



SUMMER 2017 Morning Schedule

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
8:30am									Yoga Carollana RM-#3	
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	Total Body Deanne RM #1	Katie RM #2	Challenge Whitney RM #2		Total Body Deanne RM #1	Esthela RM #2	
			H.I.I.T SPIN (30Mins) Carollana SPIN Room	H.I.I.T SPIN (30Mins) Diane SPIN Room						
10:15am & 10:30am	STABILITY 10:15am Whitney Rm#3	\$ AERIAL Silks Teens 10:15am Gymnastic Room	Cardio/Strength 10:30am Donna RM #1	Senior Art Class 10:30am-12:00pm Resource RM A		Classic 10:30am Heather RM #1	STABILITY 10:15am Whitney Rm#3			
11:00am	Simple Stretch (45Mins) ALisha RM-#3		Simple Stretch (45Mins) Diedre or ALisha RM-#3		Simple Stretch (45Mins) Deanne 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	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.

Capoeira (Melissa, Sumarai)-Learn Skills. Gain confidence. A unique form of Afro-Brazilian Martial Art.

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.



SUMMER 2017 Evening Schedule

	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		Kick Boxing Heather RM #1	Muscle-up Fitness  Karlton RM #1	Pilates Yoga Carollana RM-#3	
6:00pm		 All Terrain SPIN Room Diane	 All Terrain SPIN Room Ryan	 All Terrain SPIN Room Diane	 ZUMBA Connie RM#1	Lift/Spin YOGA Carollana RM-#3
6:30pm	 ZUMBA Connie RM #1	 ZUMBA Tatiana RM #1	 ZUMBA Jonathon RM #1	 ZUMBA \$ LBM Boot Camp Joseph RM #2	 ZUMBA Katie RM #1	
7:00pm	\$ LBM Boot Camp Joseph RM #2			Barre/ Core/Yoga  Carollana RM-#3	AB Blast Connie 15Mins Rm#1	\$ LBM Boot Camp Joseph RM#2
Saturday Classes	 All Terrain 10-11am SPIN Room Rotation	 ZUMBA Tatiana 10:00am RM #1	 SilverSneakers *11:30am-1:00am Rotation RM #1	 Yoga 11am-11:30 Pilates 11:30am to 12:30pm Restorative Yoga Carollana RM-#3	 Capoeira 11:30am-1:45pm Sumarai RM#2	

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. ***Sundays @1pm 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 minute class focusing on increasing flexibility in. Class will also include relaxation.

Suitable for all levels.

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

Yoga-Restorative-(Carollana) Conscious mindful breathing is an essential aspect of the exercises. We begin with loosening exercises followed by various "Asanas" or body postures and, ends with relaxation. ***NOW on Saturday*** **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.

