

Group Fitness Schedule • Spring Session I

March 3–April 27, 2014

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spinning (S) 6:00–6:50 • Alison	Spinning (S) 6:00–6:50 • Colleen	Spinning (S) 6:00–6:50 • Don	Spinning (S) 6:00–6:50 • Colleen	Spinning (S) 6:00–6:50 • Don	Spinning (S) 8:15–9:15 • Various (See schedule on back)
Sunrise Yoga (C) 6:30–7:30 • Katherine	Fit Camp (G) 6:00–6:50 • Alison	Aqua Fitness (P) 8:30–9:30 Deep Pool • Carole	Fit Camp (G) 6:00–6:50 • Alison	Aqua Zumba (P) 8:30–9:15 Shallow Pool Veronica/Holly	Variety (S) 9:30–10:30 • Various (See schedule below)
Aqua Fitness (P) 8:30–9:30 Deep Pool • Carole	Aqua Fitness (P) 6:30–7:15 Deep Pool • Carole Returning!	Spin Core & More (S) 8:35–9:35 • Amy	Pilates (C) 6:30–7:15 • Joann	Spin Yoga (S) 8:35–9:35 • Joann	Power Yoga (C) 9:30–10:45 • Jack/ Bonnie
Spinning (S) 8:35–9:35 • Maureen New Format!	Functional Strength & Balance (S) 8:20–9:30 • Maureen	Pilates (S) 9:45–10:45 • Joann	Functional Strength & Balance (S) 8:20–9:30 • Maureen	Pilates (S) 9:45–10:45 • Joann	Sunday
Yoga Flow (S) 9:45–10:45 • Katherine	Zumba (S) • (30min) 9:45–10:15 • Katherine	Prime Time (S) 11:15–12:15 Katherine	Yoga Flow (C) 8:35–9:35 Katherine	Prime Time (S) 11:15–12:15 • Carina	Zumba (S) 1:15–2:15 • Elma
Prime Time (S) 11:15–12:15 • Katherine	Yoga for Flexibility & Balance (S) 10:20–11:00 • Katherine	Gentle Yoga (C) 1:00–2:00 • Katherine	Power & Grace (S) 9:45–10:45 • Katherine	Gentle Yoga (C) 1:00–2:00 • Katherine	Creative Kids Yoga (S) Grades K–2 • 2:30–3:00 Grades 3–6 • 3:15–3:45 Mary Clare
BOOM (S) 1:00–2:00 • Katherine	Prime Time (S) 11:15–12:15 • Katherine	Fit Kids (S) Grades K–3 • 3:00–3:30 Grades 4–6 • 3:45–4:15 Katherine & Holly	Aquacize (P) 11:00–12:00 Shallow Pool • Carole	Zumba Gold (S) 2:15–3:00 • Holly	Saturday Variety Class Schedule
Hoopdance (S) Grades K–3 • 3:00–3:30 Grades 4–6 • 3:45–4:00 Dana • New Class!	Zumba Gold (S) 1:00–1:45 • Holly	Pilates (S) 4:30–5:00 • Joann	Prime Time (S) 11:15–12:15 • Carina	Zumba Kids (S) Grades 4–6 • 3:15–3:45 Grades K–3 • 4:00–4:30 Katherine & Holly	3/8 Cardio Kick & Sculpt
Core Connection (S) 4:30–5:00 • Carole	Express (S) 4:30–5:00 Amy/Sabrina	Yoga Flow (C) 5:20–6:20 • Katherine	Hoopdance (S) Grades K–3 • 3:00–3:30 Grades 4–6 • 3:45–4:00 Dana • New Class!	Zumba (S) 5:20–6:20 Katherine	3/15 Zumba
Variety (S) 5:30–6:15 Laurie/Brittany	Spin Core & More (S) 5:30–6:30 • Amy	Aqua Fitness (P) 5:30–6:30 Shallow Pool • Carole	Express (S) 4:30–5:00 • Laurie		3/22 HIIT it Up
Aqua Fitness (P) 5:30–6:30 Deep Pool • Carole	Total Body Conditioning (DL) 5:30–6:30 • Sabrina	Aqua Zumba (P) 6:30–7:15 • Shallow Pool Veronica/Elma	Spin Core & More (S) 5:30–6:30 • Laurie		3/29 Cardio Dance & Core
Karate (C) 6:00–7:30 • Dave	Zumba Toning (S) 6:45–7:30 • Elma	Spinning (S) 6:30–7:15 • Various	Total Body Conditioning (DL) 5:30–6:30 • Sabrina		4/5 Cardio Kick & Sculpt
Cardio Kick (S) 6:30–7:15 • Laurie			Karate (S) 6:30–8:00 • Dave		4/12 Cardio Dance & Core
					4/19 Cardio Sculpt
					4/26 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 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

- Pilates is cancelled at 6:30am on Thursday, March 6.
- Spin Yoga is cancelled on Friday, March 7.
- Gentle Yoga will be held in the Studio at 1:00pm on Wednesday, March 12 and April 9.
- Sunrise Yoga is cancelled on Monday, March 17.
- Kids Zumba is cancelled on Friday, March 21 and April 18.
- Fit Kids is cancelled on Wednesday, April 16.

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., 5:30pm). 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!

BOOM (Limit 20) • Full body fitness for baby boomers: no choreography, simply functional fitness. Cardio segments interspersed with strength and balance moves. All fitness levels welcome, however the ability to get down and up from the floor is needed.

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.

Cardio Sculpt (Limit 20) • This class includes upper & lower body weight training & aerobic intervals to keep the body in its fat burning zone. A total body workout.

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!

Core Connection (Limit 20) • This 30 minute class will focus on training the muscles of your core. The core consists of many different muscles that stabilize the spine and pelvis, and runs the entire length of the torso. Benefits of good core strength are: enhanced mobility, stability, muscular strength, endurance, posture, improved function & athletic performance.

Express Workout (Limit 20) • Experience a 30 minute time efficient strength conditioning workout. If you have limited workout time, this is your class!

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 16) • 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.

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.

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 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.

Power Yoga (Limit 16) • Experience vinyasa, a coordinated series of movements that flow from one yoga posture (standing and mat) to another. Power Yoga is designed to prepare you with traditional asanas (postures) to produce toned, lean muscles and increased strength, balance and flexibility. This class will leave you feeling centered, calm and peaceful.

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 • 3/8: Colleen, 3/15: Maureen, 3/22: Alison, 3/29: Don, 4/5: Colleen, 4/12: Maureen, 4/19: Alison, 4/26: Don).

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 16) • 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. Variety Classes include: Bosu, Basic Step, Circuit Training & Stability Ball Classes.

Yoga Flow (Mon. - Limit 20); (Wed. & Thurs. - Limit 16) • 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.

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 Kids (Limit 16) • This class introduces salsa, cumbia, reggaeton, and hip-hop moves in an easy to learn, unintimidating way. Kids in grades K-6 will have a blast and get fit in this safe, non-competitive class!

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.