

JUNE

2019

FITNESS CLASS SCHEDULE

BE THE BEST VERSION OF YOU!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30a Cindy C Yoga Basics ~ Studio	9:00a Peggy S Country Heat ~ Studio	7:00a Dan A Boots to Shoes ~ Gymnasium	9:00a Peggy S Country Heat ~ Studio	7:00a Dan A Boots to Shoes ~ Gymnasium	9:00a Cindy C Yoga Basics ~ Studio
7:00a Dan A Boots to Shoes ~ Gymnasium	10:00a Robin K Pilates ~ Studio	8:00a Cindy C Yoga Basics ~ Studio	10:00a Robin K Pilates ~ Studio	8:00a Dan A Muscular Longevity ~ Studio	10:00a Cindy C Mommy & Me Yoga ~ Studio <i>*No Class 6/1</i>
8:00a Dan A Muscular Longevity ~ Studio	11:15a Robin K Deep WF ~ Pool	9:00a Robin K Silver & Fit: Experience ~ Studio	11:15a Robin K Deep WF ~ Pool	9:00a Cindy C Yoga Basics ~ Studio	
9:00a Dan A Muscular Longevity ~ Studio	12:30p Robin K Silver & Fit: Experience ~ Studio	10:00a Dan A Interval Cardio ~ Track	2:30p Dan A KickFusion ~ Studio	10:00a Dan A Interval Cardio ~ Track	
10:00a Dan A Interval Cardio ~ Track	2:30p Dan A KickFusion ~ Studio	10:00a Robin K Pilates H2O ~ Pool	3:30p Dan A Speed-Up ~ Gymnasium	10:00a Mary Lou B Aqua Strength & Balance ~ Pool <i>*No Instructor 6/7</i>	
10:00a Mary Lou B Aqua Strength & Balance ~ Pool	3:30p Dan A Speed-Up ~ Gymnasium	11:00a Robin K SilverSneakers: Splash ~ Pool	4:30p Dan A Muscular Longevity ~ Studio		
	4:30p Dan A Muscular Longevity ~ Studio	12:00p Mary Lou B Aqua Strength & Balance ~ Pool	5:30p Dan A Core Essentials ~ Studio		
	5:30p Dan A Core Essentials ~ Studio	5:00p Peggy S Country Heat ~ Studio			
		6:00p Peggy S P90X ~ Studio			

Saturday Morning Yoga Classes

Two opportunities to get the younger youth involved.
 *The 9 AM class will be held like our weekday classes.
 Ages 6+ welcome.
 *The 10 AM Mommy & Me Yoga is a 30-minute class for adults with children 5 years old and under.

Additional Fitness/Wellness Options

Max Full Body[^]:

4 Week Strength Training Program
 3-Day: M/W/F 6 AM (Pro)

Fitness Center 101[^]:

Tuesday, June 4, 6:00 - 7:30 PM
 Saturday, June 15, 10:00 - 11:30 AM
 Tuesday, June 18, 6:00 - 7:30 PM

Fitness Center 202[^]:

Saturday, June 15, 9:00 - 10:00 AM
 Wednesday, June 19, 8:00 - 9:00 AM
 Tuesday, June 25, 6:00 - 7:00 PM

Pilates & a Pint[^]:

Tuesday, June 11, 5:30 - 7:00 PM

Pilates & Mimosas[^]:

Saturday, June 22, 11:00 - 12:30 PM

Personal Training Sessions available NOW with Dan!
 Pick up a PT Request Form at the Welcome Desk.

Registration Key:

~ 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****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

Boots to Shoes**30 Minutes**

Ages of 16 years+

Description: Military styled workout. 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. 30-minute Boot Camp style of training from a 3-year veteran of a Light Infantryman unit. This is an intense workout that will push you!

Core Essentials**30 Minutes**

Description: This is a short but effective class that works on your core strength. Exercises from planks to mountain climbers to flutter kicks, we will do them all throughout the weeks! Get a strong core without using heavy weights.

Country Heat**50 Minutes**

Description: It's time to get in shape! Fun, high energy moves can be taken up or down based on each individual's ability. You will work on cardio, core and strength. We will turn it up and burn it off!!

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.

Interval Cardio**30 Minutes**

Ages of 13 years+

Description: Interval Cardio will incorporate an interval style of cardio. It will include lots of running and sprinting. There will be short rest periods and hard running along with cardio type workouts.

KickFusion**30 Minutes**

Ages of 13 years+

Description: Kicking and punching combinations with strength moves to engage core muscles and increase body awareness and control. Using your muscles and technique to increase balance! *Not a self-defense class.*

Muscular Longevity**40 Minutes**

Ages of 18 years+

Description: This 2-day a week 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. Small weights, big results.

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: Lengthen, strengthen and tone the body, using core strength and combinations of stability and movement. Focus and concentration become an integral part of movement and body awareness. No previous experience needed.

Pilates H2O**45 Minutes**

Description: Aqua movements based on Pilates principles and core strength. Shallow water workout using body resistance, noodles, weights, and pool floor/wall. *Water shoes have been found helpful*

Shallow Water Fitness**45 Minutes**

Description: Aqua workout with feet on the pool bottom. Class incorporates cardio, strength, and flexibility using water resistance and props. *Water shoes have been found helpful*

Silver&Fit: Experience**45 Minutes**

Description: Focus on increasing strength, flexibility, and agility for moderately active older adults. Cardio segments are incorporated as well as warm-ups and cool downs. Resistance bands, weights, agility ladder, and balls are used. Exercises can be modified for chair, standing with support and free-standing.

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*

Speed-Up**45 Minutes**

Summer Class

Ages of 13 years+

Description: Speed-Up is designed to be an Agility/Speed workout that will put your body and mind to the test. Training your mind and body to do things repetitively will make things quicker over time which is muscle memory. This training will include lots of running and quick fast paced routines.

Swingin' Swim**45 Minutes**

Winter Class

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.

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.

Fitness Center 202**50 Minutes**

Ages of 18 years+

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

Max Full Body**50 Minutes**

Ages of 18 years+

Description:

**Beginner*: Do you want to maximize your body strength? Don't know how to do it? This 2 or 3-day a week Max Full Body workout routine is going to get your whole body started so that you can continue to work on your wellness!

**Intermediate*: This class is a step above "Max Full Body Beginner." You already know most of the moves and how to correctly perform the lifts, so we will focus on increasing weight and intensity.

**Pro*: This class is a step above Intermediate and will push yourself. Less rests and more weight and more intensity. Must know how to properly do lifts already.

Pilates & ...**90 Minutes**

Pilates class available for ages 13+.

Advertised beverage available for ages 21+.

Description: Lengthen, strengthen and tone the body in a 45-minute full body workout. Focus on core stability and proper activation of key muscles. Pilates followed by 45 minutes of social connection with scheduled beverage.

Class maximums vary based on equipment and space.