

Group Fitness Schedule • Fall Session 1

September 8–November 1, 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>Spinning (S) 6:00–6:50 • Josie/Alison</p> <p>Sunrise Yoga (C) 6:30–7:30 • Katherine</p> <p>Aqua Fitness (P) 7:00–7:45 Deep Pool • Carole</p> <p>Aqua Fitness (P) 8:30–9:15 Deep Pool • Susan New Time!</p> <p>Spinning (S) 8:35–9:35 • Maureen</p> <p>Yoga Flow (S) 9:45–10:45 • Katherine</p> <p>Aquacize (P) 11:00–11:45 Shallow Pool • Susan New Time!</p> <p>Prime Time (S) 11:15–12:15 • Katherine</p> <p>Power & Grace (S) 1:00–1:45 • Susan</p> <p>Little & Junior Yogis (S) Grades 4-6 • 3:15–3:40 Grades K-3 • 3:45–4:15 Beth Ann New Class!</p> <p>Aqua Fitness (P) 5:30–6:15 Deep Pool • Carole</p> <p>Build & Burn (S) 5:30–6:30 • Laurie</p> <p>Karate (C) 6:00–7:30 • Dave</p>	<p>Fit Camp (G) 6:00–6:45 • Alison</p> <p>Aqua HIIT (P) 7:00–7:45 Deep Pool • Susan</p> <p>Functional Strength & Balance (S) 8:20–9:30 • Maureen</p> <p>Body at the Barre (S) 9:45–10:15 • Katherine</p> <p>Hatha Yoga (S) 10:30–11:30 • Katherine</p> <p>Hoop Dance (S) Grades K-3 • 3:15–3:40 Grades 4-6 • 3:45–4:15 Dana Returning!</p> <p>Aqua HIIT (P) 5:30–6:15 Deep Pool • Carole</p> <p>Spinning (S) 5:30–6:30 Katie/Jennifer</p> <p>Total Body Conditioning (DL) 5:30–6:30 • Sabrina</p>	<p>Spinning (S) 6:00–6:50 • Colleen</p> <p>Aqua Fitness (P) 7:00–7:45 Deep Pool • Carole</p> <p>Aqua Fitness (P) 8:30–9:15 Deep Pool • Carole New Time!</p> <p>Spin Core & More (S) 8:35–9:35 • Amy</p> <p>Pilates (S) 9:45–10:45 • Joann</p> <p>Aquacize (P) 11:00–11:45 Shallow Pool • Various New Time!</p> <p>Prime Time (S) 11:15–12:15 • Katherine</p> <p>Gentle Yoga (C) 1:00–2:00 • Katherine</p> <p>Little & Junior Yogis (S) Grades 4-6 • 3:15–3:40 Grades K-3 • 3:45–4:15 Beth Ann New Class!</p> <p>Aqua Fitness (P) 5:30–6:15 Deep Pool • Carole</p> <p>Build & Burn (S) 5:30–6:30 • Laurie New Format!</p> <p>Yoga Flow (C) 5:30–6:45 • Katherine New Time!</p>	<p>Fit Camp (G) 6:00–6:45 • Alison</p> <p>Aqua HIIT (P) 7:00–7:45 Deep Pool • Susan</p> <p>Functional Strength & Balance (S) 8:20–9:30 • Maureen</p> <p>Yoga Flow (C) 8:35–9:35 • Katherine</p> <p>Power & Grace (S) 9:45–10:45 • Katherine</p> <p>Aquacize (P) 11:00–11:45 Shallow Pool • Susan New Time!</p> <p>Aqua HIIT (P) 5:30–6:15 Deep Pool • Carole</p> <p>Spin Core & More (S) 5:30–6:30 • Laurie</p> <p>Karate (S) 6:30–8:00 • Dave</p>	<p>Spinning (S) 6:00–6:50 • Colleen</p> <p>Spin Yoga (S) 8:35–9:35 • Joann Returning!</p> <p>Barre Pilates Fusion (S) 9:45–10:45 • Joann Returning!</p> <p>Prime Time (S) 11:15–12:15 Carina</p> <p>Gentle Yoga (C) 1:00–2:00 • Katherine</p> <p>Hoop Dance (S) Grades 4-6 • 3:15–3:40 Grades K-3 • 3:45–4:15 Dana Returning!</p> <p>Zumba (S) 5:20–6:20 Various</p>	<p>Spinning (S) 8:15–9:15 • Various (See schedule on back)</p> <p>Variety (S) 9:30–10:30 • Various (See schedule below)</p> <p>Yoga Foundations (C) 9:30–10:45 Bonnie/Jack</p>	
					Saturday Variety Class Schedule	
					9/12	Total Body Conditioning
					9/19	Cardio Dance & Core
					9/26	Circuit Training
					10/3	Total Body Conditioning
					10/10	Zumba Toning
					10/17	Circuit Training
					10/24	Cardio Dance & Core
					10/31	Cardio Dance & Core

