

# SUMMER FITNESS SCHEDULE

(This schedule is subject to change.)

(LAND CLASSES BEGIN JUNE 1 / WATER CLASSES BEGIN JUNE 14)

## LAND FITNESS - AM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUN
5:45-6:45am #4 <b>LES MILLS</b> BODYPUMP®	5:30-6:30am #4 <b>CYCLE</b>	5:45 -6:45am #4 <b>LES MILLS</b> BODYPUMP®	5:30 -6:30am #4 <b>CYCLE</b>	5:45 -6:45am #4 <b>LES MILLS</b> BODYPUMP®	7:00-8:00 am #4 <b>CYCLE</b>	
8:15-9:15am #4 <b>INTERVAL AEROBICS</b>	7:30-8:30am #4 <b>DYNAMIC STRETCH</b>	8:15-9:15am #4 <b>CYCLE</b>	7:30-8:30am #4 <b>DYNAMIC STRETCH</b>	8:15 -9:15am #4 <b>INTERVAL AEROBICS</b>	8:15-9:15 am #4 <b>LES MILLS</b> BODYPUMP®	9:00-9:15 am #3 <b>LES MILLS CORE</b>
9:30-10:30am #4 <b>CYCLE</b>	8:45-9:45am #4 <b>MUSCLE MAKEOVER</b>	9:00-10:00am #3/Gym <b>ZUMBA</b>	8:45-9:30am #4 <b>LES MILLS</b> BODYPUMP®	9:30-10:30am #4 <b>CYCLE</b>	9:45-10:45 am #4 <b>ZUMBA</b>	9:15-10:00 am #3 <b>LES MILLS BODYFLOW</b>
10:40-11:40am #4 <b>GENTLE YOGA</b>	9:00-10:00am GYM <b>X-TRAINING</b>	9:30-10:30am #4 <b>INTERVAL AEROBICS</b>	9:35-10:05am #4 <b>LES MILLS BODYFLOW</b>	9:00-10:00am #3/Gym <b>ZUMBA</b>		
	10:00-11:00am #4 Barre/Yoga/Pilates	10:45-11:45am #4 <b>INTERMEDIATE YOGA</b>	9:00-10:00am GYM <b>X-TRAINING</b>	10:40-11:40am #4 <b>GENTLE YOGA</b>		
	11:15-12:15pm #4 <b>ROCK STEADY</b> SPARKLING Parkinsons \$		11:15-12:15pm #4 <b>ROCK STEADY</b> SPARKLING Parkinsons \$			

## LAND FITNESS - PM

5:30-6:25pm #3 <b>STRONG</b> ZUMBA	5:00 - 6:00 pm #4 <b>CYCLE</b>	5:15-6:15pm #4 <b>LES MILLS</b> BODYPUMP®				
6:00-6:30pm #4 <b>LES MILLS</b> BODYPUMP®	5:30-6:30pm #3 <b>ZUMBA</b>	5:35-6:35pm #3 <b>X-TRAINING</b>	6:15-7:15pm #4 <b>ZUMBA</b>			
6:30-7:00pm #4 <b>LES MILLS CORE</b>	6:10-7:10pm #4 <b>LES MILLS</b> BODYPUMP®	6:30-7:15pm #4 <b>BEGINNER CYCLE</b>				
6:30-7:30pm #3 Barre/Yoga/Pilates	6:45-8:15pm #3 <b>POWER YOGA</b>	6:45-7:45pm #3 <b>INTERMEDIATE YOGA</b>				

## WATER FITNESS - AM

8:00-8:55am <b>HYDRO/SPLASH</b> Large Pool	8:00-8:55am <b>SPLASH</b> Large Pool	8:00-8:55am <b>HYDRO/SPLASH</b> Large Pool	8:00-8:55am <b>SPLASH</b> Large Pool	8:00-8:55am <b>HYDRO/SPLASH</b> Large Pool		
8:30-9:30am <b>ABC AQUA-BANDS</b> Small Pool	8:30-9:30am <b>ARTHRITIS EXERCISE</b> Small Pool		8:30-9:30am <b>ARTHRITIS EXERCISE</b> Small Pool	8:30-9:30am <b>AQUA YOGA</b> Small Pool		
9:00-9:55am <b>ZUMBA</b> Large Pool		9:00-9:55am <b>ZUMBA</b> Large Pool		9:00-9:55am <b>ZUMBA</b> Large Pool		
11:30-12:30am <b>ARTHRITIS EXERCISE</b> Small Pool		11:30-12:30am <b>ARTHRITIS EXERCISE</b> Small Pool		11:45-12:30am <b>ARTHRITIS EXERCISE</b> Small Pool		

