

Group Fitness Limited Class Schedule

December 22, 2014–January 4, 2015

Monday 12/22	Tuesday 12/23	Wednesday 12/24	Thursday 12/25	Friday 12/26	Saturday 12/27
<p>Spinning (S) 6:00–6:50 • Colleen</p> <p>Sunrise Yoga (C) 6:30–7:30 • Katherine</p> <p>Aqua Fitness (P) 8:00–9:00 Deep Pool • Maureen</p> <p>Spinning (S) 8:35–9:35 • Deirdre</p> <p>Yoga Flow (S) 9:45–10:45 • Katherine</p> <p>Prime Time (S) 11:15–12:15 • Katherine</p> <p>Power & Grace (S) 1:00–2:00 • Katherine</p> <p>Half & Half (S) 5:30–6:15 • Brittany</p> <p>Karate (C) 6:00–7:30 • Dave</p>	<p>Spinning (S) 6:00–6:50 • Colleen</p> <p>Fit Camp (G) 6:00–6:45 • Alison</p> <p>Functional Strength & Balance (S) 8:20–9:30 • Maureen</p> <p>Zumba (S) 9:45–10:45 • Katherine</p> <p>Prime Time (S) 11:15–12:15 • Katherine</p> <p>Spin Core & More (S) 5:30–6:30 • Amy</p> <p>Total Body Conditioning (DL) 5:30–6:30 • Sabrina</p> <p>Zumba Toning (S) 6:45–7:30 • Elma</p>	<p>The Sports Center is closed on:</p> <p>Wednesday, December 24 in observance of Christmas Eve</p>	<p>The Sports Center is closed on:</p> <p>Thursday, December 25 in observance of Christmas Day</p>	<p>Spinning (S) 8:35–9:35 • Colleen</p> <p>Gentle Yoga (C) 1:00–2:00 • Nicole</p> <p>Zumba (S) 5:20–6:20 • Elma</p>	<p>Spinning (S) 8:15–9:15 • Don</p> <p>Yoga Foundations (C) 9:30–10:45 Bonnie/Jack</p>
					Sunday 12/28
					<p>Zumba (S) 1:15–2:15 • Elma</p> <p><i>Sunday Zumba is open to youth 9 years old and above with an adult.</i></p> <p>Creative Kids Yoga (S) K–2, 2:30–3:00 3–6, 3:15–3:45 Mary Clare</p>
Monday 12/29	Tuesday 12/30	Wednesday 12/31	Thursday 1/1	Friday 1/2	Saturday 1/3
<p>Spinning (S) 6:00–6:50 • Colleen</p> <p>Sunrise Yoga (C) 6:30–7:30 • Kim</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 • Nicole</p> <p>Aquacize (P) 11:00–11:45 Shallow Pool • Carole</p> <p>Prime Time (S) 11:15–12:15 • Deirdre</p> <p>Half & Half (S) 5:30–6:15 • Brittany</p> <p>Aqua Fitness (P) 5:30–6:30 Deep Pool • Carole</p> <p>Karate (C) 6:00–7:30 • Dave</p>	<p>Spinning (S) 6:00–6:50 • Don</p> <p>Fit Camp (G) 6:00–6:45 • Alison</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 • Katherine</p> <p>Prime Time (S) 11:15–12:15 • Katherine</p> <p>Spin Core & More (S) 5:30–6:30 • Amy</p> <p>Total Body Conditioning (DL) 5:30–6:30 • Sabrina</p> <p>Zumba Toning (S) 6:45–7:30 • Elma</p>	<p>The Sports Center is closed on:</p> <p>Wednesday, December 31 in observance of New Years Eve</p>	<p>The Sports Center is closed on:</p> <p>Thursday, January 1 in observance of New Years Day</p>	<p>Spinning (S) 6:00–6:50 • Colleen</p> <p>Spinning (S) 8:35–9:35 • Joann</p> <p>Pilates (S) 9:45–10:45 • Joann</p> <p>Aqua Zumba (P) 1:00–1:45 Shallow Pool • Veronica</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 • Colleen</p> <p>Variety (S) 9:30–10:30 • Brittany</p> <p>Yoga Foundations (C) 9:30–10:45 Bonnie/Jack</p>
					Sunday 1/4
					<p>Zumba (S) 1:15–2:15 • Elma</p> <p><i>Sunday Zumba is open to youth 9 years old and above with an adult.</i></p> <p>Creative Kids Yoga (S) K–2, 2:30–3:00 3–6, 3:15–3:45 Mary Clare</p>

Class Information and Policies

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

- 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).

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) • 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!

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 and flexibility training.

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.

Karate (Monday: Limit 20) • 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 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.

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.

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 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 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.

ClarkSportsCenter