Class Information & Policies

- Group Fitness participants need to obtain a numbered ticket at the Health & Fitness desk for entry into class (no sooner than 30 minutes prior to class).
- Class size limits are listed under class descriptions.
- Most classes require some set-up time. Please arrive to class 5 mins prior to scheduled starting time. No admittance 5 mins after class starts.
- Classes are subject to change and may be cancelled at any time.
- Instructor substitution may occur without notice.
- It is recommended to bring your own mat to yoga classes.
- Classes highlighted in red will be unavailable to non-members for pre-registration. Day Pass users may take Group Fitness classes based on availabilities (10 mins prior to class).

(S) = Studio
(P) = Pool
(C) = Conf. Room
(G) = Gym Floor
(DL) = Downstairs Lobby

Class Notes & Schedule Changes

- Gentle Yoga will be held at 1:00pm in the Studio on Wednesday, September 9 and October 14.

Class Descriptions

Aquacize (Limit 15) • Working with a variety of water props, this shallow water class will have you consciously work with water's natural resistance to increase muscular strength & cardiovascular endurance as well as improve posture & balance.

Aqua Fitness (Limit 22) • A deep water exercise class that utilizes different aqua techniques for a total body workout. Constant core stabilization is required while utilizing the water's resistance and buoyancy to improve muscular strength, cardiovascular and muscular endurance. Aqua belts are provided.

Aqua HIIT (Limit 22) • Variety of high intensity interval training formats to target the cardiovascular system.

Barre Pilates Fusion (Limit 10) • This class begins with a Pilates mat workout to stretch and strengthen without building bulk with an emphasis on breathing, core conditioning and body awareness. Class then moves to the ballet barre using small props to sculpt and tone major muscle groups and finishes up with a gentle stretch.

Body at the Barre (Limit 10) • A signature workout that combines ballet, weights, Pilates and Yoga for a low-impact, invigorating, fat-burning workout. Free-standing lifting using light weights, some mat work, and plenty of barre work. The class also incorporates stretching after each strengthening series, so you'll also lengthen your body and increase flexibility while you tone.

Build & Burn (Limit 20) • Interval training using a variety of weight training tools such as hand weights, balls, tubing, bands, or body bar, etc. to build lean muscle that is woven between short cardio segments to burn the fat. The best of both worlds in one class.

Cardio Dance & Core (Limit 20) • Dance your way into shape! Fun, easy to learn moves, fuse old grooves with new tunes in this low impact but high energy aerobic workout combined with core strengthening exercises.

Circuit Training (Limit 20) • A total body conditioning class in a circuit style format.

Fit Camp (Limit 25) • A non-choreographed conditioning class designed to sculpt, strengthen and stretch your body utilizing various equipment such as weights, body bars, tubing, stability balls, medicine balls, step bench, balance discs, Bosu and stretch straps. This class also includes balance, core and flexibility training.

Functional Strength and Balance (Limit 22) • An integrated strength training class using various equipment that also focuses on balance and stability to promote optimal performance in real life.

Gentle Yoga (Limit 20) • While uniting body, breath, and mind, this gentle yoga practice is for those who wish to strengthen their bodies, calm their minds, and find relaxation through breath work and yoga postures, both active & restorative. This is the perfect class to begin your yoga practice. Various props will be used.

Hatha Yoga (Limit 20) • Classic postures and breathwork. Students will be taught proper sequencing and applications to receive the healthful benefits of this ancient health system. Class is open to beginning to continuing students.

