

# January 2010 GROUP FITNESS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	Power Flow Yoga <i>Ronnese</i>	Pilates <i>Kitti</i>	Power Flow Yoga <i>Ronnese</i>	Pilates <i>Kitti</i>		Power Flow Yoga <i>Ronnese</i>
9:15 AM	Step & Strength <i>Cammy</i> Aqua Fun <i>Traci</i>	Latin Fun <i>Dunia</i>	Step & Strength <i>Kitti</i> Aqua Fun <i>Traci</i>	Latin Fun <i>Dunia</i>	Power Pump <i>Dunia</i> Aqua Fun <i>Jessica</i>	(9:00) Power Pump <i>Cammy/Traci</i>
10:15 AM	Latin Cardio <i>Dunia</i>	Power Pump <i>Kitti</i>	Latin Cardio <i>Dunia</i>	Power Pump <i>Kitti</i>	Dance Party <i>Jessica</i>	
10:30 AM	H <sub>2</sub> O Fit <i>Larry</i>	H <sub>2</sub> O Fit <i>Barbara</i>	H <sub>2</sub> O Fit <i>Larry</i>	H <sub>2</sub> O Fit <i>Barbara</i>		Aqua ZUMBA <i>Traci</i>
5:30 PM	Power Pump <i>Larry</i> H <sub>2</sub> O Fit <i>Linda</i>	ZUMBA <i>Kitti</i>	Power Pump <i>Larry</i> H <sub>2</sub> O Fit <i>Linda</i>	Restorative Yoga <i>Ronnese</i>	Boot Camp <i>Instructor Rotation</i>	




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*All classes are 55 minutes in length unless noted otherwise. Schedule subject to change.*

# Class Descriptions

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**AQUA FUN** - Gain all the cardio and strength benefits of aqua exercise with a fun filled, dance inspired atmosphere. Water provides resistance to condition muscles and reduces impact to protect joints. This is a great way to have fun and get fit.

**AQUA**  The latest fitness phenomenon makes a splash! The energy and rhythms of Zumba movement are now in the water. This is a dynamic, dance-style aqua class fusing Latin and contemporary music to challenge cardio and strength in the pool.

**BOOT CAMP** - This interval style class is designed for those who want to push themselves with both cardiovascular and strength training. Boot Camp incorporates high intensity, athletic exercises that involve impact. This class is not recommended for beginners.

**DANCE PARTY** - An innovative cardiovascular workout inspired by multiple dance styles. Elevate your heart rate and the fun factor with this dynamic class. Join the party for a workout that feels more like dancing than exercise!

**H2O Fit** - Water is a wonderful environment for exercise. This class strengthens your heart and conditions muscles with less impact and greater resistance. H2O Fit is a great option for those seeking an alternative to traditional land based classes.

**LATIN CARDIO** - This dance style cardio class brings you fitness and fun with Latin flair! Improve your heart health while moving and grooving to exciting Latin rhythms. All fitness levels and capabilities welcome.

**LATIN FUN** - This high energy workout challenges both cardio and strength and keeps you moving to a strong Latin beat. This class was designed to welcome all ages and abilities. After the cardio and strength exercises the class will conclude with some stretching.


**PILATES** - This mat-based class is a series of exercises based on the principles of Joseph Pilates. These exercises are designed to strengthen and lengthen your muscles. Pilates will focus on core training which will enhance posture, balance and coordination.

**POWER FLOW YOGA** - This yoga class is a combination of mind-body exercises designed to improve strength and flexibility through a flow of postures. This vinyasa format also incorporates relaxation techniques to keep you strong, centered and focused.

**POWER PUMP** - This intensive strength training class incorporates barbells for a workout that will build muscle and burn fat. The barbells allow you to adjust the weight for each muscle group you train. Change the way your body looks and fast!

**RESTORATIVE YOGA** - This class will provide a calming and gentle approach to the practice of yoga. Restorative Yoga will improve your flexibility and focuses on wellness and relaxation; everyone will achieve success with this mind body experience.

**STEP AND STRENGTH** - Step aerobics is a great cardiovascular workout! Join in the fun of simple stepping patterns designed to get your heart pumping. The focus of this workout is success; not complicated choreography. The class concludes with muscle conditioning and stretching.

 Join the latest fitness craze sweeping the country with its high energy music and movement. Zumba combines the rhythms of salsa, meringue, cumbia with Reggaeton and hip hop to bring you a dance style cardio workout like never before.

## FITNESS CENTER & INDOOR THERAPY POOL HOURS

MONDAY THRU THURSDAY

6:00 A.M. - 9:00 P.M.

FRIDAY

6:00 A.M. - 8:00 P.M.

SATURDAY

7:00 A.M. - 5:00 P.M.

SUNDAY

8:00 A.M. - 4:00 P.M.