



Class Schedule MARCH 2019

TIME	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM			Strength! Kris		Cardio! Kris	Barre Kris	
7:30 AM				Pickleball (no instructor)			
8:00 AM			Senior Aqua Fit Carrie		Senior Aqua Fit Carrie	Mind/Body Yoga Denise	Cardio Camp Kris
8:30 AM		Boot Camp Jay		Boot Camp Jay			
9:30 AM			Silver&Fit Excel Denise	Senior Strength & Balance Carrie		Silver&Fit Excel Denise	
10:30 AM			Senior Yoga Denise			Senior Yoga Denise	
11:00 AM	Family Swim 11:00-12:30						Family Swim 11:00-12:30
Noon				Mud Race Training Carrie			
12:30 PM			Body Sculpt Carrie		Body Sculpt Carrie		
4:00 PM					Cardio Dance Carrie		
5:00 PM			Mud Race Training Carrie	Barre Kris		Family Swim 5:00-6:30	
6:00 PM		Mind/ Body Yoga Denise		Mind/ Body Yoga Denise	Water Wave Challenge Kim		
6:30 PM		Water Wave Challenge Kim					
7:15 PM		Belly Dancing Denise					

CHILD CARE HOURS: Monday thru Thursday 4pm-7pm

Group Fitness Class Descriptions

Barre – This is a fun, full body, low impact workout that sculpts, strengthens, and stretches muscles. Get a great workout utilizing the barre, weights and your own body weight. There will be something different every class.

Belly Dancing – A fun refresher class, or to just learn the basics of belly dancing techniques. Simple combinations of steps for better balance, body awareness, confidence, condition and to tone your arms, lower back and abs. No special outfits required, just wear what feels comfortable.

Body Sculpt – This quick, effective class packs a great workout into just half an hour! A great way to define, sculpt, and build lean muscle. Focuses on intense isolation exercises with free weights and resistance. Perfect for the lunchtime workout!

Boot Camp - Combines elements of Strength Training, H.I.I.T. and more to elevate metabolism, burn fat and calories, improve strength, tone muscles, strengthen core and improve health. Great for all fitness levels as you work to your ability. Lots of variety and fun!

Cardio! – Get a fast-paced workout in the gymnasium - the perfect way to get your cardio in! There will be something different every class, to keep cardio fun!

Cardio Dance – You will incorporate footwork and body movements as you dance your way to fitness! Participants groove and burn calories for a leaner body and total body toning. Increase heart and lung capacity, upbeat and fun, relieves stress. Focus on fun, don't worry about perfection!

Cardio Camp - Athletic Intervals including bodyweight exercises, free weights, balance and core, mixed with fast-paced combinations of resistance training and **cardio** endurance work all intertwined with playful athletic training to raise the heart rate. Each week is a different format to prevent participants from becoming bored and to keep the body challenged.

Mind/Body Yoga - Appropriate for beginners and more advanced students, regardless of age, experience, or level of flexibility. This traditional form of classical style hatha yoga class works the entire body; stretching muscles, building core strength, detoxing internal organs, improving your focus, and stimulating the glandular systems. Yoga helps balance mind, body, and spirit. So, come on in, relax and learn to 'be' your yoga.

Mud Race Training – If you are planning on doing a mud race this summer, this class will prepare you for it! But even if you're not, you will get a great workout! This is a quick thirty-minute class delivering high intensity interval training that will keep you burning calories long after the class ends! Suitable for all fitness levels.

Pickleball - Pickleball is a paddle sport that combines elements of badminton, tennis, and table tennis. Two or four players use wood paddles to hit a perforated polymer ball, similar to a Wiffle Ball, over a net. There is no instructor, just show up and play pickleball with anyone else who shows up. Try something new!

Strength! - Every class is something different and you never know what you're going to get because it is a surprise every time! The concentration is on strength training - utilizing bands, medicine balls, weights, and more, you'll get a great workout for an entire hour.

Water Wave Challenge – An aerobic workout that uses the water's natural resistance to increase cardio fitness.

Senior Classes

Senior Aqua Fit - Water workouts for those with arthritis, joint, or muscle concerns. This low-impact, toning, and exercise program focuses on muscle flexibility and range of motion. No swimming skills required.

Senior Strength & Balance – This class is designed to help you become stronger and improve balance. The movements focus on improving strength and power around the ankle, knee and hip joints, while improving reaction time. This class is designed for fall prevention and can be adapted depending on the skill of individual participants.

Senior Yoga - Senior Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Silver&Fit @ Excel - Designed for the active, athletic older adult who is looking for a challenging workout. Participating in this class will help increase your heart health, muscular endurance and strength, flexibility and balance. The exercises are freestanding and involve more complex movements for advanced fitness levels. This class will help you to continue all the activities you love to do, like playing sports or trying a new dance routine