

# FEATURED FITNESS CLASSES

GROUP EXERCISE CLASS SCHEDULE

# NOV 2018



The fitness classes listed below are included with your membership and are open to the public for \$8-\$10 per class.

MONDAY	
7:30-8:30a	<b>Pilates</b> <i>Ann</i>
8:30-9:30a	<b>Ultimate Body</b> <i>Sheri</i>
9:30-10:45a	<b>Yoga</b> <i>Chandra</i>
10:45-11:45a	<b>Zumba</b> <i>Jessi</i>
12:00-1p	<b>Muscle Cond.</b> <i>Christine</i>
1:15-2:15p	<b>Sr. Fitness</b> <i>Trissa</i>
5:15-6:15p	<b>Cycling</b> <i>Susan</i>
6:15-7:15p	<b>Strength &amp; Core</b> <i>Janice</i>
7:15-8:15p	<b>Zumba</b> <i>Natalie</i>

TUESDAY	
8:30-9:30a	<b>Muscle Cond.</b> <i>Christine</i>
9:30-10:30a	<b>Tone &amp; Stretch</b> <i>Patrice</i>
10:30-11:30a	<b>Cycling</b> <i>Patrice</i>
11:30-12:45p	<b>Ballet Slim &amp; Trim</b> <i>Ann</i>
1:15-2:15p	<b>Sr. Fitness</b> <i>Trissa</i>
5:15-6:15p	<b>Step N Sculpt</b> <i>Christine</i>
6:15-7:15p	<b>Cycling</b> <i>Steve</i>
7:15-8:15p	<b>Pilates/Yoga</b> <i>Katie</i>

WEDNESDAY	
8:30-9:30a	<b>Cycling</b> <i>Kathy</i>
9:30-10:30a	<b>Strong by Zumba</b> <i>Jessi</i>
10:30-11:30a	<b>Yoga</b> <i>Sheryl</i>
11:30-12p	<b>Inclusive Dance</b> <i>Del</i>
12-1p	<b>Zumba Gold</b> <i>Del</i>
1:15-2:15p	<b>Sr. Fitness</b> <i>Trissa</i>
5:15-6:15p	<b>Muscle Cond.</b> <i>Trissa</i>
6:15-7:15p	<b>Pilates</b> <i>Trissa</i>
7:15-8:15p	<b>Yoga</b> <i>Patrice</i>

THURSDAY	
7-8a	<b>Cycling</b> <i>Kathy</i>
8-9a	<b>Tone &amp; Stretch</b> <i>Patrice</i>
9-10a	<b>Muscle Cond.</b> <i>Christine</i>
10-11a	<b>Yoga Sculpt</b> <i>Alanie</i>
11a-12p	<b>BollyX</b> <i>Zini</i>
12-1p	<b>Lunch Hour Yoga</b> <i>Sheryl</i>
1:15-2:15p	<b>Sr. Fitness</b> <i>Trissa</i>
5:15-6:15p	<b>Step N Sculpt</b> <i>Christine</i>
6:15-7:15p	<b>Spinervals</b> <i>Missy</i>
7:15-8:15p	<b>Zumba</b> <i>Natalie</i>

FRIDAY	
7:30-8:30a	<b>Pilates</b> <i>Ann</i>
8:30-9:30a	<b>Cycling</b> <i>Kathy</i>
9:30-10:30a	<b>S.W.E.A.T.</b> <i>Missy</i>
10:30-11:30a	<b>Zumba</b> <i>Jewell</i>
11:35a-1p	<b>Yoga</b> <i>Patrice</i>
1:15-2:15p	<b>Sr. Fitness</b> <i>Trissa</i>
4:25-5:25p	<b>Bootcamp</b> <i>Trissa</i>
5:30-6:30p	<b>Zumba</b> <i>Natalie</i>

SATURDAY	
8-9a	<b>Zumba</b> <i>Del</i>
9-10:15a	<b>Yoga</b> <i>Chandra</i>
10:25-11:25a	<b>Strong by Zumba</b> <i>Jessi</i>
11:30-12:30p	<b>Pilates</b> <i>Trissa</i>
12:30-1:45p	<b>Ballet Slim &amp; Trim</b> <i>Ann</i>

SUNDAY	
8-9a	<b>Meditation &amp; Sound Bath*</b> <i>Astrid</i>
9-10:30a	<b>Cycling/Core</b> <i>Patrice</i>
10:30a-12p	<b>Yoga</b> <i>Patrice</i>

**Note:**

Changes from the previous month are highlighted in this color. See class descriptions on back for notes on the Meditation & Sound Bath class.

