

Group Fitness Schedule • Fall Session II

October 27–December 21, 2014

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																
<p>Spinning (S) 6:00–6:50 • Josie</p> <p>Sunrise Yoga (C) 6:30–7:30 • Katherine</p> <p>Aqua Fitness (P) 8:00–9:00 Deep Pool • Carole</p> <p>Spinning (S) 8:35–9:35 • Maureen</p> <p>Yoga Flow (S) 9:45–10:45 • Katherine</p> <p>Aquacize (P) 11:00–12:00 Shallow Pool • Carole</p> <p>Prime Time (S) 11:15–12:15 • Katherine</p> <p>Power & Grace (S) 1:00–2:00 • Katherine</p> <p>Hoopdance (S) Grades 4–6 • 3:15–3:40 Grades K–3 • 3:45–4:15 Deirdre</p> <p>Half & Half (S) 5:30–6:20 Laurie/Brittany</p> <p>Aqua Fitness (P) 5:30–6:30 Deep Pool • Carole</p> <p>Karate (C) 6:00–7:30 • Dave</p> <p>Cardio Kick & Sculpt (C) 6:30–7:15 • Laurie Returning!</p>	<p>Spinning (S) 6:00–6:50 • Various Returning!</p> <p>Fit Camp (G) 6:00–6:45 Alison/Brittany</p> <p>Aqua Fitness (P) 6:30–7:15 Deep Pool • Carole</p> <p>Functional Strength & Balance (S) 8:20–9:30 • Maureen</p> <p>Zumba (S) 9:45–10:45 • Veronica</p> <p>Prime Time (S) 11:15–12:15 • Deirdre Returning!</p> <p>Zumba Gold (S) 1:00–1:45 • Holly Returning!</p> <p>Fit Kids (S) Grades 4–6 • 3:15–3:40 Grades K–3 • 3:45–4:15 Deirdre</p> <p>Spin Core & More (S) 5:30–6:30 • Amy Returning!</p> <p>Total Body Conditioning (DL) 5:30–6:30 • Sabrina</p> <p>Zumba Toning (S) 6:45–7:30 • Elma New Time!</p>	<p>Spinning (S) 6:00–6:50 • Colleen</p> <p>Aqua Fitness (P) 8:00–9:00 Deep Pool • Carole</p> <p>Spin Core & More (S) 8:35–9:35 • Amy</p> <p>Pilates (S) 9:45–10:45 • Joann</p> <p>Prime Time (S) 11:15–12:15 Katherine</p> <p>Gentle Yoga (C) 1:00–2:00 • Katherine</p> <p>Hit the Mat (S) Grades 4–6 • 3:15–3:40 Grades K–3 • 3:45–4:15 Katherine</p> <p>Yoga Flow (C) 5:20–6:20 • Katherine</p> <p>Cardio Kick & Sculpt (S) 5:30–6:30 • Laurie</p> <p>Aqua Fitness (P) 5:30–6:30 Deep Pool • Carole</p> <p>Spinning (S) 6:30–7:15 • Various Returning!</p>	<p>Spinning (S) 6:00–6:50 • Don Returning!</p> <p>Fit Camp (G) 6:00–6:45 Alison/Brittany</p> <p>Basic Yoga (C) 6:30–7:30 • Katherine New Class!</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 • Nancy</p> <p>Aquacize (P) 11:00–12:00 Shallow Pool • Carole</p> <p>Senior Spin, Strength & Stretch (S) 11:15–12:15 • Carina New Class!</p> <p>Fit Kids (S) Grades 4–6 • 3:15–3:40 Grades K–3 • 3:45–4:15 Deirdre</p> <p>Spin Core & More (S) 5:30–6:30 • Laurie Returning!</p> <p>Karate (S) 6:30–8:00 • Dave</p>	<p>Spinning (S) 6:00–6:50 • Colleen</p> <p>Aqua Zumba (P) 8:30–9:15 Shallow Pool • Veronica Returning!</p> <p>Spin Yoga (S) 8:35–9:35 • Joann</p> <p>Pilates (S) 9:45–10:45 • Joann</p> <p>Prime Time (S) 11:15–12:15 • Carina</p> <p>Gentle Yoga (C) 1:00–2:00 • Katherine</p> <p>Zumba (S) 5:20–6:20 Katherine</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 Jack/Bonnie</p>																
					Sunday																
					<p>Zumba (S) 1:15–2:15 • Elma Returning!</p> <p>Creative Kids Yoga (S) K–2, 2:30–3:00 3–6, 3:15–3:45 Mary Clare Returning!</p>																
					Saturday Variety Class Schedule																
					<table border="1"> <tr> <td>11/1</td> <td>HIIT it UP</td> </tr> <tr> <td>11/8</td> <td>Cardio Kick & Sculpt</td> </tr> <tr> <td>11/15</td> <td>Cardio Dance & Core</td> </tr> <tr> <td>11/22</td> <td>HIIT it Up</td> </tr> <tr> <td>11/29</td> <td>Let Loose & Line Dance</td> </tr> <tr> <td>12/6</td> <td>Zumba</td> </tr> <tr> <td>12/13</td> <td>Cardio Dance & Core</td> </tr> <tr> <td>12/20</td> <td>Total Body Conditioning</td> </tr> </table>	11/1	HIIT it UP	11/8	Cardio Kick & Sculpt	11/15	Cardio Dance & Core	11/22	HIIT it Up	11/29	Let Loose & Line Dance	12/6	Zumba	12/13	Cardio Dance & Core	12/20	Total Body Conditioning
11/1	HIIT it UP																				
11/8	Cardio Kick & Sculpt																				
11/15	Cardio Dance & Core																				
11/22	HIIT it Up																				
11/29	Let Loose & Line Dance																				
12/6	Zumba																				
12/13	Cardio Dance & Core																				
12/20	Total Body Conditioning																				

