

# APRIL

## Aerobic Class Schedule

*Dates, classes, and times are subject to change.*

<b>MONDAY</b>	6:00 a.m. 7:00 a.m. 8:00 a.m. 9:00 a.m. 3:00 p.m. 4:00 p.m.	<i>INTERVAL EXPRESS</i> w/Janice Middlemore (New day - 40 min) Sunrise Stretch with Marie Morrell Power Pump with Marie Morrell Stability Ball with Staci Braithwaite Tai Chi Chuan with Kyla Haber (ends May 5 <sup>th</sup> ) Core and More with Janice Middlemore
<b>POOL CLASSES</b>	8:30 a.m. 9:30 a.m.	<i>Aqua Fit with Suzy Furlong</i> <i>Liquid Strength with Suzy Furlong (New Day and Time)</i>
<b>TUESDAY</b>	8:00 a.m. 9:00 a.m. 4:00 p.m. 5:30 p.m.	B.O.A.S.T. with Stacey Graustein Beat To Beat Yoga For Golf & Sport with Kathy DeFreitas Zumba Toning™ with Shiri Briseno
<b>POOL CLASSES</b>	10:15 a.m.	<i>Arthritis Aquatics with Deb Korda</i>
<b>WEDNESDAY</b>	6:00 a.m. 7:00 a.m. 8:00 a.m. 9:00 a.m. 4:00 p.m.	<i>INTERVAL EXPRESS</i> w/Janice Middlemore (New day - 40 min) Sunrise Stretch with Marie Morrell Power Pump with Marie Morrell Stability Ball with Staci Braithwaite Core and More with Janice Middlemore
<b>POOL CLASSES</b>	8:30 a.m. 9:30 a.m.	<i>Aqua Fit with Toni Ristich</i> <i>Liquid Strength with Toni Ristich (New Day and Time)</i>
<b>THURSDAY</b>	8:00 a.m. 9:00 a.m. 3:30 p.m. 4:30 p.m.	B.O.A.S.T. with Stacey Graustein Beat To Beat YOGA OVER 50 with Kathy DeFreitas Zumba Toning™ with Shiri Briseno (1½ Hour Class)
<b>POOL CLASSES</b>	10:15 a.m.	<i>Arthritis Aquatics with Deb Korda</i>
<b>FRIDAY</b>	7:00 a.m. 8:00 a.m. 9:00 a.m.	Sunrise Stretch with Janice Middlemore Power Pump with/Marie Morrell and Janice Middlemore Zumba with Shiri Briseno
<b>POOL CLASSES</b>	8:30 a.m. 9:30 a.m.	<i>Aqua Fit with Suzy Furlong</i> <i>Liquid Strength with Suzy Furlong (New Day and Time)</i>
<b>SATURDAY</b>	8:00 a.m. 9:00a.m.	Zumba with Shiri Briseno Cardio Mix with Fran Romero/Olivia McCarty

## CLASS DESCRIPTIONS

**ARTHRITIS AQUATICS:** This class was developed for those who need gentle, low impact exercise. The focus is on moving every joint in the body, increasing range of motion, flexibility and strength. Balance improving exercises are also included.

**AQUA FIT:** Aqua Fit is a fun way to increase heart rate and tone muscles without impact to joints. It promotes strength & endurance utilizing buoyancy and water resistance. Buoys, noodles, paddles, elastic bands, and ½ logs are used to improve muscle and core strength.

**BEAT TO BEAT:** A dance fusion based class where you can experience the joy of moving to music while improving your fitness and burning 300 - 500 calories. Beat To Beat is designed for all fitness levels whether or not you are a new or an experienced dancer!

**B.O.A.S.T = Balance + Overload + Abdominal + Strength + Training.** This is a great class for all levels of fitness and will incorporate the use of a chair with varying equipment such as balance discs, bands, free weights, weighted balls, and much more. Progressions and modifications will be provided so all participants can get a great workout regardless of their fitness ability. We will focus on strength and balance in and around the chair, incorporating seated resistance work, standing balance, and strength.

**CARDIO MIX:** The Cardio Mix Class offers a variety of high-low, step, dance, and interval training. To complete this class we add full body and core strength training along with flexibility and balance.

**CORE AND MORE:** Finish up your afternoon with this great combination of strengthening and stretching exercises. Core and More will provide you with a variety of moves to strengthen your abdominal and back muscles, while challenging you to improve balance and coordination. Weights, resistance bands, stability balls, and other tools will be used to provide effective and efficient combinations of movements, for building core endurance and improving posture. We will end class with deep stretching and relaxation, sending you home feeling refreshed and making your day complete.

**INTERVAL EXPRESS:** Start your morning with a high intensity cardio class that only lasts 40 minutes. This express class uses tabatas, interval training and other HIIT techniques to increase strength and endurance. Members can easily fit this class into their busy morning schedule and feel great for the rest of the day! **NEW CLASS – GET IN, GET A GREAT WORKOUT, GET OUT!**

**LIQUID STRENGTH:** Isn't your typical aqua aerobics workout. This is fitness training utilizing the resistant of water and tools such as noodles, buoys, bands, and ½ logs. We will emphasize strengthening muscles, joint range of motion, and balance. This is a moderate level class although intensity is determined by the individual. If you're looking to move to the next level after rehab or arthritis this is the appropriate class to help you get your body going.

**POWER PUMP:** PowerPump is a low impact workout that utilizes weight lifting techniques choreographed to music. It incorporates weight training principles that target all the major muscle groups to improve muscular strength and endurance. Modifications can be made for members with joint or muscle issues.

**STABILITY BALL:** Improve strength and endurance and have a ball doing it. This ball class will condition and strengthen the muscles in your entire body, and will improve balance, stability & core strength.

**SUNRISE STRETCH:** Start your day with a rejuvenating head-to-toe stretch. Both dynamic and static stretch techniques are incorporated during our class. This workout will gently stretch and lengthen muscles, enhance joint range of motion, improve flexibility, balance, and circulation. This is an ideal class for our members who play golf and racquet sports as well as those desiring to improve their overall range of motion for daily life.

**TAI CHI/TAI CHI CHUAN:** Tai Chi is an ancient Chinese system of exercise/meditation, which increases breathing capacity, circulation, and greatly improves balance. Low impact and excellent for all ages.

**YOGA FOR GOLF AND SPORT:** This unique new class is for Golfers and Athletes. Trying to swing a golf club with a sore back invites pain, stiffness and high scores. So many individuals have turned to yoga to improve their game because it increases muscle strength, flexibility and gently conditions the body after injury.

**YOGA OVER 50:** This unique class is for active adults over 50. Learn how Yoga can improve strength, flexibility & joint health, relieve lower back pain, lower blood pressure and increase over-all energy levels. No experience necessary

**ZUMBA:** Zumba is a Latin dance derivative of traditional aerobics with a moderate cardio workout level. This class is choreographed with various dance music, which makes it fun to work out! **ZUMBA TONING** – the same fun class only some segments will incorporate light weights.