

Class Descriptions

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.

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 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.

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

PI-YO – This class is a unique fusion of Pilates and Yoga. These popular mind body principles are brought together to help you strengthen and lengthen your muscles. The focus of these exercises will build core strength, improving posture and balance.

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!

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.

RESTORATIVE YOGA – Join us for this calming, yoga class. This class will provide a gentle approach to the practice of yoga postures. Restorative Yoga will focus on wellness and relaxation; everyone will achieve success with this mind body experience.

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

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.

July 2009 **GROUP FITNESS SCHEDULE**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	Power Flow Yoga <i>Ronnese</i>	Pilates <i>Mary Pat</i>	Power Flow Yoga <i>Ronnese</i>	Pilates <i>Kitti</i>	Pi-Yo <i>Mary Pat</i>	
9:15 AM	Power Pump <i>Larry</i> Aqua Fun <i>Dunia</i>	Latin Fun <i>Dunia</i>	On The Ball <i>Larry</i> Aqua Fun <i>Dunia</i>	Latin Fun <i>Dunia</i>	Power Pump <i>Dunia</i> Aqua Fun <i>Mary Pat</i>	(9:00) Power Pump <i>Cammy</i>
10:15 AM	Latin Cardio <i>Dunia</i>	Power Pump <i>Tracie</i>	Latin Cardio <i>Dunia</i>	Power Pump <i>Tracie</i>		(10:00) Pilates <i>Mary Pat</i>
10:30 AM		H ₂ O Fit <i>Barbara</i>		H ₂ O Fit <i>Barbara</i>		H ₂ O Fit <i>Instructor Rotation</i>
11:30 AM	H ₂ O Fit <i>Larry</i>		H ₂ O Fit <i>Larry</i>			
5:30 PM	Power Pump <i>Larry</i> Aqua Splash <i>Linda</i>	Zumba <i>Kitti</i>	Power Pump <i>Larry</i> Aqua Splash <i>Linda</i>	Restorative Yoga <i>Ronnese</i>		



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