

# JANUARY 2019

## Aerobic Class Schedule

Dates, times and classes are subject to change based on Member participation.

Morning classes only New Years Eve-No classes New Years Day

**MONDAY**

6 am	Interval Express with Janice Middlemore (40 min)
8 am	Power Pump with Marie Morrell
9 am	B.O.A.S.T. on the B.A.L.L. with Staci Braithwaite
11:15 am	DRUM IT UP! with Stacey Graustein
3 pm	Tai Chi with Ray Korda (December 10-January 28)
3 pm	Tai Chi & QiGong with Roma Korn (February 4-March 11)
5 pm	Zumba Gold™ with Stacey Horvath

**POOL CLASSES**

8:30 am	Aqua Fit with Suzy Furlong
9:30 am	Aqua Fit with Suzy Furlong

**TUESDAY**

6 am	Power Fit HITT w/Shiri
8 am	B.O.A.S.T. with Stacey Graustein
9 am	Beat To Beat
3:30 pm	Gentle Stretch with Darlene Morrison
4:30 pm	Pilates with Darlene Morrison

**POOL CLASSES**

10:15 am	Aqua Stretch and Range of Motion with Stacey Graustein
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**WEDNESDAY**

6 am	Interval Express with Janice Middlemore (40 min)
8 am	Power Pump with Marie Morrell
9 am	B.O.A.S.T. on the B.A.L.L. with Staci Braithwaite
4 pm	QiGong with Roma Korn
5 pm	Zumba Gold™ with Stacey Horvath

**POOL CLASSES**

8:30 am	Aqua Fit with Suzy Furlong
9:30 am	Aqua Fit with Suzy Furlong

**THURSDAY**

6 am	Power Fit HITT w/Shiri
8 am	B.O.A.S.T. with Stacey Graustein
9 am	Beat To Beat
3:30 pm	Gentle Stretch with Darlene Morrison
4:30 pm	Pilates with Darlene Morrison

**POOL CLASSES**

10:15 a.m.	Aqua Stretch and Range of Motion with Stacey Graustein
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**FRIDAY**

7 am	Interval Express with Janice Middlemore (40 min)
8 am	Gentle Stretch with Janice Middlemore
9 am	Zumba Toning™ with Shiri Briseno

**POOL CLASSES**

8:30 am	Aqua Fit with Suzy Furlong
9:30 am	Aqua Fit with Suzy Furlong

**SATURDAY**

9 am	Cardio Dance & Tone with staff instructors
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**AQUA STRETCH AND RANGE OF MOTION:** This class was developed for those who need gentle, low impact exercise. The focus is on moving every joint in the body, increasing range of motion, flexibility and strength. Balance improving exercises are also included. You do not need to know how to swim to participate.

**AQUA FIT:** Aqua Fit is a fun way to increase heart rate and tone muscles without impacting joints. It promotes strength & endurance utilizing buoyancy and water resistance. Buoys, noodles, paddles, elastic bands and ½ logs are used to improve muscle and core strength.

**BEAT TO BEAT:** A dance fusion based class where you can experience the joy of moving to music while improving your fitness and burning 300-500 calories. Beat To Beat is designed for all fitness levels you are a new or an experienced dancer!

**B.O.A.S.T = Balance + Overload + Abdominal + Strength + Training.** This is a great class for all levels of fitness and incorporates the use of a chair with equipment such as balance discs, bands, free weights, weighted balls and much more. Progressions and modifications will be provided so all participants can get a great workout regardless of their fitness ability. We will focus on strength and balance in and around the chair, incorporating seated resistance work, standing balance and strength.

**B.O.A.S.T ON THE BALL:** This class we combines the best of B.O.A.S.T. training with the challenge of a Stability Ball class. All work will be done seated on the ball or chair, the choice is yours! This is a great class for all levels of fitness and will incorporate varying equipment such as bands, free weights, weighted balls and much more. Progressions and modifications will be provided so all participants can get a great workout regardless of their fitness ability. This all inclusive total body workout will focus on core strength, muscular endurance, flexibility and balance in and around the chair and stability ball.

**CARDIO DANCE AND TONE:** Cardio Dance & Tone is a program created to combine cardio and toning for a complete fat burning workout. This class combines easy to follow cardio dance moves with interval plyometrics for a total body burn. This interval format uses high intensity dance moves followed by slower controlled weight training, while jamming to the latest pop, hip hop, 80's, 90's and dance music.

**DRUM IT UP!** Join us for an all out fun filled class where you beat the drums to all of your favorite tunes. This class will reduce stress, make you laugh, and if you choose will give you a great cardio workout. Drumming classes do more than conjure dreams of rock glory. Drumming provides a safe, fun and effective workout for all sorts of different drummers; from fitness fanatics to rock star wannabes. *Be aware that the music is loud. This is a specialty class and may be cancelled when the instructor is not available.*

**GENTLE STRETCH:** Students use props for support to focus on opening the body from head to toe. In this class, emphasis is on safe alignment, stretching, breathing techniques, and basic standing poses (using the chairs for support if needed) to enhance balance and core strengthening. Gentle Stretch is ideal for all ages and fitness abilities, minor injuries, physical limitations or if you just want to move in a relaxed and gentle way. Everyone is Welcome!!!

**INTERVAL EXPRESS:** Start your morning with a high intensity cardio class that only lasts 40 minutes. This express class uses Tabatas, interval training and other HIIT techniques to increase strength and endurance. Members can easily fit this class into their busy morning schedule and feel great for the rest of the day! GET IN, GET A GREAT WORKOUT, GET OUT in 40 minutes!

**PILATES:** Pilates exercise method is great for developing strength, flexibility and coordination. The primary conditioning focus of Pilate exercise is on the deep core muscles including the muscles that stabilize the pelvis, spine and trunk. It improves posture, balance and body awareness while decreasing back, neck and joint pain. Feel more powerful and breath more deeply. Come have fun practicing Pilates.

**POWER FIT HIIT: (High Intensity Interval Training):** Build muscle, burn fat and enhance cardiovascular health. This class utilizes a short period of high intensity exercises such as burpees, squats, lunges and jumping jacks with periods of rest and recovery. Experience how challenging moves for short periods of time with rest in between builds strength, endurance, muscle definition and keeps you body torching calories long after you've left the gym.

**POWER PUMP:** Power Pump is a low impact workout that utilizes weight lifting techniques choreographed to music. It incorporates weight training principles that target all the major muscle groups to improve muscular strength and endurance. Modifications can be made for members with joint or muscle issues.

**TAI CHI:** Tai Chi is an ancient Chinese system of exercise/meditation, which increases breathing capacity, circulation, and greatly improves balance. Low impact and excellent for all ages.

**QIGONG:** Qi Gong is an Ancient Chinese system of exercise. It can be described as a healing art form that entails breathing exercises integrated with physical postures, mental relaxation and meditative breathing. Qi Gong has tremendous health benefits, but it is also used for energy cultivation and peace of mind.

**ZUMBA/ZUMBA TONING:** Zumba is a Latin dance derivative of traditional aerobics with a moderate cardio workout level. This class is choreographed with various dance music, which makes it fun to work out! **ZUMBA TONING** – the same fun class with some segments incorporating light weights.

**ZUMBA GOLD:** Zumba Gold is designed to motivate everyone, regardless of age, to get active and adhere to a fitness program. This class combines high-energy, motivating music with unique moves and easy-to-follow combinations that focus on balance, range of motion and coordination. It is a perfect class for active adults who are looking for a Zumba class that recreates the original moves, you love, at a lower intensity.