







SPRING FITNESS

UPDATED: 3/9/2020; New Classes will BEGIN 3/23/2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9 - 9:45AM ZUMBA GOLD <u>ST</u> Pauline		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	
10 - 10:45AM SS - CIRCUIT <u>ST</u> Amanda	9 - 9:45AM SPIN - <u>CS</u> Jim	9 - 9:45AM ZUMBA - <u>ST</u> Rahmael	9 - 9:45AM SPIN - <u>CS</u> Amanda	9 - 9:45AM ZUMBA - <u>ST</u> Rahmael	9:30 - 11:00AM YOGA & MEDITATION <u>ST</u> Inna	
10:50 - 11:35AM SS - CLASSIC <u>ST</u> Amanda	9 - 10:00AM YOGA - <u>ST</u> Inna	10 - 10:45AM SS - CIRCUIT - <u>ST</u> Amanda	9 - 10:00AM YOGA - <u>ST</u> Inna	10 - 10:45AM SS - CIRCUIT - <u>ST</u> Amanda	11:15 - 12:00PM ZUMBA - <u>ST</u> Sandy	
6 - 6:45PM SPIN - <u>CS</u> Allison	10:15 - 11:30AM CHAIR YOGA - <u>ST</u> Inna	10:50 - 11:35AM SS - CLASSIC - <u>ST</u> Amanda	10:15 - 11:30AM CHAIR YOGA - <u>ST</u> Inna	10:50 - 11:35AM SS - CLASSIC - <u>ST</u> Amanda	1 - 4:00PM OPEN TABLE TENNIS	11:30AM - 2:00PM OPEN TABLE TENNIS
 5:30 - 6:15PM YOGALATES <u>ST</u> Nimisha	 5:45PM - 6:30PM STEP BOOT CAMP <u>ST</u> Amanda	 5:15 - 6PM MAT PILATES - <u>ST II</u> Nimisha	<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>ST</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 <ul style="list-style-type: none"> • Must pre-register and add child watch fees to membership dues. See childcare website for more information. 	
 6:30 - 7PM SOUND MEDITATION <u>ST</u> Nimisha	7:15 - 8:00PM ZUMBA - <u>ST</u> Stacey	6:15- 7PM ZUMBA - <u>ST II</u> Sandy			CS = Cycling Studio WC = Wellness Center MPR = Multi-Purpose Room ST = Studio I or II	
7:15 - 8:30PM YOGA & MEDITATION <u>ST</u> Inna		7:15 - 8:15 YOGA - <u>ST</u> Inna				

Group Exercise Class Descriptions

Chair Yoga: This relaxing class combines posture, breathing, and focuses to promote strength, flexibility, stamina, balance, and relaxation to the mind and body. No previous experience is needed. We will provide mats if needed.

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!

Mat Pilates: Pilates mat classes focus on developing core strength, flexibility, balance and stamina. The instructor presents the exercises at multiple levels which allows students to choose to work at a beginning, intermediate, or advanced pace. Students learn to be aware of breathing patterns and spinal alignment while engaging the deep muscles of the core.

Spin: Enjoy indoor cycling you as you ultimately control your workout with resistance and pedaling speed. All new participants are welcome as no previous experience is needed. Join us as we ride towards our fitness goals!

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.

Step Boot Camp: This class will challenge all of your major muscle groups while you squat, press, lift, and curl. Get ready to step your way into building strength and fitness through a variety of choreographed types of movements and exercises. No previous experience is needed.

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.

Yoga: This class combines the perfect blend of relaxation, posture, breathing, and focuses to promote strength, flexibility, stamina, and balance to the mind and body. All participants are welcome! Do not panic if you do not have your own mat as we will provide one for you.

Yogalates: This class is the perfect blend of Yoga & Pilates! This class combines Yoga with the core strengthening benefits of Pilates. Yogalates is a great class for students who love high energy Yoga and core-focused exercises.

Zumba: The world's largest and exciting Latin dance based fitness program that combines Latin rhythms, dance, and fitness to provide a fun and exhilarating workout. Just bring a towel and water while the instructor will take care of the music and making sure that every class is like a party!

Zumba Gold: This class is done at a much lower intensity than regular Zumba, but with just as much fun and rhythm! Be prepared to have a blast as every class is like a party!