

Group Fitness Schedule • Fall Session 2

November 2–December 20, 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spinning (S) 6:00–6:50 • Josie/Alison	Fit Camp (G) 6:00–6:45 • Alison	Spinning (S) 6:00–6:50 • Colleen	Fit Camp (G) 6:00–6:45 • Alison	Spinning (S) 6:00–6:50 • Colleen	Spinning (S) 8:15–9:15 • Various (See back of schedule)
Sunrise Yoga (C) 6:30–7:30 • Katherine	Spinning (S) 6:00–6:50 • Josie/Deirdre Returning!	Aqua Fitness (P) 7:00–7:45 Deep Pool • Carole	Spinning (S) 6:00–6:50 • Don Returning!	Spin Yoga (S) 8:35–9:35 • Joann	Variety (S) 9:30–10:30 • Various (See schedule below)
Aqua Fitness (P) 7:00–7:45 Deep Pool • Susan	Aqua HIIT (P) 7:00–7:45 Deep Pool • Susan	Aqua Fitness (P) 8:30–9:15 Deep Pool • Carole	Aqua HIIT (P) 7:00–7:45 Deep Pool • Susan	Barre Pilates Fusion (S) 9:45–10:45 • Joann	Yoga Foundations (C) 9:30–10:45 • Bonnie
Aqua Fitness (P) 8:30–9:15 Deep Pool • Susan	Functional Strength & Balance (S) 8:20–9:30 • Maureen	Spin Core & More (S) 8:35–9:35 • Amy	Functional Strength & Balance (S) 8:20–9:30 • Maureen	Prime Time (S) 11:15–12:15 Carina	Sunday
Spinning (S) 8:35–9:35 • Maureen	Aquacize (P) 9:45–10:30 Shallow Pool • Susan New Day & Time!	Pilates (S) 9:45–10:45 • Joann	Yoga Flow (C) 8:35–9:35 • Katherine	Gentle Yoga (C) 1:00–2:00 • Katherine	Yoga (C) 9:30–10:45 • Nicole New Class!
Aquacize (P) 9:30–10:15 Shallow Pool • Susan New Time!	Body at the Barre (S) 9:45–10:15 • Katherine	Prime Time (S) 11:15–12:15 • Katherine	Aquacize (P) 9:45–10:30 Shallow Pool • Carole New Time!	Friday Mix Up (S) Grades 4-6 • 3:15–3:40 Grades K-3 • 3:45–4:15 Katherine/Mary Clare Returning!	Zumba (S) 1:15–2:15 • Elma Returning!
Yoga Flow (S) 9:45–10:45 • Katherine	Hatha Yoga (S) 10:30–11:30 • Katherine	Gentle Yoga (C) 1:00–2:00 • Katherine	Power & Grace (S) 9:45–10:45 • Katherine New Time!	Zumba (S) 5:20–6:20 Various	Creative Kids Yoga (S) K-2, 2:30–3:00 3-6, 3:15–3:45 Mary Clare Returning!
Prime Time (S) 11:15–12:15 • Katherine	Aqua HIIT (P) 5:30–6:15 Deep Pool • Carole	Little & Junior Yogis (S) Grades 4-6 • 3:15–3:40 Grades K-3 • 3:45–4:15 Beth Ann	Senior Spin & Stretch (S) 11:15–12:15 • Carina (Class begins 11/12) Returning!		Saturday Variety Class Schedule
Power & Grace (S) 1:00–2:00 • Nancy	Spin Core & More (S) 5:30–6:30 • Amy	Aqua Fitness (P) 5:30–6:15 Deep Pool • Carole			11/7 Let Loose & Line Dance
Little & Junior Yogis (S) Grades 4-6 • 3:15–3:40 Grades K-3 • 3:45–4:15 Beth Ann	Total Body Conditioning (DL) 5:30–6:30 • Sabrina	Build & Burn (S) 5:30–6:30 • Laurie	Aqua HIIT (P) 5:30–6:15 Deep Pool • Carole		11/14 Zumba Toning
Aqua Fitness (P) 5:30–6:15 Deep Pool • Carole		Yoga Flow (C) 5:30–6:45 • Katherine	Spin Core & More (S) 5:30–6:30 • Laurie		11/21 HIIT it Up
Tabata (S) 5:30–6:30 • Laurie New Format!			Karate (S) 6:30–8:00 • Dave		11/28 Circuit Training
Karate (C) 6:00–7:30 • Dave					12/5 Cardio Dance & Core
					12/12 Let Loose & Line Dance
					12/19 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).

Class Notes & Schedule Changes

Gentle Yoga will be held at 1:00pm in the Studio on Wednesday, 11/18 & 12/16.

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

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.

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 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 & flexibility training.

Friday Mix Up (Limit 16) • After school fun filled with a variety of new games and fitness activities each week.

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.

HIIT it Up (Limit 20) • Boost your fat-burning potential with this high intensity interval training class. This class uses mostly body-weight exercises in varying intervals to help you increase muscular endurance and strength, both aerobic and anaerobic endurance and speed. Variations are shown, making this fun and challenging for beginners and athletes alike.

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.

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. 30 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.

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!

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 • 11/7: Josie, 11/14: Colleen, 11/21: Alison, 11/28: Kurtis, 12/5: Don, 12/12: Alison, 12/19: Colleen)

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.

Spin Yoga (Limit 21) • 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.

Tabata (Limit 22) • Tabata is a high intensity interval type of workout. This training protocol involves performing a particular exercise(s) at a high intensity for 20 seconds, followed by 10 seconds of rest. This is repeated 8 times for a total training time of 4 minutes, followed by one minute of rest/recovery before moving on to the next round for a total of 8 rounds. All of the exercises to be performed are demonstrated with different variations offered. The class concludes with a well deserved cool down & stretch.

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 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.