Hoopdance (Limit 12) • A fun, creative approach to hula hooping. In this class, you will learn the foundations of waist and arm hooping, as well as introductory off-body tricks. Benefits include greater body awareness, coordination, balance and flexibility. Hula hoops provided.

Little & Junior Yogis (Little Yogis: Grades K-3, Limit: 12; Junior Yogis: Grades 3-6, Limit: 12): Little & Junior Yogis will provide kids a fun, safe environment to enhance their physical flexibility, balance, and coordination while developing mental focus and concentration. It will also help boost confidence, increase creativity, and cultivate a peaceful mind through learning foundational yoga poses, playing yoga games, and learning basic breathing techniques.

Karate (Monday: Limit 20, Thursday: Limit 25) • Washin Ryu is a traditional style of karate that includes training in the performance of katas (forms), self defence techniques, kumites (sport sparring) and exercise associated with Karate. This highly structured class encourages individual pace and achieving your personal best. It is taught by students of the world famous Hidy Ochiai and emphasizes nonviolence, self respect, concentration and discipline.

Pilates (Limit 20) • With an emphasis on breathing, core conditioning, and body awareness, Pilates is a safe and highly effective way to stretch, strengthen, and streamline your body without building bulk or stressing your joints. Performed on a mat, Pilates exercises will leave you looking toned, feeling revitalized, and moving with ease.

Power & Grace (Limit 20) • This class offers the best of both worlds. Thirty minutes of movement to music followed by thirty minutes of balance exercises, stretching, centering, and relaxation. Appropriate for all fitness levels. No experience necessary.

Prime Time (Limit 15) • A mild exercise class for seniors who would like to improve their strength, flexibility and balance while having fun in a relaxed social setting. It is designed to give the participant a variety of exercises while standing, seated and occasional floor work to help maintain and enhance their well being.

Spin Core & More (Limit 21) • A 30-40 minute Spinning ride followed by core training exercises that may incorporate lower and/or upper body conditioning utilizing various fitness equipment.

Spinning (Limit 21) • SPINNING is a registered trademark of Mad Dogg Athletics, Inc. Spinning is a stationary cycling group exercise class for all levels of fitness. Classes consist of changing ride profiles with instructors leading participants through an energizing "ride." Spinning rides combine a foundation of basic cycling movements with motivational coaching techniques, breathing awareness and heart rate training. (Sat. Spinning Instructors • 9/12: Colleen, 9/19: Don, 9/26: Josie, 10/3: Alison, 10/10: Don, 10/17: Josie, 10/24: Colleen, 10/31: Alison.

Spin Yoga (Limit 22) • Combines an energetic Spinning ride followed by the Vinyasa style of Yoga that uses stretching to help elongate muscles, relax tension, and improve posture.

Sunrise Yoga (Limit 20) • Please see description for Yoga Flow.

Total Body Conditioning (Limit 12) • Take your fitness to the next level with this athletic based workout that consists of total body conditioning exercises and cardiovascular intervals in an easy to follow format.

Variety (Limit 20) • A different style class will be offered each week. (Sat. Variety Instructors • 9/12: Sabrina, 9/19: Emily, 9/26: Josie, 10/3: Sabrina, 10/10: Elma, 10/17: Josie, 10/24: Emily, 10/31: Emily.

Yoga Flow (Limit 20) • This class seamlessly blends the methodologies of Kripalu Yoga and YogaFit, providing you with a safe and enjoyable way to explore your yoga journey. Students will gain strength, focus, flexibility and find stress relief. This class is designed for students with previous yoga experience.

Yoga Foundations (Limit 20) • Learn some of the beginning hatha yoga postures that will begin to build your foundation towards a deeper practice. Focusing on breath work, proper alignment, corrections, and body awareness. Variations of each pose will be shown to address common difficulties in performing yoga poses. This yoga class is an excellent foundation to creating a strong practice for a beginner yogi, or to develop a greater understanding of various poses for a more experienced practitioner.

Zumba (Limit 25) • Zumba combines high energy and motivating music with unique moves and combinations that allow the participant to dance away their worries. It is based on the principle that a workout should be a "fun & easy to do." Zumba is a "feel-happy" workout that is great for both the body & mind.

Zumba Toning (Limit 25) • Using lightweight, maraca-like Toning Sticks, Zumba Toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create calorie-torching dance fitness party.