

# Group Fitness Schedule • Summer Session

## June 30–August 23, 2014

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Spinning (S)</b> 6:00–6:50 • Alison</p> <p>Sunrise Yoga (C) 6:30–7:30 • Katherine</p> <p>Aqua Fitness (P) 7:00–7:45 Deep Pool • Carole <b>New Time!</b></p> <p><b>Spinning (S)</b> 8:35–9:35 Maureen/Joann</p> <p>Yoga Flow (S) 9:45–10:45 • Katherine</p> <p>Prime Time (S) 11:15–12:15 • Katherine</p> <p>Aquacize (P) 12:30–1:15 Shallow Pool • Carole <b>New Class!</b></p> <p>BOOM (S) 1:00–2:00 • Katherine</p> <p><b>Aqua Fitness (P)</b> 5:15–6:15 Deep Pool • Carole <b>New Time!</b></p> <p>Cardio Crunch (S) 5:30–6:30 • Laurie <b>New Format!</b></p> <p>Karate (C) 6:00–7:30 • Dave</p>	<p>Fit Camp (G) 6:00–6:50 • Alison</p> <p>Aqua Fitness (P) 6:30–7:15 Deep Pool • Carole</p> <p><b>Functional Strength &amp; Balance (S)</b> 8:20–9:30 • Maureen</p> <p>Zumba (S) • (30min) 9:45–10:15 • Katherine</p> <p>Yoga for Flexibility &amp; Balance (S) 10:20–11:00 • Katherine</p> <p><b>Spinning (S)</b> 5:30–6:15 • Amy/Josie <b>New Format!</b></p> <p><b>Total Body Conditioning (DL)</b> 5:30–6:30 • Sabrina</p> <p>Zumba Toning (S) 6:30–7:15 • Elma <b>New Time!</b></p>	<p><b>Spinning (S)</b> 6:00–6:50 • Colleen</p> <p>Aqua Fitness (P) 7:00–7:45 Deep Pool • Carole <b>New Time!</b></p> <p><b>Spin Core &amp; More (S)</b> 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><b>Aqua Fitness (P)</b> 5:15–6:15 Deep Pool • Carole <b>New Time!</b></p> <p>Yoga Flow (C) 5:20–6:20 • Katherine</p> <p>Cardio Kick &amp; Sculpt (S) 5:30–6:30 • Laurie</p>	<p>Fit Camp (G) 6:00–6:50 • Alison</p> <p>Pilates (C) 6:30–7:15 • Joann</p> <p><b>Functional Strength &amp; Balance (S)</b> 8:20–9:30 • Maureen</p> <p>Yoga Flow (C) 8:35–9:35 Katherine</p> <p>Power &amp; Grace (S) 9:45–10:45 • Katherine</p> <p>Aquacize (P) 12:30–1:15 Shallow Pool • Carole <b>New Time!</b></p> <p><b>Spinning (S)</b> 5:30–6:15 • Laurie <b>New Format!</b></p> <p>Karate (S) 6:30–8:00 • Dave</p>	<p><b>Spinning (S)</b> 6:00–6:50 • Colleen</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><b>Spinning (S)</b> 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 <b>New Format!</b></p>
					<p align="center"><b>Saturday Variety Class Schedule</b></p>
					7/5 Total Body Conditioning
					7/12 Zumba Toning
					7/19 Cardio Dance & Core
					7/26 CLOSED
					8/2 CLOSED
					8/9 Cardio Dance & Core
					8/16 Total Body Conditioning
					8/23 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

- Some classes may go outside when the weather is nice.
- Gentle Yoga will be held in the Studio at 1:00pm on Wednesday, July 9 & August 13.

## 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.

**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 Crunch** (Limit 20) • A great Summer cardio workout sweating to cardio kickbox, step or basic Hi-Lo floor exercises rounded off with some core work.

**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.

**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.

**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.

**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 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 • 7/5: Colleen, 7/12: Josie, 7/19: Colleen, 7/26: CLOSED, 8/2: CLOSED, 8/9: Don, 8/16: Colleen, 8/23: Don).

**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. Variety Classes include: Bosu, Basic Step, Circuit Training & Stability Ball Classes. (Sat. Variety Instructors • 7/5: Sabrina, 7/12: Elma, 7/19: Emily, 7/26: CLOSED, 8/2: CLOSED, 8/9: Emily, 8/16: Sabrina, 8/23: Emily).

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