

Class Descriptions



AQUA CUT – Contour your body without feeling the heat, using all of our water toys! Have fun and look great at the same time. Swimming proficiency is not required.

AQUA FUN – Working out in water has never been so much fun. Join this instructor with contagious enthusiasm for both a cardio and strength workout set to dance music and designed for all ages and abilities. Join the party!

AQUA SPLASH – A full body workout in water with moderate intensity cardio activity to music. Increase muscular strength and endurance through low impact water exercises. For the more active person this is a fun workout in water.

BALLROOM DANCE CLASS/EAST COAST SWING – East Coast Swing has also been called the Jitterbug. This dance will be easy to learn after the Cha-Cha because of the timing. The music is upbeat and delivers a great aerobic workout without the strain. Get ready to be cool!

BUNS & TUMS – An exercise class focusing on these important areas. For all ages and abilities, this class will firm and tone in all the right places and help strengthen important muscles to support the hip joints.

CARDIO BALL – This class combines total body strength training with a cardiovascular kick for the more active individual.

GENTLE WATERS – Release stress and tension, improve your posture and balance all while increasing your range of motion with gentle movements. Swimming proficiency is not required.

H2O FIT – A water fitness class to help you splash your way into good health. This class will strengthen your heart through water cardiovascular exercise, muscle conditioning and increased flexibility...all while improving your balance. Impact-free with great water resistance benefits! Swimming proficiency is not required.

LATIN FUN – A cardio and strength workout with a Latin beat and high energy instructor to give you a beneficial hour of exercise in a fun group environment. Designed to accommodate all ages and abilities, this class will be popular with all who enjoy dance in a group environment.

LATIN CARDIO – A cardio workout with a Latin dance theme for all ages and ability. This is a proven way to burn calories while having fun in a *All classes are 55 minutes in length unless noted otherwise. Schedule subject to change.*

motivating group environment. For those that enjoy Zumba, this is a good daytime alternative.

ON THE BALL – Unlike traditional exercise equipment, stability balls require the use of core strength, challenging your stabilizing muscles (Abs, Glutes and Lower Back) to a whole new level. This class will challenge your neuromuscular system, enhancing your strength, balance and posture. Discover how this class will help develop everyday functional movements. All fitness levels welcome.

PILATES – This “mat-based” class is a series of exercises performed mainly on the floor using gravity and your own body weight to provide resistance. It is designed to strengthen and lengthen your body using the deep core-supporting muscles to improve posture, balance and coordination. All fitness levels welcome. Sticky mats provided.

TONE AND TRIM – Focusing on muscular strength and endurance this class uses a variety of equipment to tone and trim those important areas as well as increase valuable functional strength. Suitable for all ages and abilities this class compliments the cardio workout of Zumba, featuring the same Latin music and fun atmosphere, to provide a well rounded fitness program.

TRADITIONAL YOGA – A combination of mind and body relaxation techniques and exercises in original and unique style. Beneficial for flexibility and functional body coordination.

YOGA – A total mind and body workout, including muscle balance, strength & elasticity; skeletal alignment; increased range of motion; and improved body & mind coordination and functioning of internal glands and organs. Relax deeply and passively to refresh and restore.

YOGALATES – A blend of Yoga & Pilates. Body conditioning exercises that include stretching and strengthening exercises designed to tone muscles, improve posture, provide flexibility and balance, unite body and mind, and create a more streamlined shape. The emphasis is placed on strengthening the “powerhouse” (abs, back, and buttocks) muscles. Movement is done with control and concentration.

ZUMBA – Zumba is the latest fitness phenomenon that combines salsa, merengue, cumbia, and reggaeton dance moves to create a fun, yet effective workout.

July 2008 GROUP FITNESS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 AM	Pilates <i>Lizi</i>		Pilates <i>Dawn</i>		Pilates <i>Lizi</i>	
8:00 AM	Yoga <i>Lizi</i>	Pilates <i>Lizi</i>	Yoga <i>Lizi</i>	Pilates <i>Lizi</i>	Yoga <i>Lizi</i>	
9:15 AM	On The Ball <i>Rob</i>		On The Ball <i>Rob</i>		On The Ball <i>Lizi</i>	Pilates <i>Mary Pat</i>
9:30 AM	H ₂ O Fit <i>Lizi</i>	Latin Fun <i>Dunia</i>	H ₂ O Fit <i>Lizi</i>	Latin Fun <i>Dunia</i>		
10:15 AM	Latin Cardio <i>Dunia</i>		Latin Cardio <i>Dunia</i>			Zumba <i>Yoki</i>
10:30 AM		H ₂ O Fit <i>Linda M.</i>		H ₂ O Fit <i>Linda M.</i>	Aqua Fun <i>Dunia</i>	H ₂ O Fit <i>Mary Pat</i>
11:30 AM	Aqua Fun <i>Dunia</i>		Aqua Fun <i>Dunia</i>			
4:30 PM						
5:30 PM	Buns & Tums <i>Teresa</i> Aqua Splash <i>Rob</i>	Zumba <i>Yoki</i>	Buns & Tums <i>Teresa</i> Aqua Splash <i>Rob</i>	Zumba <i>Yoki</i>		
6:30 PM	Latin Cardio <i>Dunia</i>		East Coast Swing \$ fee class <i>Lorraine Kay</i>		East Coast Swing \$ fee class <i>Lorraine Kay</i>	