

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00AM Breakfast Bootcamp		6:00AM Breakfast Bootcamp		6:00AM Breakfast Bootcamp	
	8:30AM Silver Strength	8:30AM Chair Yoga	8:30AM Silver Strength	8:30AM Chair Yoga	8:30AM Silver Strength	8:30AM Tabata
			9:00AM Gentle Yoga			
	9:30AM Step Aerobics				9:30AM Cardio Blast	
	10:00AM Aqua Fit	10:00AM Youth Yoga	10:00AM Aqua Fit	10:00AM Slow Flow Yoga	10:00AM Aqua Fit	10:00AM Power Yoga
	10:30AM Cardio & Strength		10:30AM Slow Flow Yoga		10:30AM Cardio & Strength	
		4:30PM Tabata		4:30PM Tabata		
	5:30PM Step N' Strength	5:30PM Core & Mobility		5:30PM Step N' Strength	5:30PM Power Yoga	
	6:00PM Power Yoga					

AQUATIC FITNESS

AQUA FIT

Location: Competition Pool

Instructor: Gail

Description: This class is a high intensity class that focuses on a full body workout and is designed to strengthen and tone muscles while increasing cardiorespiratory endurance.

AQUA ZUMBA

Location: Competition Pool

Instructor: TBD

Description: A fun but challenging water-based, body-toning workout. So, liven up your working week with some Latin fever.

JUST MY SPEED

Location: Therapy Pool

Instructor: TBD

Description: This is a mild intensity class which includes an introduction to water aerobics and water exercise.



MIND & BODY

YOGA

Location: Wellness Room B

Instructor: Joslyn

Description: In this class, postures are practiced aligning, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated. You can expect an emphasis on simplicity, repetition, and ease of movement.

GENTLE YOGA

Location: Wellness Room B

Instructor: Karen

Description: Gentle yoga is essentially what it sounds like—a gentler style of hatha yoga practice. It is performed at a slower pace, with less intense positions, and usually includes extended time for meditation, yogic breath work, and relaxation.

SLOW FLOW YOGA

Location: Wellness Room C

Instructor: Karen

Description: These classes move slowly through a series of fluid postures, flowing continuously through sequences of sun salutations and standing/seated postures. Emphasis on linking breath to movement, while relieving tension in the body, holding stretches and moving mindfully.

PILATES

Location: Wellness Room B

Instructor: Gail

Description: A system of physical conditioning involving low-impact exercises and stretches designed to strengthen muscles of the torso



STRENGTH TRAINING

BREAKFAST BOOTCAMP

Location: Wellness Room C

Instructor: Drew

Description: a type of high-intensity interval training (HIIT) — bursts of intense activity alternated with intervals of lighter activity. A boot camp workout also can include functional fitness, such as using whole-body, multi-joint exercises that simulate movements people do in life.

BARBELL STRENGTH

Location: Wellness Room C

Instructor: Gail

Description: A resistance-training style open to all fitness levels, Barbell Bootcamp emphasizes full body exercise with a primary focus on barbell compound movements: squats, deadlifts, rows, presses, etc.

CARDIO & STRENGTH

Location: Wellness Room C

Instructor: Jamie

Description: This class encompasses weighted and body weight exercises to gain muscle mass, while achieving cardiovascular endurance. This class targets all muscle groups by engaging in dynamic and isometric movements. The workouts will be done with high intensity and high energy.



STRENGTH TRAINING

CORE & MOBILITY

Location: Wellness Room C

Instructor: Gail

Description: This class focuses on gaining mobility and strength through standing, sitting, lying down, and other positions. This class is designed to get your heart rate up and help you burn unwanted fat. The first section consists of exercises to warm up the body through its ranges of motion.

TABATA

Location: Wellness Room A

Instructor: Drew

Description: It uses the TRX and a specific interval training method called, Tabata. Tabata training uses time intervals of 20 seconds work to 10 seconds rest/recovery. You repeat this cycle 8 times to equal 4 minutes of continuous work. The beauty of Tabata training is that it is quick, focused, and efficient.



CARDIO & AEROBICS

BODY GROOVE

Location: Wellness Room B

Instructor: Jenee

Description: Groove classes incorporate cardio, strength, endurance, coordination, balance, agility, and flexibility for a well-rounded workout.

DANCE2FIT

Location: Wellness Room B & C

Instructor: Mercedes

Description: Dance2Fit uses various types of popular hip-hop music to create an aggressive but rewarding full body workout. All of our Dance2fit workouts take place in an encouraging and positive environment with the most amazing group of people!

LUNCH CRUNCH

Location: Wellness Room A

Instructor: Drew

Description: Lunch Crunch is an intense 30-minute workout designed for maximum effectiveness in minimal time. It is intended for anyone looking for an added metabolic burst to his or her training program.

CARDIO BLAST

Location: Wellness Room C

Instructor: Jamie

Description: Cardio Blast is all about getting the body moving and the heart pumping. Each class offers a different, but always fun, challenge, combining a range of high-intensity aerobic and body-weight exercises. Incorporating boxing style movements.



CARDIO & AEROBICS

STEP AEROBICS

Location: Wellness Room C

Instructor: Jamie

Description: The moves target your legs, upper body, and core, building strength and flexibility. They also improve your balance, coordination, and agility.

STEP N' SCULPT

Location: Wellness Room C

Instructor: Gail

Description: This step workout combines muscle conditioning, light weights, and fun music to step your way to fitness. Step & Sculpt class is distinguished from others because of using the elevated platform step.

ZUMBA

Location: Wellness Room C

Instructor: Gail

Description: Zumba Toning combines body-sculpting exercises and high-energy cardio work infused with Zumba moves to create a calorie-torching, strength-training fitness party.



STRONG SENIORS

AQUA FIT

Location: Competition Pool

Instructor: Gail

Description: This class is a high intensity class that focuses on a full body workout and is designed to strengthen and tone muscles while increasing cardio-respiratory endurance.

CHAIR YOGA

Location: Wellness Room B

Instructor: Karen

Description: A gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support. The benefits of chair yoga include improved flexibility, better concentration, and increased strength.

SILVER STRENGTH & STRETCH

Location: Wellness Room C

Instructor: Drew

Description: This is a combination of low-impact cardio, strength and balance work, and full- body stretching, designed to give older adults everything they need in one go. The first part of the class incorporates a gentle cardiovascular workout and light stretching to warm up your muscles and joints.

