



# FITNESS SCHEDULE

## LAND - FITNESS

**Fitness schedule may vary due to severe weather or unforeseen circumstances**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM CYCLE	6:00 AM Dynamic stretch/strength	5:30AM CYCLE CORE	5:30AM CYCLE	5:30AM CYCLE	8:00AM CYCLE
9:00AM INTERVAL AEROBICS	8:00AM BODY PUMP	9:00AM INTERVAL AEROBICS	6:00AM Dynamic stretch/strength	9:00AM INTERVAL AEROBICS	8:00AM BODY PUMP - #4
9:00AM CYCLE		9:00AM CYCLE	8:00 AM BODY PUMP	9:00 AM CYCLE	9:10 AM #3 ZUMBA
10:00AM MUSCLE MAKEOVER - #4	9:00AM X-TRAINING	10:00AM YOGA#4	9:00AM MUSCLE MAKEOVER#4	10:00 AM YOGA#4	9:15 AM X-TRAINING
10:00AM YOGA#3		10:00AM ZUMBA -#3	9:00AM X-TRAINING - Gym	10:00AM ZUMBA - #3	10:15AM YOGA - #4
		11:15AM CHAIR YOGA - #4			
4:50PM Zumba - #4	5:00PM CYCLE	5:15- PM BODY PUMP - #4	5:00 PM CYCLE		<b>SUNDAY</b> <b>9:30am</b> <b>CYCLE</b>
6:00PM BODY PUMP - #4	6:00PM KICK BOXING - #4	6:10 PM EXPRESS MUSCLE MAKEOVER	6:00PM KICK BOXING - #4		
7:00PM YOGA - #4	6:30PM HOT POWER YOGA - MPR	7:00 PM YOGA#4	6:30PM HOT POWER YOGA - MPR		
	7:00PM BODY PUMP - #4		7:00PM BODY PUMP - #4		
	7:05PM INSANE RUMBA - #3		7:05PM ZUMBA- #3		

## WATER - FITNESS

9:00 AM SPLASH/HYDRO-lg pool	8:00AM SPLASH DANCE - Lg Pool	9:00am SPLASH /HYDRO-Lg pool	8:00AM SPLASH DANCE - Lg Pool	9:00 AM SPLASH&HYDRO - Lg Pool	
10:00 AM ZUMBA Lg pool	9:00 AM Arthritic Exercise - Sm Poo	10:00 AM ZUMBA Lg pool	9:00 AM Arthritic Exercise - Sm Poo	10:00 AM ZUMBA Lg pool	
11:00 PM Arthritic Exercise - Sm Pool		11:00 PM Arthritic Exercise - Sm Pool		11:00 PM Arthritic Exercise - Sm Pool	
12:00 PM Arthritic Exercise - Sm Pool		12:00 PM Arthritic Exercise - Sm Pool		12:00 PM Arthritic Exercise - Sm Pool	
5-6 PM ACUACIZE Sm Pool		5-6 PM ACUACIZE Small Pool			
7-8 PM SPLASH - Sm Pool		7-8PM SPLASH - Sm Pool			

## FITNESS CLASSES

**BODY PUMP:** This new class is a mix of aerobics and weight lifting using low weight and high reps. Burn calories, tone and strengthen your entire body to great music and innovative choreography.



**DYNAMIC STRETCH AND STRENGTHEN:** Is a class that will incorporate a battery of exercises that will literally stretch and strenght your entire body,Michael will incorporate exercises from pilates,yoga and functional movement

**CROSS TRAINING (XT):** Come to a "grown up" gym class! Class consists of running, plyometric drills, relay races and concludes with an abdominal floor workout. \*Class is held in gymnasium.

**CYCLE:** A non-impact cardio workout to get your heart pumping. Cycle, climb and sprint your way to a great workout. Wear comfy workout gear and bring plenty of water.

**INTERVAL AEROBICS:** This class incorporates segments of traditional aerobic dance, kickboxing, strength exercises, ab work and stretching! Have a blast! \*Class is held in gymnasium.

**KICKBOXING:** Get ready to sweat! A great cardio and toning workout incorporating kicks, boxing punch combos, dance and self-defense moves.



**TURBO KICK:** A fusion of shadow boxing, kickboxing, sports drills and simple dance moves. Stengthen and tone the entire body with a special focus on the abs and waistline. Classes stay fresh with the hottest music, moves and combos!

**MUSCLE MAKEOVER:** Ready to sculpt and shape your muscles? Stength training with hand weights, resistance tubes, medicine and stability balls. Create a stronger, healthier you! Please bring a mat to class.

**YOGA:** In this class you will develop both strength and flexibility by using a flowing series of yoga postures and enhanced breathing techniques. By focusing on the present moment we create balance between the mind, body and spirit. Please bring a yoga mat to class.



**CHAIR YOGA:** A great class for people of *all ages, fitness levels and those with physical limitations* . Using a chair and other yoga props such as blocks and straps you will increase flexibility, strength, balance and your well being. Please bring a yoga mat to class.

**HOT POWER YOGA:** Fine tune your yoga skills with our unique 90 minute yoga class.The room will be heated to around 85 degrees relaxing joints and allowing muscles to loosen and stretch to their maximum. Heat, along with the many twists incorporated into the practice, promote detoxification of the body. Breathing tecniques used in class will help build lung capacity and calm the mind. This class features all the benefits of an *advanced yoga* class with arm balances and inversions. Please bring water, a yoga mat and a towel.

**ZUMBA :** Ditch the workout and join the party! Dance your way to health using a combination of merengue, salsa, hip-hop, belly dancing, etc! A great low-impact workout that burns fat and tones your body. Sneakers with little tread work best.

## AQUATIC CLASSES

**AQUACISE:** This class uses the entire pool to tone, strengthen and increase your cardio endurance.

**AQUA ZUMBA:** Dance and splash your way to fitness with this low- impact but challenging water workout. Please wear water shoes and bring a water bottle to class.



**HYDRO:** The next level in aquatic exercise. Using wave webs, hand buoys, resistance cuffs, and buoyancy cuffs. Increase your endurance while toning and strenthening your body. This class is held in the deep end of the pool.

**SPLASH:** A basic level aquatic exercise class.Using the natural resistance of water you will improve your flexibility, strength and cardiovascular endurance. A great non-impact workout! Held in the shallow end of the pool (swimmers and non-swimmers welcome).