





WINTER FITNESS

UPDATED: 1/20/2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9 - 9:45AM ZUMBA GOLD ST Pauline		8 - 8:45AM UPPER BODY - WC Rahmael		8 - 8:45AM LOWER BODY - WC Rahmael	9 - 9:45AM SPIN - CS Amanda/ Allison/ Jim	
10 - 10:45AM SS - CIRCUIT ST Amanda	9 - 9:45AM SPIN - CS Jim	9 - 9:45AM ZUMBA - ST Rahmael	9 - 9:45AM SPIN - CS Amanda	9 - 9:45AM ZUMBA - ST Rahmael	9:30 - 11:00AM YOGA & MEDITATION ST Inna	
10:50 - 11:35AM SS - CLASSIC ST Amanda	9 - 10:00AM YOGA - ST Inna	10 - 10:45AM SS - CIRCUIT - ST Amanda	9 - 10:00AM YOGA - ST Inna	10 - 10:45AM SS - CIRCUIT - ST Amanda	11:15 - 12:00PM ZUMBA - ST Sandy	
6 - 6:45PM SPIN - CS Allison	10:15 - 11:30AM CHAIR YOGA - ST Inna	10:50 - 11:35AM SS - CLASSIC - ST Amanda	10:15 - 11:30AM CHAIR YOGA - ST Inna	10:50 - 11:35AM SS - CLASSIC - ST Amanda	1 - 4:00PM OPEN TABLE TENNIS	11:30AM - 2:00PM OPEN TABLE TENNIS
 6:15 - 7PM Dance Aerobics - ST Nimisha	 6:15 - 7PM Mat Pilates - ST 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. 		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. 	
7:15 - 8:15PM YOGA - ST Inna	7:15 - 8PM Zumba - ST Stacey	6:15- 7:00PM ZUMBA - ST II Sandy		6 - 9:00PM OPEN TABLE TENNIS - ST		
8:15 - 8:30PM Meditation ST Inna		7:15 - 8:15 YOGA - ST Inna			CS = Cycling Studio WC = Wellness Center MPR = Multi-Purpose Room ST = Studio 1 or 2	

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.

Dance Aerobics: This class is a fun and energetic, upbeat aerobics class that is sure to get your body moving. It is a great workout for all levels of fitness enthusiasts, this class combines cardio training and toning exercises, for an exciting total body workout!

Guided Meditation: After yoga, let us help you relax with a period of 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!

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.

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.

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. You do not need to have any previous dancing experience. 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!