

APRIL

2019

FITNESS CLASS SCHEDULE

APRIL PAINS BRING MAY GAINS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00a Cindy C Yoga Basics ~ Studio *Starting 4/8	9:00a Peggy S Country Heat ~ Studio	7:00a Dan A From Boots to Shoes ~ Gymnasium	9:00a Peggy S Country Heat ~ Studio	7:00a Dan A From Boots to Shoes ~ Gymnasium	10:00a Cindy C Yoga Basics ~ Studio *Starting 4/6 *Mommy & Me Class
7:00a Dan A From Boots to Shoes ~ Gymnasium	10:00a Robin K Pilates ~ Studio	8:00a Cindy C Yoga Basics ~ Studio *Starting 4/3	10:00a Robin K Pilates ~ Studio	8:00a Dan A Muscular Longevity ~ Studio/FC	
8:00a Dan A Muscular Longevity ~ Studio/FC	11:15a Robin K Deep Water Fitness ~ Pool	9:00a Robin K Silver & Fit: Experience ~ Studio	11:15a Robin K Deep Water Fitness ~ Pool	10:00a Member-Led Aqua Strength & Balance ~ Pool	
10:00a Member-Led Aqua Strength & Balance ~ Pool	12:30p Robin K Silver & Fit: Experience ~ Studio	10:00a Robin K Pilates H2O ~ Pool *Coming in May	4:15p Mary G Swingin' Swim ~ Pool *No Class 4/18		
	3:30p Dan A Mind & Movement ~ Gymnasium/FC	11:00a Robin K SilverSneakers: Splash ~ Pool	3:30p Dan A Mind & Movement ~ Gymnasium/FC		
		12:00p Member-Led Aqua Strength & Balance ~ Pool			
		5:30p Peggy S Country Heat ~ Studio			
		6:30p Peggy S P90X ~ Studio			

Additional Fitness/Wellness Options

Max Full Body[^]:
4 Week Strength Training Program
Register for a 2-Day/Week or a 3-Day/Week
3-Day: M/W/F 6 AM
2-Day: T/Th 4:30 PM

Running Club[^]:
Thursdays, 5:30 - 6:30 PM (starts 4/4)

Community Ed: The Science of Sugar[^]:
Saturday, April 6, 10:00 - 11:30 PM

Community Ed: The Skinny on FATS[^]:
Saturday, April 13, 9:00 - 10:30 PM

Pilates & Pints[^]:
Tuesday, April 16, 5:30 - 7:00 PM

Community Ed: The Inflammation Solution[^]:
Saturday, April 27, 10:00 - 11:30 PM

Pilates & Mimosas[^]:
Saturday, April 27, 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.

*Mommy & Me Yoga Class: Saturday, April 13
One Saturday a month the Yoga Basic class will be a Mommy & Me Class. All ages welcome.



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 from beginning to advanced. *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.

From Boots to Shoes (B2S) 30 Minutes

Ages of 16 years+

Description: Want to get a Military styled workout without all the yelling? From Boots to Shoes will give you just that. You don't need boots for this workout as running and lifting are a core part of this training and shoes will be your best friend. You will be getting a 30-minute Boot Camp style of training from a 3-year veteran of a Light Infantryman unit. So be prepared to get sweaty as this intense workout will push you! Life isn't always easy, so let's make it a little easier by training your body to endure intense situations.

Mind & Movement 45 Minutes

Ages of 13 years+

Description: Always wanted to have quicker reflexes and just plain be faster? Mind and Movement is designed to be an Agility/Speed workout that will put your body and mind to the test. Your mind must react at the same time as your movements to get these workouts done quickly. Training your mind and body to do things repetitively will make things quicker over time. The more you do things, the better you get at them, also known as muscle memory! This training will include lots of running and quick fast paced routines. Be ready to train your mind and your body!

Muscular Longevity 40 Minutes

Ages of 18 years+

Description: Are you fed up with your muscles getting tired after doing anything remotely repetitive? The Muscular Longevity program is here to help! This 2-day routine is here to help you to endure prolonged activities. Age does not matter! Your muscles need to be worked to help live a healthier lifestyle and to continue to do the things you once thought were out of the question. Here we will help your upper body one day and your lower body another. Teaching you what you need to do, as well, to keep your body in shape to endure and prosper respectively!

P90X 45 Minutes

Description: Tone every muscle with total-body strength and conditioning. Get lean, strong, and fit – FAST. P90X constantly challenges your muscles with a mix of weights, cardio, and core exercises that work your entire body.

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/floor. Ability to swim is highly recommended as is previous experience with mat Pilates.

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*

Yoga Basics 50 Minutes

Description: Experience yoga poses that focus on alignment, safety and variation. Learn breathing, relaxation and meditation techniques. Yoga is for all ages, shapes and forms. We will use different variations and props to assist with your needs and strength.

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.

Max Full Body 50 Minutes

Ages of 18 years+

Description: Do you want to maximize your body strength? Don't know how to do it? Well look no further, as a new you is right around the corner. With this 2 or 3-day a week Max Full Body workout routine your body will see changes that you will be thankful for! This 4-week program is going to get your whole body started so that you can continue to work on your wellness! I will help get you into working shape with both upper and lower body workouts. With Max Full Body you will be on the right track to getting your body to its maximum potential!

Pilates & ... 90 Minutes

Pilates class available for ages 13+.

Wine or Mimosas or Beer 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.

Community Education: Wellness Classes 90 Minutes

Class topics will vary month to month. These classes are brought to us by Lori Adrihan with CASABO Health Coaching.

Pre-registration is preferred.

Class maximums vary based on equipment and space.