

Group Fitness Schedule • Winter Session

January 5–March 1, 2015

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) 8:30–9:30 Deep Pool • Carole New Time!</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>Monday Mix Up (S) Grades 4–6 • 3:15–3:40 Grades K–3 • 3:45–4:15 Deirdre</p> <p>Core Connection (S) 4:30–5:00 • Laurie Returning!</p> <p>Half & Half (S) 5:30–6:15 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/Brittany</p>	<p>Spinning (S) 6:00–6:50 • Deirdre</p> <p>Fit Camp (G) 6:00–6:45 Alison/Brittany</p> <p>Functional Strength & Balance (S) 8:20–9:30 • Maureen</p> <p>Body at the Barre (S) 9:45–10:15 • Katherine New Class!</p> <p>Hatha Yoga (S) 10:20–11:00 • Katherine New Class!</p> <p>Prime Time (S) 11:15–12:15 • Katherine</p> <p>Zumba Gold (S) 1:00–1:45 • Holly</p> <p>Fit Kids (S) Grades 4–6 • 3:15–3:40 Grades K–3 • 3:45–4:15 Deirdre</p> <p>Express (S) 4:30–5:00 Amy/Sabrina Returning!</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>Spinning (S) 6:00–6:50 • Colleen</p> <p>Power Vinyasa Yoga (C) 7:00–7:50 • Nancy New Class!</p> <p>Aqua Fitness (P) 8:30–9:30 Deep Pool • Carole New Time!</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>Body at the Barre (S) 4:30–5:00 • Katherine New Class!</p> <p>Yoga Flow (C) 5:20–6:20 • Katherine</p> <p>Cardio Kick & Sculpt (S) 5:30–6:15 • Laurie</p> <p>Aqua Fitness (P) 5:30–6:30 Deep Pool • Carole</p> <p>Spinning (S) 6:30–7:15 • Various</p>	<p>Spinning (S) 6:00–6:50 • Don</p> <p>Fit Camp (G) 6:00–6:45 Alison/Brittany</p> <p>Gentle Yoga (C) 6:30–7:30 • Katherine</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 • Katherine</p> <p>Aquacize (P) 11:00–12:00 Shallow Pool • Carole</p> <p>Senior Spin, Strength & Stretch (S) 11:15–12:15 • Carina</p> <p>Fit Kids (S) Grades 4–6 • 3:15–3:40 Grades K–3 • 3:45–4:15 Deirdre</p> <p>Express (S) 4:30–5:00 • Laurie Returning!</p> <p>Spin Core & More (S) 5:30–6:30 • Laurie</p> <p>Karate (S) 6:30–8:00 • Dave</p>	<p>Spinning (S) 6:00–6:50 • Colleen</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>Aqua Zumba (P) 1:30–2:15 • Veronica New Time!</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 Sunday Zumba is open to youth 9 years old and above with an adult</p> <p>Creative Kids Yoga (S) K–2, 2:30–3:00 3–6, 3:15–3:45 Mary Clare</p>																
					Saturday Variety Class Schedule																
					<table border="1"> <tr> <td>1/10</td> <td>Cardio Dance & Core</td> </tr> <tr> <td>1/17</td> <td>Yoga Foundations</td> </tr> <tr> <td>1/24</td> <td>Cardio Dance & Core</td> </tr> <tr> <td>1/31</td> <td>Let Loose & Line Dance</td> </tr> <tr> <td>2/7</td> <td>Total Body Conditioning</td> </tr> <tr> <td>2/14</td> <td>Half & Half</td> </tr> <tr> <td>2/21</td> <td>Zumba</td> </tr> <tr> <td>2/28</td> <td>Cardio Dance & Core</td> </tr> </table>	1/10	Cardio Dance & Core	1/17	Yoga Foundations	1/24	Cardio Dance & Core	1/31	Let Loose & Line Dance	2/7	Total Body Conditioning	2/14	Half & Half	2/21	Zumba	2/28	Cardio Dance & Core
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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

- Aqua Fitness is cancelled on Monday, January 5 due to a Swim Meet.
- Gentle Yoga will be held at 1:00pm in the Studio on January 14, February 11, February 18, and February 20.
- There will be no kid's classes (Monday Mix Up, Fit Kids, Hit the Mat) on Monday, January 19 and February 16–20.

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.

Body at the Barre (Limit 10) • A signature workout class that combines ballet, weights, Pilates and Yoga for a low-impact, invigorating, fat-burning workout. Plan to do some free-standing lifting using light weights, some mat work, and plenty of barre work. The class also incorporates stretching segments after each strengthening series, so you'll also lengthen your body and increase flexibility while you tone.

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.

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.

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.

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 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 and restorative. This is the perfect class to begin your yoga practice. Various props will be used.

Half & Half (Limit 22) • 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.

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.

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

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.

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.

Monday Mix Up (Limit 16) • After school fun filled with a variety of new games and fitness activities each week. Use of hula hoops, occasional outdoor adventures and team work exercises will be incorporated.

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 Vinyasa Yoga (Limit 20) • Vinyasa means "flow" and employs the technique of connecting postures, or asanas, into different sequences. Power Vinyasa yoga is a general term used to describe a flowing style of ygoa with an emphasis on strength, flexibility, balance and stress reduction. This practice emphasizes matching breath to movement. Expect creative sequences, standing poses, corework, hip openers, great music and incredible group energy! Appropriate for students of all levels as variations will be offered by the instructor.

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 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 • 1/10: Alison, 1/17: Don, 1/24: Colleen, 1/31: Josie, 2/7: Alison, 2/14: Don, 2/21: Josie, 2/28: Colleen).

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.

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.

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.