



SUMMER FITNESS



New Schedule will begin in July & Zumba on Saturdays will begin July 13th*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		8 - 8:45AM UPPER BODY - <u>WC</u> Rahmael		8 - 8:45AM UPPER 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		6 - 6:30 Beg./Int. SPIN - <u>CS</u> Jim	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 - 6:45PM Int./Adv. SPIN - <u>CS</u> Allison	 5:15 - 6:00PM STEP & SCULPT - <u>AR</u> Amanda	6:30 - 7:00PM Bi/Tri - <u>WC</u> Luis	<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. 	6 - 9:00PM OPEN TABLE TENNIS - <u>AR</u>	GROUP EXERCISE CLASSES with the exception of Karate ARE INCLUDED WITH A FULL FACILITY MEMBERSHIP AND \$10 GUEST PASSES. CHILD WATCH HOURS (ages 6 weeks - 12 years) Mon - Fri 7AM - 7PM (ages 5 - 12 years) Mon - Fri 4PM - 7PM • 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	 7 - 7:45PM ZUMBA - <u>AR</u> Stacey	7:15 - 8:15 YOGA - <u>AR</u> Inna				
8:15 - 8:30PM Meditation <u>AR</u> Inna			 6:15 - 6:45PM Xpress Circuit/Abs <u>WC</u> Luis		CS = Cycling Studio WC = Wellness Center MPR = Multi-Purpose Room AR = Aerobics Room	

Group Exercise Class Descriptions

Bi/Tri: It's time to turn your guns into cannons! Giving your arms their own training day will bring growth and transformation to your biceps and triceps.

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!