**HOLIDAY SCHEDULE**  
**THU, NOV 22 – CLOSED**  
**FRI, NOV 23 – OPEN 12-10PM**  
**HAPPY THANKSGIVING!**

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## **CLASS DESCRIPTIONS**

Don't hesitate to try a class! All classes are open to everybody. **TIP:** While in class, if you find a movement to be too challenging listen to your body and improvise until a new move begins.

**Ballet, Slim & Trim:** The barre is a real workout and the "center" works on grace, alignment and balance. Great way to tone!!

**BollyX** is a Bollywood-inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world. Its 50-minute cardio workout cycles between higher and lower-intensity dance sequences to get you moving, sweating, and motivated.

**Bootcamp:** Intense nonstop heart-pounding cardio workout in a bootcamp style environment that will be sure to challenge every fitness level. Includes weights, plyometrics, kickboxing and core strengthening.

**Cycling:** Indoor, multi-level cycling for a great cardio workout. Please put your cycling shoes on once your bike is set up to avoid damage to the wood floors. Towels are strongly recommended.

**Cycling/Core:** Indoor, multi-level cycling for a great cardio workout, followed by foam roll and core exercises for the abs and back. Towels are strongly recommended.

**Inclusive Dance:** This dance-fitness format is designed for people of all ability levels. Fun music and rhythms will get you moving and there's no dance experience needed!

**Meditation & Sound Bath:** Increase mental clarity, reduce stress, and alleviate excess tension, depression and chronic pain. Become less reactive and more able to calmly handle the daily and major stressors in life. Feel immediate peace and relaxed ease after just one class. Class ends with a magical Sound Bath. Bring a cushion or pillow to sit on. This class is complimentary to members thru Dec 2018. Beginning Jan 1, 2019 this class will require a drop-in fee for all participants.

**Muscle Conditioning:** Full body resistance workout, using weights for a challenging and effective workout.

**Pilates:** Trim & strengthen your core to promote alignment, flexibility, posture, endurance and general health. Beginners welcome!

**Pilates/Yoga:** A combination of Pilates & Yoga exercises to strengthen your core, promote alignment, endurance, increase flexibility & mental calmness. 15 minutes of meditation at the end of class. **Sweatshirt recommended.** All levels welcome!

**Senior Fitness:** A fun sculpt and tone class that will increase strength endurance, flexibility and bone density, using light weights and resistance bands. Recommended for ages 55+.

**Spinervals:** A combination of interval training on the bike with strength and conditioning training off the bike. A great workout, combining cycling, strength and power.

**Step N Sculpt:** Cardiovascular workout using both step and weight intervals. Ab/core exercises included.

**Strength & Core:** Class combines cardio, strength and core training to bring your body results! Resistance circuit training that incorporates dumbbells, resistance bands, stability balls, and gliding disks. Build stamina, strengthen bones and prevents injuries!

**Strong by Zumba:** Intense body weight training. No dancing at all. Be prepared to sweat!

**S.W.E.A.T.:** A no nonsense workout with strength building and plyometric drills that alternates weight lifting with body resistance exercises for a challenging, training experience. Reach your fitness goals and be prepared to SWEAT in this high energy, high-intensity class.

**Tone & Stretch:** Gentle stretches, core strength and balance exercises to tone your body.

**Ultimate Body:** Shred and sculpt your body with intensive strength and cardio intervals. Challenges your muscles and core to enable your body to perform at its highest efficiency in burning fat and calories. Includes 10 minute focus on abs.

**Yoga:** Come close your eyes and unwind while you stretch, meditate and relax in this multi-level class. Yoga compliments other forms of exercise and promotes strength, balance, circulation and flexibility through posture, correct alignment, inner awareness and breath. Please bring a yoga mat. **A blanket, sweatshirt or sweater is strongly recommended.**

**Zumba:** High energy and motivating, easy-to-follow dance routines. Features aerobic/fitness interval training and body sculpting movements. Fun and great for the body and mind!

**Zumba Gold:** Latin-dance inspired Zumba workout, accessible for seniors, beginners or those needing modifications in exercise routines. Fun, easy and great for the body and mind!

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## **RULES & ETIQUETTE**

Classes operate on a first-come, first-served basis.

Towels are recommended, not provided.

If arriving late, please set up in the back of the room.

If you are not following the instructor closely, please set up in the back of the room.

If you are in the dance studio during a class, you must be participating and following the instructor.

No cell phones in class, please step outside. No talking/disruptions in class.

All classes and instructors are subject to change.

Please bring a bottle of cool water and a moist towel if you get warm, and a sweatshirt if you get cool.

## **HOURS OF OPERATION**

Mon-Fri 6am-10pm

Sat 7am-7pm

Sun 7am-6pm