

# drop-in fitness class schedule

For Fitness Plan Members

Effective August 4, 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<u>7:00-8:00 a.m.</u> PiYo Strength Room 2 Laura	<u>7:00-8:00 a.m.</u> 50/50 Room 2 Mary C	<u>7:00-8:00 a.m.</u> Kinetic Pedal Room 2 Mary C	<u>7:00-8:00 a.m.</u> 50/50 Room 2 Mary C	<u>7:00-8:00 a.m.</u> Kinetic Pedal Room 2 Mary C	<u>8:30-9:30 a.m.</u> Gentle Yoga Room 3 Ana Age 13+
	<u>9:00-10:00 a.m.</u> Fusion Room 3 Mary	<u>9:00-10:00 a.m.</u> Core Bliss Room 2 Laura	<u>12:15-1:00 p.m.</u> Power Yoga Room 2 Chris	<u>9:00-10:00 a.m.</u> Total Body Tabata Room 2 Jacki	<u>9:00-10:00 a.m.</u> Fusion Room 3 Mary	<u>8:30-9:30 a.m.</u> PiYo Strength Room 2 Myriam
	<u>12:15-1:00 p.m.</u> Power Yoga Room 2 Chris	<u>5:30-6:30 p.m.</u> Flow Yoga Room 3 Mary C	<u>5:30-6:30 p.m.</u> Total Cardio Sculpt Room 2 Sarah	<u>5:30-6:30 p.m.</u> Flow Yoga Room 3 Mary C	<u>12:15-1:15 p.m.</u> All Levels Yoga Room 2 Laura	<u>9:40-10:40 a.m.</u> Zumba Room 2 Ana
	<u>5:30-6:30 p.m.</u> Kick 'N Tone Room 2 Pati Age 13+	<u>6:30-7:30 p.m.</u> Zumba Room 2 Melissa	<u>6:30-7:30 p.m.</u> Zumba Toning Room 2 Myrtha	<u>6:30-7:30 p.m.</u> Zumba Room 2 Myrtha		<u>9:40-10:40 a.m.</u> Alternating Weeks: Weekend Warrior And Goal Digger Room 3 Jacki/Lionel

See reverse side for class descriptions. Note: All classes on this schedule are open to individuals 16 years and older unless otherwise noted.

# Fitness

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**50/50:** Two-half hour classes make up one full hour of mind and body workouts: 30 minutes of upper body strength training, followed by 30 minutes of Vinyasa yoga. You choose one or both!

**Cardio Basic Training:** A unique blend of intense strength, endurance, and interval training followed by a yoga cool down.

**Core Bliss:** Get ready for your body to look and feel incredible! Tighten your abs, stretch and strengthen your entire body, and improve your balance! This is a class for all levels, and includes a blend of core conditioning, yoga poses, stretches, and breathing techniques to let go of stress in the body and mind. Beginners are welcome!

**Fusion:** This comprehensive work out combines step, stability ball, weights and interval training.

**Goal Digger:** High intensity, boot camp style class. Class includes a combination of endurance and strength based exercises using tools such as weights, bands, balls, boxes, etc. Great for anyone looking for a challenge.

**Kick 'N Tone:** Blending 20 minutes of kickboxing and traditional aerobics dance such as step, into a routine that works the whole body then 20 minutes of core and muscle toning using weights and stability ball, ending with 20 minutes of a total body stretch.

**Kinetic Pedal:** Challenge yourself with 60 minutes of high intensity cycling. This class was designed for everyone from beginners, to the highly experienced. The instructor will guide you through workout phases, warm-up, steady spins, sprints, climbs, and cool downs. Just bring your towel and a water bottle!

**PiYo Strength:** PiYo is a unique class designed to build strength, increase balance and flexibility, and improve cardiovascular endurance all at once. This bootcamp style class uses yoga and Pilates moves to create an intense overall workout.

**Total Body Tabata:** Test your limits and reshape your exercise routine with this proven training method. Start out with Tabata stations, then finish off with a strict balance and core challenge for a solid body.

**Total Cardio Sculpt:** A creative and fun workout that incorporates high and low impact plyometric moves, cardio, drills, strength training intervals and aerobic routines. This total body workout was designed to reduce stress and promote muscular and cardio endurance, flexibility, and body alignment.

**Weekend Warrior:** Start your weekend off right with this challenging and fun fitness class. We will focus on interval circuit training, moving from one exercise to the next with little to no break in between. The class will use body-weight movements, dumbbells, and cardio to bring out your weekend warrior.

**Zumba:** A workout that mixes body sculpting movements with dance steps derived from cumbia, meringue, salsa, reggaeton, hip hop, mambo, rumba, flamenco, calypso, and salsaton. The routines feature aerobic interval training with a combination of fast and slow rhythms.

**Zumba Toning:** When it comes to body sculpting, Zumba® Toning raises the bar (or rather, the toning stick). It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party. Students learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all their target zones, including arms, abs and thighs.

# Yoga

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**All Levels Yoga:** This class was designed for both the beginner and experienced student, who prefer a class at a relaxed pace. In this class you will use postures and conscious breathing in combination with mental focus to develop awareness through proper alignment and mindfulness of the body.

**Flow Yoga:** Learn how to breathe with synchronized movements with a series of poses that will move you through the power of inhaling and exhaling. In this class, students awaken their strength, energy, and flexibility in a fun atmosphere. Flow Yoga is appropriate for students Levels 1 and 2.

**Gentle Yoga:** A must try class! Rejuvenate your body's grace, strength, and balance with the pleasure of this gentle style of Hatha yoga. Connect with yourself and with the world around you! Use classic yoga postures (asanas), breathing exercises (pranayama), deep relaxation, and meditation. Perfect for all levels.

**Power Yoga:** Think you're too tough for Yoga? Think you won't get a real workout? Well, we've got something for you...be prepared to sweat and conquer boundaries! Designed to build strength and sustain focus. Venture into yourself and get ready to see your body change. Not for beginners.

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