

# January 2016 Group Fitness Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>5:30 AM</b>		Boot Camp Sarge Indoor Cycle Sarah	Pilates Monica	Boot Camp Sarge Indoor Cycle Jeanine	Power Tone Sarah	Indoor Cycle Sarah		
<b>6:30 AM</b>		Zumba Chris	Bike and Barre Jeanine Yoga 101 Lara	Cardio Blast Chris	Bike and Barre Jeanine	Cardio Blast Chris		
<b>7:30 AM</b>		Gold Tone Diana	Toning on a Ball Jeanine	Gold Yoga Jen	Tone & Stretch Jeanine	Gold Tone Jeanine	Core Galore *Additional Cost* Mylene	
<b>8:30 AM</b>	Cardio & Tone Karen/Eileen	Balance Body Flo Chris	Interval Class Mollie	Just Weights Mollie	Kickboxing Mollie	Core & Strength Mollie	Zumba Katia	
<b>9:30 AM</b>	Yoga Jen	Kickboxing Mollie	Power Tone Sarah	Indoor Cycle Mollie Zumba Jeanine	PiYo Becky	Indoor Cycle Mollie Zumba Rozali	Yoga *Additional Cost* Kathy	
<b>10:30 AM</b>	Yoga *Additional Cost* Kathy	Total Body Stretch Eileen	Core & Stretch Sarah	Gentle Kripalu Yoga Brigitte	Yoga Jen	Tai Chi Violet		
<b>11:00 AM</b>							Yoga Katie	
<b>11:30 AM</b>			Yoga & Balance Jen			Chi Kung Violet		
<b>1:30 PM</b>				Tai Chi Violet		<p><b>The first week of the month (January 4th through 8th) all aqua class start times will be pushed back a half hour. Aqua will start at 10:00AM and Aqua Yoga will start at 11:00 AM.</b></p> <p>Due to annual deep cleaning, maintenance and repair the Oro Valley Aquatic Center will be closed from January 25th through the 29th.</p> <p>All Aqua Classes are held at the Oro Valley Aquatic Center and start at the following times except for the above mentioned dates.</p>		
<b>2:30 PM</b>				Chi Kung Violet				
<b>3:30PM</b>				Total Body Tabata Violet				
<b>5:00 PM</b>			Line Dancing Karen		Indoor Cycle Karen Pilates Natalie			
<b>5:30 PM</b>		Athlete Flo and Stretch Jen		Dynamic Stretch Monica		<u>Monday</u>	<u>Wednesday</u>	<u>Friday</u>
<b>6:00 PM</b>			Toning on a Ball Katie		Little Black Dress Karen	Aqua 9:30AM Bonnie	Aqua 9:30AM Karen	Aqua 9:30AM Casey
<b>6:30 PM</b>		Core Galore *Additional Cost* Mylene				Aqua Yoga 10:30AM Violet		

**AQUA:** Not just aerobics in the water! Utilize 12-15% more resistance than exercising on land. Consistently work opposing muscle groups for a full class.

**AQUA YOGA:** It is a tremendous benefit to practice Yoga in the water - increasing flexibility, range of motion and strength. The water buoyancy is more comfortable than on land; much easier for joint, knee and hip exercise. Water resistance will slow the movement down, which is perfect for Yoga, as example: Tree Pose, Eagle Pose, 1 Leg Stand

**ATHLETE FLO AND STRETCH:** This effective class integrates movement, strength and breath work to help athletes excel, no matter their ability level. A faster paced flowing routine with specific Yoga poses; this class is designed for athletes and those of us whose flexibility may be challenged, but it is challenging enough even for the most flexible among us to reap its benefits. It's not just for athletes, it reaches the athlete in all of us by improving balance, flexibility, and power.

**BALANCE BODY FLO:** A workout that builds balance, flexibility and strength thru various equipment, Yoga, Pilates and cardio movements.

**BIKE AND BARRE:** This class will start out on the bike working cardio and interval training then off the bike to target full-body workout performed at the ballet barre creating long lean muscles and improved posture. Signature results include sculpted arms, abs, thighs and a lifted bottom.

**BOOT CAMP:** Challenge yourself with this calorie-blasting workout, using the traditional Boot Camp style approach. Boot Camp is geared toward all fitness levels. Modifications are always offered for the beginner to the advanced.

