

NOVEMBER 2017

Aerobic Class Schedule

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

CLUB CLOSED THANKSGIVING DAY – NO CLASSES DAY AFTER

MONDAY 6:00 a.m. INTERVAL EXPRESS w/Janice Middlemore (40 min)
7:00 a.m. Rise and Ride with Janice Middlemore (45 min)
8:00 a.m. Power Pump with Marie Morrell
9:00 a.m. B.O.A.S.T. on the B.A.L.L. with Staci Braithwaite
3:00 p.m. Qi Gong with Gerry Klassen (Ends December 4)
3:00 p.m. Tai Chi with Ray Korda (Begins December 11)
4:00 p.m. Evening Ride with Janice Middlemore (45 min)
5:00 p.m. Zumba Gold™ with Stacey Horvath

POOL CLASSES 8:00 a.m. [Aqua Fit with Suzy Furlong](#)
9:00 a.m. [Aqua Fit with Suzy Furlong](#)

TUESDAY 6:00 a.m. STRONG by Zumba™ w/Shiri Briseno (45 min)
8:00 a.m. B.O.A.S.T. with Stacey Graustein
9:00 a.m. Beat To Beat
3:30 p.m. Gentle Stretch with Darlene Morrison
4:30 p.m. Pilates with Darlene Morrison
6:00 p.m. Evening Ride with Chris Sieben (45 min)

POOL CLASSES 10:15 a.m. [Arthritis Aquatics with Stacey Graustein](#)

WEDNESDAY 6:00 a.m. INTERVAL EXPRESS w/Janice Middlemore (40 min)
7:00 a.m. Rise and Ride with Shiri Briseno (45 min)
8:00 a.m. Power Pump with Marie Morrell
9:00 a.m. B.O.A.S.T. on the B.A.L.L. with Staci Braithwaite
4:00 p.m. Evening Ride with Janice Middlemore (45 min)
5:00 p.m. Zumba Gold™ with Stacey Horvath

POOL CLASSES 8:00 a.m. [Aqua Fit with Suzy Furlong](#)
9:00 a.m. [Aqua Fit with Suzy Furlong](#)

THURSDAY 6:00 a.m. STRONG by Zumba™ w/Shiri Briseno (45 min)
8:00 a.m. B.O.A.S.T. with Stacey Graustein
9:00 a.m. Beat To Beat
3:30 p.m. Gentle Stretch with Darlene Morrison
4:30 p.m. Pilates with Darlene Morrison

POOL CLASSES 10:15 a.m. [Arthritis Aquatics with Stacey Graustein](#)

FRIDAY 7:00 a.m. INTERVAL EXPRESS w/Janice Middlemore (40 min)
8:00 a.m. Group Cycle with Janice Middlemore (45 min)
9:00 a.m. Zumba Toning™ with Shiri Briseno

POOL CLASSES 8:00 a.m. [Aqua Fit with Suzy Furlong](#)
9:00 a.m. [Aqua Fit with Suzy Furlong](#)

SATURDAY 8:00 a.m. Weekend Warrior Ride w/Olivia McCarty (45 min)
9:00 a.m. Cardio Dance & Tone w/Olivia McCarty

CLASS DESCRIPTIONS

ARTHRITIS AQUATICS: 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 impact to joints. It promotes strength & endurance utilizing buoyancy and water resistance. Buoyos, 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 whether or not 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 will incorporate the use of a chair with varying 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: In this class we will combine 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. All the while we'll be jamming to the latest pop, hip hop, 80's, 90's and dance *music*.

GROUP CYCLE: Something for everyone! Intervals, rolling hills, sprints, climbs, runs, surges and jumps all to music hand-picked to motivate and inspire! This is a great workout if you want to burn calories and increase endurance. Come on in for the ride!

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! **NEW CLASS – GET IN, GET A GREAT WORKOUT, GET OUT** in 40 minute!

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, breath more deeply. Come have fun practicing Pilates.

POWER PUMP: PowerPump 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.

QI GONG: Is an ancient Chinese form of healing using deep breathing and gentle movement to provide health and vitality. Wear comfortable clothing and shoes. Please bring water. Low impact and excellent for all ages

STRONG by ZUMBA™: is a high intensity interval training workout driven by the science of Synced Music Motivation. Songs are reverse engineered to match every move, driving the intensity in a challenging progression that provides a total body workout. This class will push you past your limits to help you reach your fitness goals faster. Using your own body weight, you will gain muscular endurance, tone, and definition, and you will experience an increased after burn. The result is a group fitness experience unlike any other.

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.

GENTLE STRETCH: is conducted with the students using props for support to focus on opening the body from head to toe. Emphasis on safe alignment, stretching, breathing techniques, and basic standing poses (using the chairs for support if needed) to enhance balance and core strengthening. Yoga Stretch is ideal for elderly, minor injuries, physical limitations or if you just want to move in a relaxed and gentle way. Everyone is Welcome!!!

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 only some segments will incorporate 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.