

# February 2016 Group Fitness Schedule

|          | Sunday                             | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday  |
|----------|------------------------------------|---|---|---|---|---|---|
| 5:30 AM  |                                    | Boot Camp<br>Sarge<br><br>Indoor Cycle<br>Sarah | Pilates<br>Monica                                 | Boot Camp<br>Sarge<br><br>Indoor Cycle<br>Jeanine | Power Tone<br>Sarah                             | Indoor Cycle<br>Sarah   |   |
| 6:30 AM  |                                    | Zumba<br>Chris                                  | Bike and Barre<br>Jeanine<br><br>Yoga 101<br>Lara | Cardio Blast<br>Chris                             | Bike and Barre<br>Jeanine                       | Cardio Blast<br>Chris   |   |
| 7:30 AM  |                                    | Gold Tone<br>Diana                              | Toning on a Ball<br>Jeanine                       | Gold Yoga<br>Jen                                  | Tone & Stretch<br>Jeanine                       | Gold Tone<br>Jeanine  | Core Galore<br>*Additional Cost*<br>Mylene        |
| 8:30 AM  | Cardio & Tone<br>Karen/Eileen      | Balance Body Flo<br>Chris                       | Interval Class<br>Mollie                          | Just Weights<br>Mollie                            | Kickboxing<br>Mollie                            | Core & Strength<br>Mollie   | Zumba<br>Katia                                    |
| 9:30 AM  | Yoga<br>Jen                        | Kickboxing<br>Mollie                            | Power Tone<br>Sarah                               | Indoor Cycle<br>Mollie<br><br>Zumba<br>Jeanine    | PiYo<br>Becky                                   | Indoor Cycle<br>Mollie<br><br>Zumba<br>Rozali   | Yoga<br>*Additional Cost*<br>Kathy                |
| 10:30 AM | Yoga<br>*Additional Cost*<br>Kathy | Total Body Stretch<br>Eileen                    | Core & Stretch<br>Sarah                           | Gentle Kripalu Yoga<br>Brigitte                   | Yoga<br>Jen                                     | Tai Chi<br>Violet   |   |
| 11:00 AM |                                    |   |   |   |   |   | Yoga<br>Katie                                     |
| 11:30 AM |                                    |   | Dynamic Staff<br>Stretching<br>Dr. Jim Wagner     |   |   | Chi Kung<br>Violet  |   |
| 1:30 PM  |                                    |   |   | Tai Chi<br>Violet                                 |   | <b>New classes are highlighted in yellow</b>  |   |
| 2:30 PM  |                                    |   |   | Chi Kung<br>Violet                                |   | <b>New mats have been ordered for group fitness and will be arriving shortly. Take a class and be one of the first to use them!</b> |   |
| 3:30 PM  |                                    |   |   | Total Body Tabata<br>Violet                       |   | <b>All Aqua Classes are held at the Oro Valley Aquatic Center.</b>  |   |
| 4:30 PM  |                                    | Athlete Flo and Stretch<br>Jen                  |   |   |   | <b>All Aqua Classes are held at the Oro Valley Aquatic Center.</b>  |   |
| 5:00 PM  |                                    |   | Line Dancing<br>Karen                             |   | Indoor Cycle<br>Karen<br><br>Pilates<br>Natalie | <a href="#">Monday</a>  | <a href="#">Wednesday</a>                         |
| 5:30 PM  |                                    | Boot Camp<br>Sarge                              |   | Dynamic Stretch<br>Monica                         |   | <a href="#">Friday</a><br>Aqua<br>9:30AM<br>Bonnie  | <a href="#">Friday</a><br>Aqua<br>9:30AM<br>Casey |
| 6:00 PM  |                                    |   | Toning on a Ball<br>Katie                         |   | Little Black Dress<br>Karen                     | <a href="#">Monday</a><br>Aqua<br>10:30AM<br>Violet   |   |
| 6:30 PM  |                                    | Core Galore<br>*Additional Cost*<br>Mylene      |   |   |   |   |   |

**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:** This class will increase 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:** 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.

**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.

**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:** 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.

**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.