Class Information & Policies

- Group Fitness participants need to obtain a numbered ticket at the Health & Fitness desk for entry into class (no sooner than 30mins 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

- There will be no after school kids classes on Monday, November 10 or Tuesday, November 11.
- Yoga Flow will be held in the Studio on Wednesday, November 12 and December 10.

Class Descriptions

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

Aqua Fitness (Limit 22) • (Mon. & Wed., 5:15pm). 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 Zumba (Limit 15) • Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio conditioning, body-toning, and most of all, fun & invigorating!

Basic Yoga (Limit 20) • Please see description for Gentle Yoga.

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.

Cardio Kick and Sculpt (Limit 20) • This intense, non-equipment based total-body workout can improve strength, aerobic fitness, flexibility, coordination, and balance. Learn kickboxing skills consisting of jabs, hooks, uppercuts and lower body kicks choreographed to heart pumping music.

Creative Kids Yoga (Limit 10) • A playful and innovative approach to support the holistic health of children through yoga and creative movement. It is designed to improve concentration, support body/brain development, and promote imagination in children. Most of all, it's fun!

Fit Camp (Limit 20) • 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.

Fit Kids • (Limit 16) An energetic, interactive class that offers a variety of fun activities, exercises & games designed to teach kids how to live a healthier lifestyle.

Functional Strength and Balance (Limit 20) • 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 and restorative. This is the perfect class to begin your yoga practice. Various props will be used.

Half & Half (Limit 20) • This class will feature a cardiovascular workout in the first half sweating to cardio kick box, step or basic hi-lo. The second half of the class will work on strength training using various equipment.

Hit the Mat (Limit 16) • This mat based class for kids will include balance, strength, stretching & yoga.

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.

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 non violence, self respect, concentration and discipline.

Let Loose and Line Dance (Limit 20) • Learn well-known line dances to favorite songs like "Boot Scootin' Boogie," "Watermelon Crawl" and "Footloose," while elevating your heart rate, and improving your balance and coordination.

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 22) • 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 22) • 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 • 11/1: Don, 11/8: Josie, 11/15: Colleen, 11/22: Alison, 11/29: Josie, 12/6: Don, 12/13: Colleen, 12/20: Alison).

Senior Spin, Strength & Stretch (Limit 15) • A one hour class offered for active seniors ready to try a 15-20 minute gentle Spinning ride, followed by a stretch and strength program that incorporates dumbbells, stability balls and resistance tubing. No previous experience required for this class, just the desire to try something new that aims to improve body, mind and spirit!

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) • Add a little variety to your workout. A different style class will be offered each week. (Sat. Variety Instructors • 11/1: Brittany, 11/8: Brittany, 11/15: Emily, 11/22: Brittany, 11/29: Brittany, 12/6: Elma, 12/13: Emily, 12/20: Alison).

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 for Flexibility & Balance (Limit 20) • In this time-efficient class, enjoy asanas that safely stretches our muscles and soft connective tissues, releasing lactic acid that causes tension, pain and sometimes fatigue. This, coupled with increased joint lubrication will leave us feeling a sense of lightness, ease and fluidity of movement. Our practice of fun balancing postures will cultivate a balance of mind body and spirit.

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 and easy to do." Zumba is a "feel-happy" workout that is great for both the body and mind. Sunday Zumba is open to youth 9 years old and above with an adult.

Zumba Gold (Limit 15) • Zumba Gold is based on the same dance moves used in the original Zumba class. The Gold class, however, is less intense, with dance routines designed for beginners and older adults.

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.