AM	AQFIT	FINNING	AQFIT	FINNING	AQFIT
9:00 AM	FUSION	AQSTRENGTH	MOVEIT	AQSTRENGTH	
		AQFIT		AQFIT	CHANGE IT UP

AQFIT: Exercise without the wear and tear on your body. More challenging than aqualite. AQFIT uses the natural resistance of the water as a great way to get in shape or stay in shape. Swimming skills are not necessary to share in the benefits of flexibility, muscle, toning and cardiovascular fitness!

FINNING: A great way to tone and strengthen your entire body. We use fins, noodles, kickboards & more. This is great for the casual exerciser or the athlete who wants to improve endurance &/or speed in the water. You do not need to know how to swim to participate in the class!

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CHANGE IT UP: You will use noodles, aqua bells & kickboards in this class. All 3 pieces of equipment allow for stretching, strength & cardio by pulling yourself up and down the rails & running across the pool deck.

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