## WATER FITNESS - PM

12:30-1:30pm <b>ARTHRITIS EXERCISE</b> Small Pool		12:30-1:30pm <b>ARTHRITIS EXERCISE</b> Small Pool		12:30-1:30pm <b>ARTHRITIS EXERCISE</b> Small Pool		
5:00-6:00pm <b>AQUACISE</b> Small Pool		5:00-6:00pm <b>AQUACISE</b> Small Pool				
6:00-7:00pm <b>SPLASH</b> Small Pool		6:00-7:00pm <b>SPLASH</b> Small Pool				

# FITNESS CLASSES

**BODYFLOW®:** Fuses Yoga, Tai Chi, and Pilates in a workout that builds flexibility, balance, and strength and leaves you feeling centered and calm.

**BYP Barre/Yoga/Pilates:** It is low impact, high intensity class working on your strength, flexibility, and muscle endurance. Utilizing the movements of ballet, yoga and Pilates – the goal is to focus on certain parts of your body to strengthen and tone your glutes, abs, arms and legs – while increasing flexibility and overall strength. This class also helps reduce stress and gain mental focus.

**CROSS TRAINING (XT):** Do you get bored easily? your brain and body will be challenged in this class that includes running, plyometric drills, relay races, sports conditioning and more. \*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.

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

**GENTLE YOGA:** It is a basic quiet-mind. All poses are done on the mat with emphasis on breathing. Appropriate for all ages, levels especially for beginners. These classes are ideal for people with minor injuries or restricted movements.

**INTERMEDIATE YOGA:** Focuses on achieving precision and alignment of poses (asanas). Alignment based yoga can be practiced by anyone, regardless of age, shape, flexibility or level of experience. This class is taught at the introductory level and we will build towards more difficult poses over time. Categories of poses include standing, seated, forward bends, twists, back bends and inversions. This type of yoga focuses on and helps develop core strength, flexibility and balance.

**INTERVAL AEROBICS:** This class incorporates segments of traditional aerobic dance, kickboxing, strength exercises, ab work and stretching! Have a blast!

**LES MILLS 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.

**LES MILLS CORE:** Exercising muscles around the core. It provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do. It's the glue that holds everything together.

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

**POWER YOGA:** This class is based on traditional yoga but more intense, and moves through yoga poses at a faster pace to boost up cardio and flexibility. Holding poses for a longer time to build strength. Power yoga is a full-body workout and will definitely makes you sweat! Advanced yoga poses will be introduced, but are optional for students to try them. This 90-minute class will start with a warm-up followed by main flow, and wind-down with stretching poses. 10-minute meditation at the end. Works out the whole body while releasing stress and calming your mind.

**ZUMBA FITNESS:** An energizing way to burn fat and tone muscles. It uses combinations of fast and slow rhythms with Latin and other music from around the world. Salsa, cumbia, merengue, hip hop, belly dancing, flamenco, and calypso are just a few rhythms you could experience in a typical Zumba class. No need for dance experience or a partner. Wear regular workout clothes. Sneakers with a little tread work best. It is a low impact activity, but you can burn 500-700 calories in one workout.

# AQUATIC CLASSES

**ABC AQUA-BANDS:** A huge variety of moves and motions can be performed to help improve strength and flexibility. Perfect resistance tool for water-based fitness and physical therapy. Aqua-band loop comes in three levels of resistance: light, medium and extreme.

**AQUA YOGA:** This class is held in the small pool. Students flow through and hold a variety of yoga poses, synchronizing breath to movement. The warm water relaxes the muscles while the water supports balance. This class is designed to assist students in increasing flexibility, improving balance, building strength and calming the mind. Class concludes with a brief free float for relaxation.

**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.

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

**HYDRO:** The next level in aquatic exercise. Using wave webs, hand buoys, resistance cuffs, and buoyancy cuffs. Increase your endurance while toning and strengthening 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).