**CARDIO BLAST:** Experience this FUN cardio workout of Low impact aerobics that will boost your energy level, burn calories, reduce stress, and get you in shape! This workout develops functional coordination, cardio vascular endurance, strength, flexibility, balance and much more. Strength and stretching always included.

**CHI KUNG:** Chi kung means energy and breath, efficiently flowing through the entire body. Chi Kung practice will awaken the flow of chi that channels life energy into the body for detoxifying, cleansing, healing, and strengthening the internal organs. Use your mind to lead the chi (dynamic energy) to enhance your life force and increase inner strength.

**CORE GALORE®:** Pilates based body conditioning system geared at challenging participants' overall proprioceptive reflexes, flexibility and core stability, from the deconditioned participant up to the elite athlete. CORE GALORE® incorporates the Pilates Method's principles of length, alignment, control, precision, fluidity of movement and breath. Pilates inspired, fun infused, and delivers results!

**CORE AND STRETCH:** Improve your core strength while increasing flexibility.

**DYNAMIC STRETCH:** Dynamic stretching - Improve mobility flexibility strength and coordination for all your favorite activities with the most effective stretching props and techniques including static & active stretching, Franklin method, PNF and gentle yoga.

**GOLD TONE:** Cardio, Toning, Abs, and Stretch. This class is like discovering gold for the perfect body.

**GOLD YOGA:** This yoga class is for seniors/beginners. Expect mindful and detailed instructions on how to place and use your body in each pose.

**INDOOR CYCLE:** One Hour of interval training on indoor bikes. In Cycling Room.

**INTERVAL CLASS:** Want to add a twist to your standard cardio workout? When you switch between low and high-intensity movements you can improve your body's fat-burning ability.

**JUST WEIGHTS:** Resistance training that focuses on all major muscle groups using different weight intensity. Rev up your metabolism.

**KICKBOXING:** Total cardio! Kickboxing is the "hidden abs" workout. Simple moves utilize major muscle groups with consistent core work.

**LINE DANCE:** Learn basic line dance steps set to music. Great low impact cardio. No partner necessary.

**LITTLE BLACK DRESS:** Complete body toning, cardio intervals all to help you fit in your little black dress.

**PILATES:** A unique system of stretching & strengthening exercises developed over 90 years ago by Joseph H. Pilates. Strengthen and tone muscles while improving posture. Class provides flexibility and balance, and unites body & mind.

**PiYo:** A fun and challenging combination of yoga and Pilates. It is a low-impact, up tempo workout that will burn calories, tone muscles, work on balance, and give you a great stretch.

**POWER TONE:** Instructors rotate so each class is different. Some cardio, mostly weights and toning. All integrate Interval Training and Boot Camp style

**TAI CHI (Yang Form):** flowing movement for balance and strength.

**TONE & STRETCH:** Tone your torso muscles followed by a nice period of stretching. This class will increase your muscular endurance/flexibility through the use of weights, steps, and stretching.

**TONING ON A BALL:** Get ready to have a ball with this fun toning session that mixes things up with the use of a stability ball during the workout.

**TOTAL BODAY TABATA:** A practical and effective interval training for any fitness level. A series of workout the objective is to give it all you got on the 20 seconds and follow by 10 second rest. Easy to follow and a great workout.

**TOTAL BODY STRETCH:** Flexibility Exercises for the entire body.

**GENTLE KRIPALU YOGA:** Students of all ability levels and body types are welcome! Yoga of Compassion. More than making you flexible and strong. A unique way to integrate body, mind and spirit through opening to the wisdom of your body. Class is for the beginning and continuing Yoga student.

**YOGA 101:** This instructional based class uses creative sequencing and flows moving through full range of motion. Emphasis on bio-mechanics and breath work will establish a solid foundation from which to base your practice. Options will be demonstrated to advance through the postures or modify them to suit your current needs.

**YOGA & BALANCE:** A fluid, powerful, style of yoga that links movement and breath together and is based on intuition rather than tradition. Balance and Yoga heals, detoxifies and exhilarates the body and mind with emphasis on movement, balance, and intention.

**ZUMBA:** A Latin inspired dance fitness class that incorporates Latin & International music and dance movements.