

# FITNESS CLASS SCHEDULE

Effective on October 22, 2018

ALL FITNESS CLASSES ARE FREE FOR MEMBERS! (AGES 13+PLEASE)



|                  | TIME     | STUDIO (2nd Floor)         | POOL                   | GYM                       |
|------------------|----------|----------------------------|------------------------|---------------------------|
| <b>MONDAY</b>    |          |                            |                        |                           |
|                  | 6:30 am  | Body Conditioning (Randy)  |                        |                           |
|                  | 9:00 AM  | Zumba Gold (Angela)        |                        |                           |
|                  | 10:00 AM | Chair Yotailates (Michael) | Aqua Zumba (Angela)    |                           |
|                  | 6:30 PM  | Body Fit (Darlene)         |                        |                           |
|                  | 7:30 PM  | Stretch Plus (Darlene)     |                        |                           |
| <b>TUESDAY</b>   |          |                            |                        |                           |
|                  | 9:00 AM  |                            | Silver Splash (Tamika) |                           |
|                  | 10:00 AM | Sculpt & Stretch (Tamika)  |                        |                           |
|                  | 6:00 PM  |                            |                        | Group Cycling (Charmiane) |
|                  | 7:00 PM  | Zumba (Lisa P.)            |                        |                           |
| <b>WEDNESDAY</b> |          |                            |                        |                           |
|                  | 6:30 am  | Body Conditioning (Randy)  |                        |                           |
|                  | 8:45 am  | Yoga (Erica)               |                        |                           |
|                  | 9:00 AM  |                            | Aquacise (Darlene)     | Silver Classic (Tamika)   |
|                  | 10:00 AM | Pilates (Meryl)            |                        | Senior Stretch (Tamika)   |
|                  | 7:00 PM  | Abs & Back (Randy)         |                        |                           |
| <b>THURSDAY</b>  |          |                            |                        |                           |
|                  | 8:45 am  | Yoga (Nora)                |                        |                           |
|                  | 9:00 AM  |                            | Aquacise (Delvyne)     |                           |
|                  | 10:00 AM | Yotailates (Michael)       |                        |                           |
|                  | 12:00 PM | Tai Chi (Angela)           |                        |                           |
|                  | 6:00 PM  | Butts & Guts (Tamika)      |                        |                           |
|                  | 6:30 PM  |                            |                        | Group Cycling (Darlene)   |
|                  | 7:00 PM  | Zumba (Tamika)             |                        |                           |
| <b>FRIDAY</b>    |          |                            |                        |                           |
|                  | 9:00 AM  |                            | Aquacise (Darlene)     | Silver Classic (Tamika)   |
|                  | 10:15 AM | Zumba Body Sculpt (Tamika) |                        | Chair Stretch (Darlene)   |
|                  | 11:15 AM | Stretch Plus (Darlene)     |                        |                           |
| <b>SATURDAY</b>  |          |                            |                        |                           |
|                  | 7:30 AM  | Body Sculpt (Eunice)       |                        |                           |
|                  | 8:30 AM  | Zumba (Sheila N.)          |                        |                           |
|                  | 9:30 AM  |                            | Aquacise (Tracey)      |                           |
| <b>SUNDAY</b>    |          |                            |                        |                           |
|                  | 9:30 AM  | 90 Minute Zumba (Lisa P.)  |                        |                           |
|                  | 11:00 AM | Vinyasa Flow Yoga (Kathy)  |                        |                           |

## Fitness Class Descriptions

**Aquacise** - Pool Emphasis is placed on total fitness including warm-up, cardiovascular exercises, muscular strength for the lower and upper body, and range of motion exercises. The water is used for support and resistance. No swimming skills required.

**Body Fit** - Exercise workout good for strengthening and toning of all major muscle groups. Class includes workouts with weights, resistance bands, and strength exercises good for your entire body. Ab-dominals and light stretch included.

**Stretch Plus** - This is not your typical yoga class. This is a two-part class that involves a technique de-signed to stretch all of your muscles. The second part of class uses easy yoga type moves that build strength, increase flexibility, and create a calm and relaxed feeling for your whole body.

**Zumba** -Fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked.

**Sculpt and Stretch** - One full hour of toning and stretching your muscles. Class includes weights for first 30 minutes, working every major muscle group and then stretching poses for the last 30 minutes.

**Group Cycling** (New Cycling Room Inside Gym) Indoor cycling will enhance your speed, strength and stamina, improve your overall physical health and increase your caloric burn.

**Pilates Plus** - Combining the elements of Pilates, Yoga and Chi Gung, this class focuses on core strength-ening, breath, flexibility, alignment and coordination for overall body awareness and fitness.

**Abs and Back** - Strengthen abdominal and back muscles in a fun, safe, way! This class includes mat and ball exercises that will challenge and balance you. Work outs can be modified for all levels. Mat and ball included.

**Butts & Guts** - Small group training classes is the perfect mix of the fun and variety of group classes with the intimacy and intensity of personal training. Led by one of our amazing certified fitness instruc-tors, Tamika, you will receive a more personalized approach to group fitness, along with 5 others.

**Zumba / Body Sculpt** - The high octane, Latin-inspired dance rhythms of a zumba class combined with the benefits of metabolism boosting strength training provide a complete, fun and effective work out. Shake your stuff for half of the class to reggaeton, salsa, merengue, hip-hop and more, then finish up the second half with weights.

**Body Sculpt** - Body sculpting (or core conditioning) is a non-aerobic, muscle-toning class, usually fo-cused on core strength.

**Yoga** - Yoga builds muscle, improves flexibility and fends off injury. This class is designed to strengthen and stretch the muscles around joints to keep your body in optimal condition. Wear comfortable, loose clothing and be prepared to sweat! All levels of athletic ability welcome.