



# Winter 2017 Morning Schedule

## 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)** Three 20 minute segments of low and high impact aerobics, step drills, and endurance exercises.

**Circuit Breaker (Karlton)** This intense total body workout combines aerobic and strength training segments. Focus is on balance, stability, agility, speed, and strength. It's a great workout and you never know what will come next.

**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 head-to-toe full body workout. This class will help you reduce stress, add muscle tone.

**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.

**Silver Sneakers Muscular Strength and Range of Motion** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills.

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 AM	Yoga Carollana RM 2	Yoga Carollana RM 2	Yoga Carollana RM 2	Pilates Yoga Carollana RM 2	Yoga Carollana RM 2
9:00 AM	<b>Circuit Breaker</b> Karlton RM 1	<b>Cardio BLAST</b> <b>Heather</b> <b>9:30AM</b> RM 1	<b>Circuit Breaker</b> Karlton RM 1		<b>Circuit Breaker</b> Karlton RM 1
10:00 AM	<b>Total Body</b> Heather RM 1 	ZUMBA Jonathon RM 2	<b>Total Body</b> Deanne RM 1	ZUMBA <b>Challenge</b> Whitney RM 2	<b>Total Body</b> Deanne RM 1 
		ZUMBA Katie RM 2	ZUMBA Katie RM 2		
10:30 AM		Silver Sneakers <b>*10:30AM</b> Donna RM 1		Silver Sneakers <b>*10:30AM</b> Heather RM 1	
	<b>Simple Stretch</b> (45Mins) Alisha RM 1	Silver Sneakers Donna RM 1	<b>Simple Stretch</b> (45Mins) Deanne RM 1	Silver Sneakers Heather RM 1	<b>Simple Stretch</b> (45Mins) Deanne RM 1
11:00 AM		Silver Sneakers <b>Yoga Stretch</b> (30 Mins) Donna RM 1	<b>H.I.I.T</b> SPIN (30Mins) Carollana	<b>H.I.I.T</b> SPIN (30Mins) Diane	
	<b>Tai Chi For Balance</b> Donna RM 2		<b>Tai Chi For Balance</b> Donna RM 2	Silver Sneakers <b>Yoga Stretch</b> (30 Mins) Heather RM 1	<b>H.I.I.T.</b> (30 Mins) Heather RM 2
11:30 AM		Silver Sneakers <b>Yoga Stretch</b> (30 Mins) Donna RM 1		Silver Sneakers <b>Yoga Stretch</b> (30 Mins) Heather RM 1	<b>Ab Blast</b> (15 Mins) Heather RM 2
1:00 PM	ZUMBA Aqua Zumba Whitney Pool	<b>Aqua Fitness</b> Joane Pool	<b>Aqua Fitness</b> Joane Pool	ZUMBA GOLD Whitney RM 2	ZUMBA Aqua Zumba Whitney Pool



# Winter 2017 Evening Schedule

## MIND BODY SPIRIT CLASSES

**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.

**Dance Trance (Quira, Mary, Erica, Natalie)** Dance experience is not required to be able to participate. You only need a passion for dance, a Love of music and the ability to follow and learn exciting and hip choreography

**Pilates -Yoga (Carollana)** Yoga poses are connected in a sequence with the breath to increase strength and flexibility and improve balance and coordination. Stress relief and relaxation are also for a complete practice.

**PI/YO (Laurel)**- PiYo is a high intensity low impact workout that provides the benefits of Pilates and yoga combined. **Sundays at 1PM.**

**Silver Sneakers Yoga Stretch (Donna, Deanne, Heather & Whitney)** will move your whole body through a complete series of seated and standing yoga poses. 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 minute class focusing on increasing flexibility in .Class will also include relaxation. Suitable for all fitness 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-Flow (Alisha)** Learn how to breathe and relax, build strength, gain flexibility, and create balance within your body. All levels welcome.

**Yoga-Restorative (Manisha)** 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.

**Water Aerobics (Joane, Whitney)** Regardless of your fitness level, you will get a great workout in our pool. Our instructors offer modifications to increase or decrease the difficulty of the movement.

**Aqua Fitness/ Aqua Zumba (Whitney)** These classes focus on aerobic endurance, strength training, and creating an enjoyable atmosphere with music.

**Tap Class/Dance Lab (Chaya Veda)** Experience Fun, exercise and creative expression, musicality and feeling great through the joy of tap dancing as an art form and increasing your health and fitness.

	Monday	Tuesday	Wednesday	Thursday	Friday			
5:30 PM	<b>Muscle-up Fitness</b>  Karlton RM 1	<b>Dance Trance Instructor Rotation</b> RM 2	<b>Pilates Yoga</b> Carollana RM 1	<b>Kick Boxing</b> Heather RM 1	<b>Muscle-up Fitness</b>  Karlton RM 1			
6:00 PM	 <b>All Terrain</b> Angie	 <b>All Terrain Cycling</b> Diane	 <b>All Terrain</b> Angie	<b>\$ TAP DANCE</b> Chaya's Dance Lab RM 3	 <b>ZUMBA</b> Katie RM 2	 <b>All Terrain</b> Diane	 <b>ZUMBA</b> Connie RM 1 + 15"AB Blast	<b>Lift- Spin YOGA</b> Carollana RM 2
6:30 PM	 <b>ZUMBA</b> Connie (+ AB Blast 15") RM 1	 <b>ZUMBA</b> Whitney RM 1	 <b>ZUMBA</b> Jonathon RM 1	<b>\$ LBM Boot Camp</b> Joseph RM 2	<b>BALLROOM DANCE WORKSHOP TBA</b>			
7:00 PM	<b>\$ LBM Boot Camp</b> Joseph RM 2	<b>Restorative YOGA</b> Carollana Orange RM		<b>Barre Core Yoga</b> Carollana RM 1	<b>\$ LBM Boot Camp</b> Joseph RM 2			
Saturday Classes	 <b>All Terrain</b> Rotation	 <b>ZUMBA</b> Tatiana 10 :30 AM RM 1	 <b>Silver Sneakers</b> *11:30-1PM Rotation RM 1		<b>SUNDAY PIYO Workout Returns Feb 2017</b> <b>Laurel 1-2PM</b>			

