



September 2010 **GROUP FITNESS SCHEDULE**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	Flow Yoga <i>Maritza</i>	Pilates <i>Kitti</i>	Flow Yoga <i>Mary Pat</i>	Pilates <i>Kitti</i>	Beginner Yoga <i>Mary Pat</i>	(8:30 AM) Power Cycling <i>Dori</i>
9:00 AM	Kickboxing <i>Martiza</i> Tidal Toning <i>Dunia</i>	Latin Fun <i>Dunia</i>	Step & Strength <i>Kitti</i> Tidal Toning <i>Dunia</i>	Latin Fun <i>Dunia</i>	Power Pump <i>Dunia</i> Tidal Toning <i>Jessica</i>	(9:30 AM) Power Pump <i>Dori</i>
10:00 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 ₂ O Fit <i>Maritza</i>	H ₂ O Fit <i>Barbara</i>	H ₂ O Fit <i>Maritza</i>	H ₂ O Fit <i>Barbara</i>	Gentle Waters <i>Dori</i>	Latin Splash <i>Maritza</i>
11:00 AM		Power Cycling <i>Jessica</i>		Power Cycling <i>Cammy</i>		
6:00 PM	Power Cycling <i>Dori</i> H ₂ O Fit <i>Linda</i>	 <i>Kitti</i>	Power Pump <i>Dori</i> H ₂ O Fit <i>Linda</i>	 <i>Maritza</i>	Power Cycling <i>Linda</i> *Super Cycle Circuit September 24th	



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

Class Descriptions

BEGINNER YOGA - This class will provide an introductory approach to the practice of Yoga. Beginner Yoga will improve strength and restore flexibility. The focus of this Hatha Yoga class is wellness; everyone will achieve success with this mind-body experience.

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!

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.

GENTLE WATERS - Improve your strength, flexibility and joint health with a gentler approach to movement in the water. Gentle Waters is the perfect class for those seeking improved mobility, balance and even pain management. This class welcomes all who are seeking an alternative to the faster pace of the other aqua classes.

H2O Fit - Water is a wonderful environment for exercise. This class provides the healthful benefits of exercise with less impact and greater resistance. H2O Fit is a great option for those seeking an alternative to traditional land based classes.

KICKBOXING - This athletic conditioning class provides a challenging cardio workout with kicking and punching movement variations. This kickboxing class will also incorporate a strength training component to build muscle and strength.

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.

LATIN SPLASH - Latin rhythms and movements make a splash! The energy and excitement of Latin dance are now in the water. This is a dynamic, dance-style aqua class fusing Latin and contemporary music to condition the body in the comfort of the pool.

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 CYCLING- A challenging cardiovascular workout that uses indoor spinning cycles. Instructors will coach you on various road profiles that simulate riding your bike on a real road. Interval training plays a big role in this workout and is sure to provide lots of fat burning and improved cardiovascular fitness.

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!

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.

TIDAL TONING - This class dedicates equal time to building strength and improving flexibility. These aquatic exercises are perfect for improving strength, balance, posture and range of motion. All of these healthful benefits can be achieved safely and effectively in the water.



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 HEATED 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.