

FEBRUARY

2019

FITNESS CLASS SCHEDULE

GET ACTIVE FOR YOU!

Monday	Tuesday	Wednesday	Thursday	Friday
10:00a Member-Led Aqua Strength & Balance ~ <i>*Pool</i>	9:00a Peggy S Country Heat ~ <i>*Studio</i>	6:30a Robin K Shallow Water Fitness ~ <i>*Studio</i> <i>**Suspended until Further Notice</i>	9:00a Peggy S Country Heat ~ <i>*Studio</i>	10:00a Member-Led Aqua Strength & Balance ~ <i>*Pool</i>
	10:00a Robin K Pilates ~ <i>*Offered 2/26</i> <i>*Studio</i>	9:00a Robin K Silver & Fit: Experience ~ <i>*Offered 2/27</i> <i>*Studio</i>	10:00a Robin K Pilates ~ <i>*Offered 2/28</i> <i>*Studio</i>	
	11:15a Robin K/Mary G Deep Water Fitness ~ <i>*Pool</i>	10:00a Robin K Pilates H2O ~ <i>*Pool</i> <i>**Suspended until Further Notice</i>	11:15a Robin K Deep Water Fitness ~ <i>*Pool</i> <i>**Suspended until Further Notice</i>	
	12:30p Robin K Silver & Fit: Experience ~ <i>*Studio</i> <i>**Suspended until Further Notice</i>	11:00a Robin K SilverSneakers: Splash ~ <i>*Pool</i> <i>**Suspended until Further Notice</i>	4:15p Mary G Swingin' Swim ~ <i>*Pool</i>	
		12:00p Member-Led Aqua Strength & Balance ~ <i>*Pool</i>		
		5:30p Peggy S Country Heat ~ <i>*Studio</i>		

Additional Fitness Options

Lose Big, Win Big[^]:

Friday, February 1 - March 1 (details online)

Find Your Strength[^]:

Wednesday, February 6, 6:00 - 6:50 PM

Fitness Center 101[^]:

Wednesday, February 6, 7:00 - 7:50 PM

Pilates & Mimosas[^]:

Saturday, February 23, 11:00 - 12:30 PM

~Sign in at the Welcome Desk the day of class.

[^]Pre-Register online or at the Welcome Desk.

Pre-Registration closes the day before at 12:00 PM.



Sign-in Classes**Aqua Strength & Balance (Member-Led)** **50 Minutes**

Description: Learn the proper way to walk in the water and participate in core strengthening exercises. Core exercises are meant to improve balance and strength. You do not need to know how to swim. You will use a noodle while doing many of the exercises - from standing or sitting to riding like a bicycle to stretching and numerous other exercises with the noodle from beginning exercises to advanced exercises. *Water shoes have been found helpful* **Currently no instructor. Class led by participants**

Country Heat **50 Minutes**

Description: It's time to get in shape! Country Heat's low impact moves can be taken up or down a notch based on each individual's ability. You'll have so much fun moving, stepping, clapping and stomping, you'll forget you're burning mega calories and toning your body from head to toe!

Deep Water Fitness **50 Minutes**

Description: A totally non-impact workout using flotation belts that free the arms and legs for a challenging workout. Style of class and exercises used may vary by instructor. Swimming experience is not necessary but may be helpful.

Pilates **50 Minutes**

Description: Pilates works to lengthen, tone, and strengthen the body, creating better posture and body alignment and awareness as well as flexibility. It aims to increase balance with opposing muscle groups, teaches the deeper core muscles to activate properly, and increases range of motion and stability around joints. Pilates focuses on moving with concentration, control, and precision, using body weight with occasional use of props such as resistance bands, balls, and light weights.

Pilates H2O **45 Minutes**

Description: Using the zero-gravity feel of an aquatic environment, these aqua exercises challenge your stability, core strength and develop your breathing, using Pilates principles. Class will take place in both deep water and shallow water, using body weight/resistance, as well as pool noodles, water weights, and the pool wall and floor. Ability to swim is highly recommended as is previous experience with mat Pilates.

Water shoes have been found helpful

Shallow Water Fitness **45 Minutes**

Description: This low-impact workout builds muscle strength, boosts endurance and can be as challenging as you like. Each class includes a warm-up, cardio and strength-training exercises, and a cooldown. Takes place in shallow water with feet on the pool floor. *Water shoes have been found helpful*

Silver&Fit: Experience **45 Minutes**

Description: Silver&Fit Experience is specifically designed for moderately active older adults who experience some form of exercise 1 to 2 days per week. The class is designed to focus on and increase the participant's flexibility, joint stability, dynamic balance, coordination, agility, reaction time, muscular strength, and cardiovascular endurance. The class format begins with a warm-up involving dynamic stretching and upbeat walking or cardio moves to prepare the body for exercise. Next, total body muscle strengthening exercises using resistance bands and dumbbells are partnered with various cardio and agility exercises to provide the participant with a high level of fitness. Last, there is a cool-down that involves stretching and relaxation.

SilverSneakers: SPLASH**45 Minutes**

Description: A fun, shallow-water exercise class that uses a signature splash-board to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers. The class includes both cardio exercise and resistance training. *Water shoes have been found helpful*

Swingin' Swim**45 Minutes**

Description: Dance to the beat of the music in the water! Enjoy the fun of dancing with little or no impact on your joints in an exciting and invigorating aqua dancing class!

Water shoes have been found helpful

Pre-registration Required Classes**Find Your Strength****50 Minutes**

Ages of 18 years+

Goal: Learn the base skills to safely operate the strength training and free weight equipment. Learn weight room etiquette and proper lifting techniques. Be prepared for a lifetime of fitness.

Fitness Center 101**50 Minutes**

Ages of 13 - 17 years old

Goal: Learn the base material to safely operate the cardio and strength training equipment. Learn weight room etiquette and proper lifting techniques. There will be a written quiz on the information learned during the class. Participants must earn at least 80% to successfully complete the course. Successful completion of the course gives participants a wristband to be worn whenever they are in the Fitness Center.

Pilates & Wine or Pilates & Mimosas**90 Minutes**

Pilates class available for ages 13+.

Wine or Mimosas available for ages 21+. 2 glasses are included in the price. Soft drinks also available.

Description: Pilates works to lengthen, tone, and strengthen the body, creating better posture and body alignment and awareness as well as flexibility. It aims to increase balance with opposing muscle groups, teaches the deeper core muscles to activate properly, and increases range of motion and stability around joints. Pilates focuses on moving with concentration, control, and precision, using body weight with occasional use of props such as resistance bands, balls, and light weights. This session will focus on tension release and relaxation poses.

Class maximums vary based on equipment and space.