



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	SilverSneakers 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	SilverSneakers SPLASH Whitney Pool
10:00am	Total Body Heather RM# 1		ZUMBA Katie RM #2	ZUMBA Jonathon RM #2	Total Body Deanne RM #1	ZUMBA Katie RM #2	ZUMBA Challenge Whitney RM #2		Total Body Deanne RM #1	ZUMBA Esthela RM #2
			H.I.I.T SPIN (30Mins) Carollana SPIN Room	H.I.I.T SPIN (30Mins) Carollana SPIN Room						
10:15am & 10:30am	SilverSneakers STABILITY 10:15am Whitney Rm#3	\$ AERIAL Silks Teens 10:15am Gymnastic Room	SilverSneakers Cardio/Strength 10:30am Donna RM #1	\$ Senior Art Class 10:30am-12:00pm Resource RM A		SilverSneakers Classic 10:30am Heather RM #1	SilverSneakers STABILITY 10:15am Whitney Rm#3			
11:00am	Simple Stretch (45Mins) ALisha RM-#3		Simple Stretch (45Mins) ALisha RM-#3	Simple Stretch (45Mins) Deanne RM-#3		Restorative Yoga 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	\$ AERIAL Silks Adults Gymnastic Room	SilverSneakers Yoga Stretch (30 Mins) Donna RM #1	Tai Chi For Balance Donna Rm#2	ZUMBA GOLD 12:00pm Whitney RM# 1	SilverSneakers 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.

\$ Capoeira (Sumarai)-Learn Skills. Gain confidence. A unique form of Afro-Brazilian Martial Art. * Pre-Registration *
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 conditionings 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 the use of 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.

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

ART classes for Seniors-(Karen) on Wednesdays for seniors. Come enjoy drawing and painting as a part of our new Senior Social Series .

Barre Core Fitness- (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.

Pilates –Yoga-(Carollana) Yoga poses are connected in a sequence with the breath to increase strength and flexibility and improve balance 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, Alisha- A 45 min. class focusing on increasing flexibility in. Class will also include relaxation. Suitable for all levels.

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

Yoga-Restorative-(Carollana,Manisha) Conscious mindful breathing is an essential aspect of the exercises. We begin with 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.

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

	Monday	Tuesday	Wednesday	Thursday	Friday		
4:00pm	 \$ Capoeira Sumarai 4:00-6:30 RM#2		 \$ Capoeira Sumarai 4:00-6:30 RM#2				
5:30pm	Muscle-up Fitness  Karlton RM #1	 Yoga Pilates Carollana RM-#3	Kick Boxing Heather Rm#1	Muscle-up Fitness  Karlton RM #1	Pilates Yoga Carollana RM-#3		
6:00pm			 SPIN Ryan SPIN Room	 SPIN Carollana SPIN Room	 ZUMBA Connie RM#1	Lift/Spin YOGA Carollana RM-#3	
6:30pm	 ZUMBA Connie RM #1	H.I.I.T  SPIN (30Mins) Carollana SPIN Room	 ZUMBA Tatiana RM #1	 ZUMBA Jonathon RM #1	\$ LBM Boot Camp Joseph RM #2	 ZUMBA Katie RM #1	
7:00pm	\$ LBM Boot Camp Joseph RM #2	Restorative YOGA Carollana Rm#3	Therapeutic YOGA Manisha Rm#3	PIYO Pilates/Yoga Laurel Rm#3	Barre/Core/Yoga Carollana RM-#3	AB Blast Connie 15Mins RM#1	\$ LBM Boot Camp Joseph RM#2
Saturday Classes	 AQUA ZUMBA 9:15am Esthela & Whitney POOL	 All Terrain 10-11am SPIN Room Rotation	 ZUMBA Tatiana 10:00am RM #1	 SilverSneakers FITNESS *11:30am-1:00am Rotation RM #1	 \$ Capoeira 11:30am-1:45pm Sumarai RM#2		

