

# January 2017 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 Chris	Bike and Barre Jeanine Yoga 101 Lara	Cardio Blast Chris	Indoor Cycle Jeanine Yoga 101 Lara	Cardio Blast Chris	
7:30 AM		Youth Serum Diana	Toning on a Ball Jeanine	Early Bird Yoga Lara	Tone & Stretch Jeanine	Target Toning Jeanine	Core Galore Mylene
8:30 AM	Cardio & Tone Karen/Eileen	Balance Body Flo Chris	Boot Camp Tracie	Just Weights Jeanine	HIIT & Release Tracie	Core & Strength Tracie	Zumba Katia
			Yoga with a View John				
9:30 AM	Yoga Jen	PiYo Janet	Power Tone Janet	Zumba Jeanine	PiYo Janet	Zumba Rozali	Yoga *Additional Cost* Kathy
	Aqua Karen <b>BEGINS 1/15</b>	Indoor Cycle Tracie Aqua Bonnie		Aqua Karen			
10:30 AM	Yoga *Additional Cost* Kathy	Total Body Stretch Eileen Aqua Yoga Violet	Core & Stretch Janet	Gentle Kripalu Yoga Brigitte		Tai Chi Violet	
11:00 AM					Vinyasa Yoga (75 minutes) Lara		Yoga Katie
11:30 AM		Sit and be Fit Violet	Dynamic Staff Stretching Dr. Jim Wagner			Chi Kung Violet	
12:30 PM			Tai Chi Jim	Tai Chi Violet	Zumba Gold Rozali		
1:30 PM				Chi Kung Violet			
4:30 PM						New classes/instructors are highlighted in Orange	
5:00 PM		Athlete Flo and Stretch Paula	Line Dancing Karen	Toning on a Ball Mylene	Indoor Cycle Karen Pilates Natalie	Class will be held outside of the Garden Café or in the Sunset Room	
						Class is held in the lap pool	
6:00 PM		Martial Arts *Additional Cost*	Dynamic Stretch Monica	Martial Arts *Additional Cost*	Little Black Dress Karen	Classes are subject to change. Call our front desk at 544-1900 for more info.	

**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 Yoga routine with specific Yoga poses.

**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.

**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.

**CORE AND STRENGTH:** Get the best of both worlds in this class. Engage yourself in this full body workout and you will leave class sweaty!

**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.

**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!

**HIIT & RELEASE:** HIIT (High Intensity Interval Training) 30 minute cardio, strength, and plyometric movement using your body weight. This is a high energy and high-impact cardio workout designed to take your fitness to the next level. Then, offset your high intensity training with a 30 minute **Release:** various release techniques will be used to improve core stability, balance and flexibility.

**INTERVAL CLASS:** 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.

**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. A low-impact, up tempo workout that will burn calories, tone muscles, work on balance, and give you a great stretch

**POWER TONE:** Some cardio, mostly weights and toning. All integrate Interval Training and Boot Camp style.

**SIT AND BE FIT:** Function better in your daily life - sitting, standing up from a chair, walking and fall prevention. Increase strength, tone, muscle endurance & bone density. This class will improve core stability, balance, coordination & maintain good posture.

**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.

**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 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.

**VINYASA YOGA:** A faster paced yoga practice that synchronizes the breath with a continuing flow of postures. Sequences are demonstrated and linked with portions from a Sun Salutation practice.

**Yoga with Kathy Covington (additional cost):** Kathy's 14 years of teaching invite the deepening awareness of physical alignment & breath. Her supportive guidance & compassion for teaching lets the yogi freely explore their full potential so the poses celebrate the individual self.

**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:** John's hatha yoga class will be held outdoors weather permitting. In inclement weather, it will be held in either the Sunset Room or another indoor space.

**YOUTH SERUM:** Medium to high level aerobics for 35 minutes followed by weights. **Execution and intensity modifications are given to accommodate all ages.**

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

**ZUMBA GOLD:** This class is for active older adults looking for a modified Zumba class that recreates the original moves you love at a lower intensity.