

# February 2012 Group Fitness Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	Yoga Stuart	Power Cycling Jessica	Gentle Yoga Mary Pat	Power Cycling Larry	Pilates Deb	(8:30 am) Power Cycling <i>Instructor Rotation</i>
9:00 AM	20-20-20 Dunia	 ZUMBA FITNESS Jessica	Power Cycling Cammy	 ZUMBA FITNESS Kitti	20-20-20 Dunia	(9:30 am) Power Pump <i>Instructor Rotation</i>
	H2O Fit Judi		H2O Fit Marie			
10:00 AM	 ZUMBA FITNESS Dunia	Power Pump Kitti	 ZUMBA toning Dunia	Power Pump Kitti	 ZUMBA FITNESS Jessica	
10:30 AM		H2O Fit Barbara		H2O Fit Barbara		H2O Fit <i>Instructor Rotation</i>
11:00 AM	 aqua ZUMBA Marie	Restorative Yoga Jennifer	Fab Abs Marie	Restorative Yoga Jennifer	Gentle Waters Judi	
			 aqua ZUMBA Dunia			
11:35 AM		Gentle Waters Barbara		H2O Fit Barbara		
6:00 PM	Power Cycling Rene	 ZUMBA FITNESS Kitti	Power Pump Marie	 ZUMBA FITNESS Heaven	Yoga Stuart/Jennifer	
	H2O Fit Linda		H2O Fit Linda		H2O Fit Linda	
7:00 PM	 ZUMBA FITNESS Heaven		 ZUMBA FITNESS Marie			



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

## Class Descriptions

**20-20-20** – This high energy workout gives equal time to cardio, strength and stretch exercises (20 minutes dedicated to each). Up-beat and dynamic, this class is dedicated to improving all the components of fitness.



The latest fitness phenomenon in making waves. Aqua Zumba brings the dance party to the pool! This dance-style aqua class brings all the same great energy and rhythms of regular Zumba into the water. Aqua Zumba is designed to challenge both cardio and strength.

**FAB ABS** – ‘Fab Abs’ is the perfect complement to your other workouts and is designed to target the ‘trouble zone’. We all want ‘Fab Abs’ but more importantly a strong core supports improved posture, reduces back pain and provides greater function. This class will help you get strong ‘to the core’.

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

**GENTLE YOGA** – Celebrate the benefits of Yoga with a gentler approach. Gentle Yoga is renowned for improving strength, mobility and balance. This class was designed for those who are looking for mind-body wellness through an alternative to the traditional Yoga format.

**H2O Fit** – Water is a wonderful environment for exercise. This class provides the healthful benefits of exercise while reducing the impact experienced on land. Providing cardio and strength benefits, H2O Fit is a great option for those seeking an alternative to the traditional land based classes.

**PILATES** – This mat-based class is a series of exercises centered 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 strength, posture and balance.

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

**RESTORATIVE YOGA** – This mind-body experience provides a calming and gentle approach to the practice of Yoga. Restorative Yoga will improve your flexibility and restore mobility while incorporating breathing techniques that enhance wellness and relaxation.

**YOGA** – A combination of exercises connecting mind, body and breath. Yoga has long been known to improve strength and flexibility through the practice of various postures. This class also incorporates relaxation techniques to keep you strong, centered and focused.



Join the latest fitness craze sweeping the nation! Zumba’s high energy music blends the rhythms of salsa, meringue, cumbia with reggaeton and hip hop to bring you a dance style cardio workout like never before.



Zumba Toning combines body-sculpting exercises with high-energy Latin-infused Zumba dance moves. Learn how to use lightweight, maraca Toning Sticks to enhance rhythm and tone muscles. Don’t miss the calorie-torching, strength-training fitness party. *Toning Sticks are not required to participate but will enhance the workout. See instructors for how to purchase pair as they will not be provided.*