

August 2016 Group Fitness Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM		Indoor Cycle Sarah Total Body Training Monica	Pilates Monica	Express Spin & Tone Sarah	Power Tone Sarah	Indoor Cycle Sarah	
6:30 AM		Zumba Jeanine	Bike and Barre Jeanine Yoga 101 Lara	Cardio Blast Jen	Indoor Cycle Jeanine Yoga 101 Lara	Cardio Fitness Rotation	
7:30 AM		Gold Tone Diana	Toning on a Ball Jeanine	Early Bird Yoga Jen	Tone & Stretch Jeanine	Target Toning Jeanine	
8:30 AM	Cardio & Tone Karen/Eileen	Balance Body Flo Tracie	Interval Class Casey Yoga with a View John	Just Weights Jeanine	Kickboxing Casey	Core & Strength Tracie	Zumba Katia
9:30 AM	Yoga Jen	Kickboxing Casey	Power Tone Jeanine	Zumba Jeanine	PiYo Becky	Zumba Rozali	Yoga *Additional Cost* Kathy
		Aqua Bonnie	Aqua Casey	Aqua Karen	Aqua Bonnie	Aqua Casey	Aqua Casey
10:30 AM	Yoga *Additional Cost* Kathy	Total Body Stretch Eileen	Core & Stretch Jeanine	Gentle Kripalu Yoga Brigitte	Yoga Jen	Tai Chi Jim	
11:00 AM							Yoga Katie
11:30 AM			Dynamic Staff Stretching Dr. Jim Wagner				
12:30 PM				Tai Chi Jim		New classes/instructors are highlighted in yellow Class will be held outside of the Garden Cafe Class is held in the lap pool	
1:30 PM			Chi Kung Jim				
4:30 PM		Athlete Flo and Stretch Jen					
5:00 PM			Line Dancing Karen	Zumba Rozali	Indoor Cycle Karen Pilates Natalie	Classes are subject to change. Call our front desk at 544-1900 for more info.	
6:00 PM		Karate (6-8pm)		Karate (6-8pm)	Little Black Dress Karen		

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.

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.

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 STAFF STRETCHING: Come experience a form of exercise that benefits all levels of fitness. Dynamic staff stretching is an ancient form of flexibility and balance training. You will use a 6' staff to manipulate and support your body into positions that will allow you to move in a greater range of motion.

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

EXPRESS SPIN & TONING: 35 minutes of cycle then toning!

HAVE A BALL!: A cardio/balance/core/stretch class with about 15 minutes of cardio warm up during which balance reflexes are increasingly challenged, followed by core strength and overall flexibility moves.

INTERVAL CLASS: Add a twist to your standard cardio workout. Switching 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.

TARGET TONING: Cardio, Toning, Abs, and Stretch. This class is like discovering gold for the perfect body.

STONE & 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 BODY STRETCH: Flexibility Exercises for the entire body.

TOTAL BODY TRAINING: Strength training with weights, bands, balls, and bodyweight. Cardio intervals mixed in to blast fat with stretching at the end.

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 WITH A VIEW: Just like Jen's other yoga classes only this one will be held outdoors (weather permitting).

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