



FALL 2017 Morning Schedule

| | MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|-------------------------|--|-------------------------------|--|---|--|---|---|---|--|---|
| 8:30am | Yoga Carollana RM-#3 | | Yoga Carollana RM-#3 | | Yoga Carollana RM-#3 | | Yoga Pilates Carollana RM-#3 | Tai Chi David (30Mins) RM-#2 | Yoga Carollana RM-#3 | Tai Chi David (30Mins) RM-#2 |
| 9:00am | Circuit Breaker RM#1 Karlton | SPLASH Whitney Pool | Cardio BLAST RM#1 Tony | Aqua Fitness Esthela Pool | Circuit Breaker RM#1 Karlton | Aqua Fitness Esthela Pool | Aqua Fitness Esthela Pool | | Circuit Breaker RM#1 Karlton | SPLASH Whitney Pool |
| 10:00am | Total Body Heather RM# 1 | Katie RM #2 | Jonathon RM #2 | H.I.I.T SPIN (30Mins) Carollana SPIN Room | Total Body Deanne RM #1 | Katie RM #2 | Challenge Whitney RM #2 | Total Body Deanne RM #1 | | Esthela RM #2 |
| 10:15am & 10:30am | STABILITY 10:15am Whitney Rm#3 | | Cardio/Strength 10:30am Donna RM #1 | | | | Classic 10:30am Heather RM #1 | | STABILITY 10:15am Whitney Rm#3 | |
| 11:00am | Yoga Healing Hatha (45Mins) ALisha RM-#3 | | Yoga Healing Hatha (45Mins) ALisha RM-#3 | | Simple Stretch (45Mins) Deanne RM-#3 | | Yoga Breathing Therapy Manisha (75 minutes) RM-#3 | | Simple Stretch (45Mins) Deanne RM# 1 | H.I.I.T. (30 Mins) Heather Rm#2 |
| 11:30am | Tai Chi For Balance Donna Rm#2 | | Yoga Stretch (30 Mins) Donna RM #1 | Tai Chi For Balance Donna Rm#2 | GOLD 12:00pm Whitney RM # 1 | Yoga Stretch (30 Mins) Heather RM #1 | | Ab Blast (15 Mins) Heather Rm#2 | | |

Cardio, Toning, & Strength

AB BLAST (Connie & Heather) 15 minute class focusing on strengthening abdominal and lateral flexors, back extensors, and core stabilizer to improve torso appearance and function.

Cardio BLAST-(Tony/Heather) Three 20 minute segments of low and high impact aerobics, step drills, and endurance exercises.

Cardio and Core Fitness-(Connie)

This dance cardio workout combines low and high impact aerobic exercises with athletic moves and dance steps to energizing and foot-stomping music.

Cardio Kick Boxing-(Heather) This class blends elements of kickboxing, athletic conditioning drills, and flexibility training for a full body workout.

Circuit Breaker-(Karlton) This intense total body workout combines aerobic and strength training segments. Focus is on balance, agility, speed, and strength.

HIIT=High Intensity interval Training (Heather) Get your heart pumping and fire up your metabolism with short, intense bursts of exercise followed by a recovery period.

Karlton's Class-Train like an athlete in this advanced, rigorous conditioning class. Training includes resistance, aerobic, ply metrics, agility, speed, and core strengthening exercises.

Muscle-Up Fitness-(Karlton) This strength training class will consist of a combination of free weights along with medicine ball & core strengthening.

Stability (Whitney)-This class is for active older adults. Build strength in hip joints, ankles and knees.

Total Body-(Deanne, Heather) This resistance exercise class strengthens your entire body. Free weight exercises, squats, presses, all major muscle groups.

\$ Total Body Sculpt (TBS) is a boot camp with a Certified PT that combines strength training, flexibility, and cardio conditioning designed to shape the body.

ZUMBA(Connie,Esthela,Katie,Tati &Whitney)- a dance fusion of Latin and international music and dance styles that feature aerobic/fitness interval training with a combination of rhythms.

the **FALL 2017 Evening Schedule**

Mind Body Spirit Classes

Yoga/Pilates/Barre- (Carollana) This special fusion class includes ballet barre fitness; free weights and yoga that will help you harmonize your body and mind in your exercise that brings joy to movement.

Healing Hatha-(ALisha) Students learn mind body connections and principles and how our bodies are designed to heal from the inside out.

Pilates -Yoga-(Carollana) Yoga poses are connected in a sequence with the breath to increase strength, flexibility and coordination.

PiYO (Laurel)-PiYo is a high intensity low impact workout that provides the benefits of Pilates and yoga combined.

Silver Sneakers Muscular Strength & Full Range of Motion- (Donna, Heather & Whitney) Have fun and move to the music through a variety of exercises designed to increase muscular strength, full range of motion, and activities for daily living skills.

Silver Sneakers Yoga Stretch-(Donna, Heather & Whitney) Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.

Simple Stretch (Deanne)- A 45 min. class focusing on increasing flexibility in. Class will also include relaxation. Suitable for all levels.















SPLASH-(Whitney)-Improve agility, flexibility, and increase cardiovascular fitness, strength and endurance. Aquatic equipment will be used. No Swimming is required.

Tai Chi -(Donna, David) Classes utilize evidence based programs that have positive impact on chronic musculoskeletal pain, dementia, falls and related risks.

Therapeutic YOGA-(Manisha) Yoga Therapy is a holistic system treating the whole person and is beneficial for treating lifestyle based conditions such as back pain, hypertension, and diabetes.

Yoga-Restorative-(Carollana,Manisha) Conscious mindful breathing , then loosening exercises followed by various "Asanas" or body postures and relaxation.

Water Aerobics-(Esthela) Regardless of your fitness level, you will get a great workout in our pool. Our instructors offer modifications to increase or decrease the intensity.

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|---|---|--|--|--|
| 5:30pm | Muscle-up Fitness  Karlton RM #1 |  Yoga Pilates Carollana RM-#3 | Kick Boxing Heather Rm#1 | Muscle-up Fitness  Karlton RM #1 | |
| 6:00pm | \$ Total BodySculpt TBS Boot Camp 6-7pm Quenton RM #2 | | \$ Total BodySculpt TBS Boot Camp 6-7pm Quenton RM #2 | |  Lift/Spin YOGA Carollana RM-#3 |
| 6:30pm |  Connie RM #1 | H.I.I.T  SPIN (30Mins) Carollana SPIN Room |  Tatiana RM #1 |  Jonathon RM #1 |  Whitney RM #1 |
| 7:00pm | Restorative YOGA Carollana Rm#3 | Therapeutic YOGA Manisha Rm#3 | | Yoga/Pilates/Barre Carollana RM-#3 | AB Blast Connie 15Mins Rm#1 |
| Saturday Classes |  AQUA ZUMBA 9:15am Esthela & Whitney POOL |  All Terrain 10-11am SPIN Room Rotation |  Tatiana 10:00am RM #1 |  *11:30am-1:00am Rotation RM #1 |  \$ Capoeira TBA Sumarai |