



FALL FITNESS

New Schedule will be EFFECTIVE in SEPTEMBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		8 - 8:45AM UPPER BODY - <u>WC</u> Rahmael		8 - 8:45AM LOWER BODY - <u>WC</u> Rahmael	9 - 9:45AM SPIN - <u>CS</u> Amanda/ Allison/ Jim	
9 - 9:45AM ZUMBA GOLD <u>AR</u> Pauline	9 - 10:00AM YOGA - <u>AR</u> Inna	9 - 9:45AM ZUMBA - <u>AR</u> Rahmael	9 - 9:45AM SPIN - <u>CS</u> Amanda	9 - 9:45AM ZUMBA - <u>AR</u> Rahmael	9:30 - 11:00AM YOGA & MEDITATION <u>AR</u> Inna	
10 - 10:45AM SS - CIRCUIT <u>AR</u> Amanda	10:15 - 11:30AM CHAIR YOGA - <u>AR</u> Inna	10 - 10:45AM SS - CIRCUIT - <u>AR</u> Amanda	9 - 10:00AM YOGA - <u>AR</u> Inna	10 - 10:45AM SS - CIRCUIT - <u>AR</u> Amanda	11:15 - 12:00PM ZUMBA - <u>AR</u> Sandy	
10:50 - 11:35AM SS - CLASSIC <u>AR</u> Amanda	5:15 - 6:00PM STEP & SCULPT - <u>AR</u> Amanda	10:50 - 11:35AM SS - CLASSIC - <u>AR</u> Amanda	10:15 - 11:30AM CHAIR YOGA - <u>AR</u> Inna	10:50 - 11:35AM SS - CLASSIC - <u>AR</u> Amanda	1 - 4:00PM OPEN TABLE TENNIS	11:30AM - 2:00PM OPEN TABLE TENNIS
	6 - 6:30 Beginner SPIN - <u>CS</u> Jim	6 - 6:45PM SPIN - <u>CS</u> Allison	<div style="background-color: green; color: white; padding: 5px;"> <ul style="list-style-type: none"> Self-Defense & Safety KARATE 6 - 6:40PM for NEW Students 6:50 - 7:30PM for RETURNING Students Must register & purchase sessions to participate. </div>	5:15 - 5:45PM Xpress Circuit/Abs <u>WC</u> Luis	<p>GROUP EXERCISE CLASSES with the exception of Karate ARE INCLUDED WITH A FULL FACILITY MEMBERSHIP AND \$10 GUEST PASSES.</p> <p><u>CHILD WATCH HOURS</u> (ages 6 weeks - 12 years) Mon - Fri 7AM - 7PM</p> <p>(ages 5 - 12 years) Mon - Fri 4PM - 7PM</p> <ul style="list-style-type: none"> Must pre-register and add child watch fees to membership dues. See childcare website for more 	
7:15 - 8:15PM YOGA - <u>AR</u> Inna	<div style="text-align: center;"> NEW </div> 7 - 7:45PM ZUMBA - <u>AR</u> Stacey	6:15 - 7:00PM ZUMBA - <u>AR</u> Sandy		6 - 9:00PM OPEN TABLE TENNIS - <u>AR</u>		
8:15 - 8:30PM Meditation <u>AR</u> Inna		7:15 - 8:15 YOGA - <u>AR</u> Inna			<p>CS = Cycling Studio</p> <p>WC = Wellness Center</p> <p>MPR = Multi-Purpose Room</p> <p>AR = Aerobics Room</p>	

Group Exercise Class Descriptions

Chair Yoga: This class combines posture, breathing, and focuses to promote strength, flexibility, stamina, balance, and relaxation to the mind and body. Please bring your own mat.

Guided Meditation: Post yoga, relaxation period with deep breathing exercises and a prepared mental visualization exercise.

Lower Body Training: This class will teach participants how to safely and efficiently incorporate weight exercises into a daily routine in order to strengthen and tone the muscles. During this class, simple weight-based exercises will be demonstrated to emphasize range of motion, increase flexibility, and build muscle in areas such as: quads, hamstrings, glutes, & more!

Spin: An indoor cycling workout using motivational music and visualization with basic cycling movements. The instructor will be your guide, but you ultimately control your workout with resistance and pedaling speed. All new participants should arrive early for bike set-up and orientation.

SS-Circuit: Designed for Silver Sneakers participants to combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is used for seated and/or standing support.

SS-Classic: Designed for Silver Sneakers participants to have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a ball is offered for resistance. A chair is used for seated and/or standing support.

Upper Body Training: This class will teach participants how to safely and efficiently incorporate weight exercises into a daily routine in order to strengthen and tone the muscles. During this class, simple weight-based exercises are demonstrated to emphasize range of motion, increase flexibility, and help build on muscle groups including: chest pecs, deltoids, biceps, triceps & more.

Xpress Circuit/Abs: Are you ready to step up to the challenge of improving your strength, core, balance, and overall fitness as you work your way through this circuit of exercises timed in specific intervals? If so, then this class is perfect for you!

Yoga: This class combines posture, breathing, and focuses to promote strength, flexibility, stamina, balance, and relaxation to the mind and body. Please bring your own mat.

Zumba: The world's largest Latin dance based fitness program that combines Latin rhythms, dance, and fitness to provide a fun and complete workout!

Zumba Gold: This class is done at a much lower intensity than regular Zumba, but with just as much fun and rhythm!